

GOALKEEPING

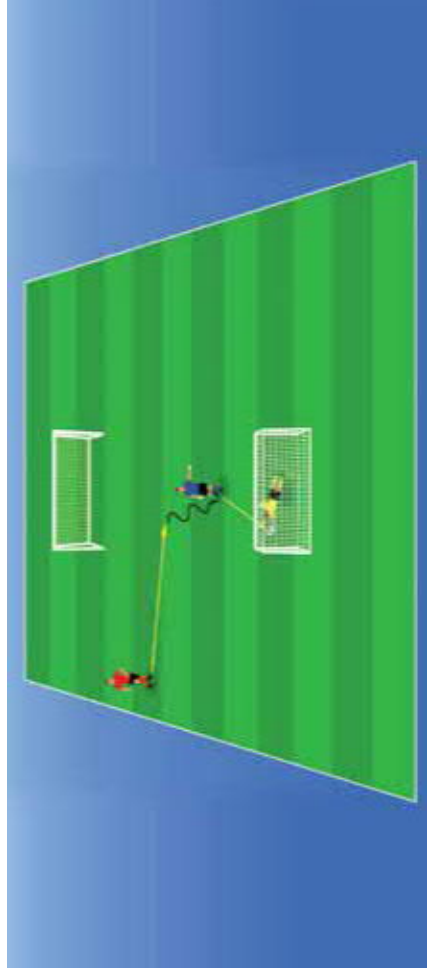
**5-10
MINUTES**
Optional

Intervention: Skill Breakdown

1 v 1



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Suggested equipment list:

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

Grid size:

- Use appropriate sized goals or portable poles inside 15 x 7 metre area (guide only)

Explanation:

- Position 2 goalkeepers as shown
- Game starts when coach passes into the area for the blue goalkeeper
- Blue goalkeeper controls ball and looks to score past the yellow goalkeeper
- As the pass is played, the yellow goalkeeper decides whether to defend the space or protect the goal

Scoring system for the defending goalkeeper:

- 1 point for making a clean save

Scoring system for attacking goalkeeper:

- 1 point for scoring a goal past the opposing goalkeeper

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 position in relation to the ball? Can you get to the ball before the attacker?
- **Action:** Can you stay big and patient? Can you win the ball if you identify a poor touch?
- **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 attacker controls the ball
- **Stay Big**- encourage goalkeeper to stay big and not commit too early