

ACTIVITY #1

Set up: Players are organized in a circle with goalkeepers positioned in the middle as shown in the diagram.

Instructions: Players must attempt to maintain possession of the ball while the goalkeepers attempt to intercept their passes. Goalkeepers are encouraged to go to ground to intercept passes-as in a breakaway situation. Note- activity is tiring for goalkeepers so play for short periods and then allow a period of stretching for all players.

Coaching Points: Field players-sharp, crisp passing, attempt to "split" the goalkeepers with passes. Goalkeepers-attempt to narrow the angles to increase the chances of intercepting a pass. Work together to increase chance of success. Communication with the other goalkeeper and technical execution of "breakaway" saves.



ACTIVITY #2

Set up: Place two goals 36 yards apart (two penalty boxes facing each other). A group of players are positioned at the midway line on the side of the two penalty boxes with a supply of balls as shown. Position another group of players next to the post with a supply of balls. Position a GK in each goal.

Instructions: Both lines work simultaneously and dribble a 1v1 breakaway to goal. The goalkeeper must attempt to make the save and the shooter must attempt to score. The exercise always works in a counter-clockwise rotation. After the designated number of repetitions, switch the balls and players to other side of penalty box and other side of posts. Progressions: 1. Shooter must take one touch half-way to the GK to make it a 50-50 ball. 2. If shooter dribbles the ball over the goal line, 2 points are awarded.

Coaching Points: Watch the ball and not the shot fakes or shooters. Cut down shooter's angle. Give a loud "keeper!" call.

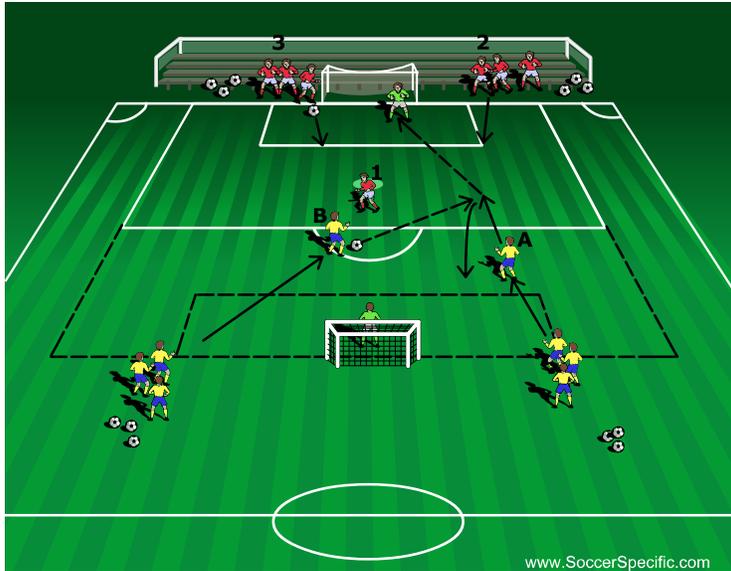


ACTIVITY #3

Set up: Place two goals 36 yards apart, (two penalty boxes on top of each other). Split the squad into 2 teams and position a team to the post on the right of the GK. Make sure both teams have a supply of balls.

Instructions: The first player in line dribbles 1v1 to opposing GK. As soon as the shot is taken, the first player in the other line can start dribbling 1v1 towards the opposite goal. The first shooter becomes the defender as soon as the ball has either one in the net or behind the goal. Once the second shot is taken, a new sequence starts from other side. Return to your original line and the first team to 10 goals wins game. Progressions: 1. A shot must be taken within a 3 second time period. 2. Add another attacker and make it a 2v1 to goal. The person who shoots always becomes the defender going the other way.

Coaching Points: Emphasis on dealing with a 1v1 to goal with a chasing defender. Starting position-must be off your line. Stand shooter up to allow time for the defender to recover. Close down the angle and stay big as long as possible.

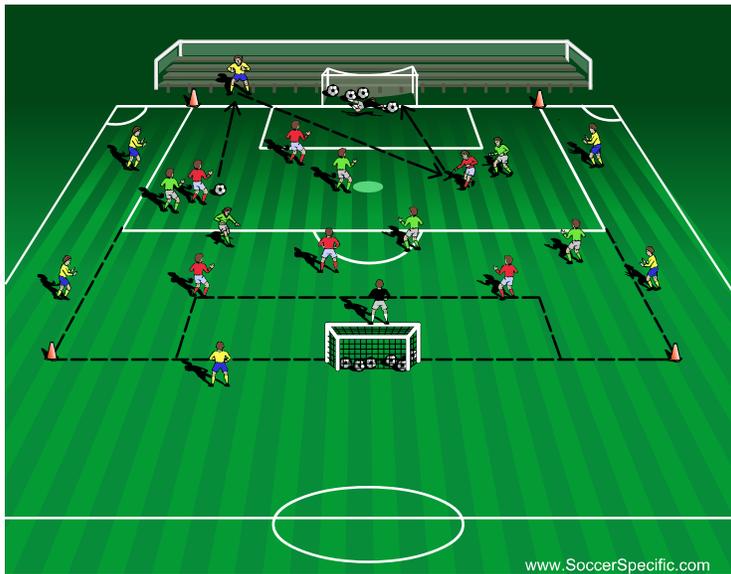


ACTIVITY #4

Set up: Same field set up as previous activities. Split the squad into 2 teams and position each team on the posts on both sides of the GKs as shown. Balls available for both teams.

Instructions: The first defender (1) starts out in the field of play. First two players in the opposing team's end line (A, B) dribble towards the defender and the goal. (A) and (B) try and score a goal as quickly as possible. The player who shoots on goal now becomes the defender (as shown, it is (A)) and attempt to score as quickly as possible. Who ever shoots becomes the defender and the next two players in line begin a 2v1 situation again. The first team to 10 goals wins the game. Progressions: 1. A shot must be taken within a 3 second time period. 2. If the defender wins the ball, he/she can dribble to goal.

Coaching Points: Emphasis on dealing with a 2v1 breakaway to goal. Starting position-must be off your line. Communicate to the defender which direction to force the attacker. React to the ball played through the second attacker.



ACTIVITY #5

Set up: Same size field 44x36. Three team's of six and goalkeepers in goal

Instructions: 6v6 inside the grid with neutral players on the outside. The outside players are limited to one touch and must play it to the same team he/she received it from. First team to score stays on the field and and losing team exits the field quickly and becomes the neutral players on the outside. The winning team starts a new ball with their own GK while the enetering team transitions quickly into place. Keep the games under two minutes if no score has been made.

Coaching Points: Encourage lots of shots, penetrating balls to the neutral targets and 1v1's to goal. Goalkeepers must stay connected to the game, control the tempo with good distribution and play aggressively off their goal line.