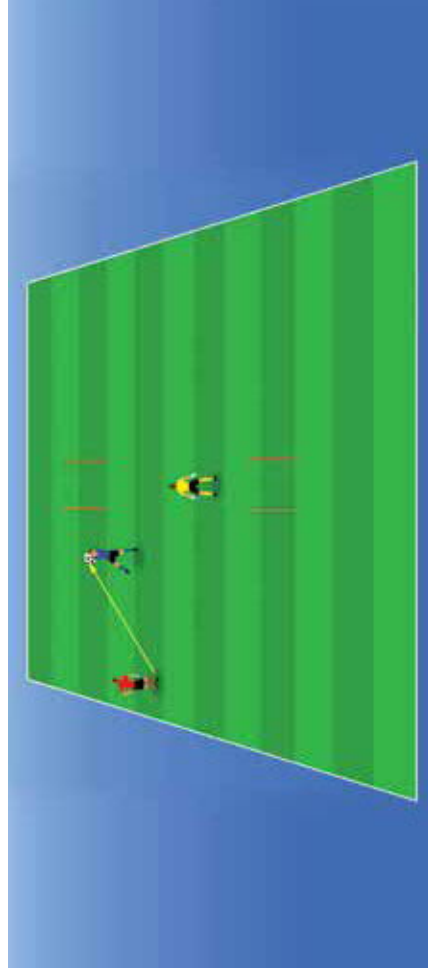


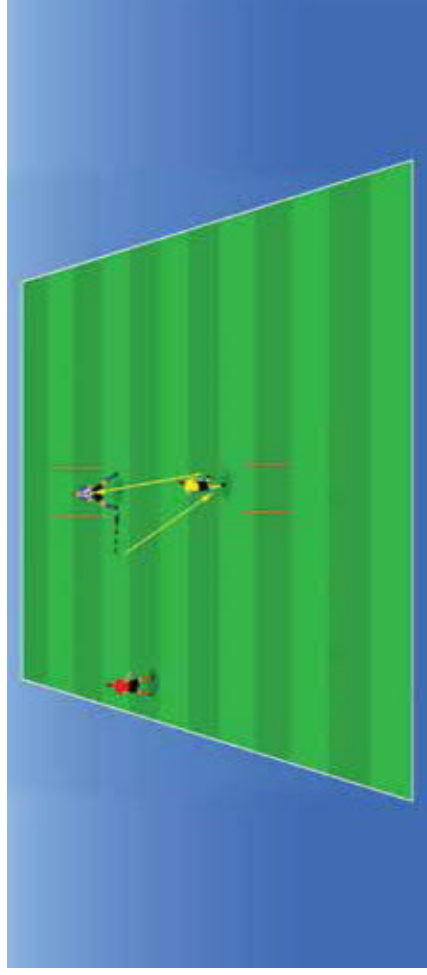
GOALKEEPING

5-10
MINUTES
Optional

Intervention: Skill Breakdown General Handling



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Suggested equipment list:

- 4 portable poles, 1 or 2 balls (+ GK coach/assistant coach)

Grid size:

- Create gates using portable poles that are 2 metres wide (guide only)

Explanation:

- Position 2 goalkeepers as shown
- Game starts when coach passes to the blue goalkeeper protecting the near post
- The blue goalkeeper plays the ball into the space to the yellow goalkeeper
- As the pass is played, the yellow goalkeeper controls the ball then shoots the ball towards the blue goalkeeper's goal.

Scoring system for the defending goalkeeper:

- 1 point for making a clean save

Scoring system for attacking goalkeeper:

- 1 point for quality serve into the goalkeeper protecting the goal

Rotation/Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Swap roles after each action

Key Coaching Questions:

- **Pre-action:** Can you look to adjust your position in relation to the ball? Can you get behind the line of the ball?
- **Action:** Can you select the correct technique to catch the ball?
- **Post-action:** Can you secure the ball?

Key Coaching Words:

- **Adjust** - encourage goalkeeper to adjust to the position and movement of the ball
- **Set** - encourage goalkeeper to be set and still as shot is taken
- **Soft Hands** - encourage goalkeeper to be relaxed as they catch the ball