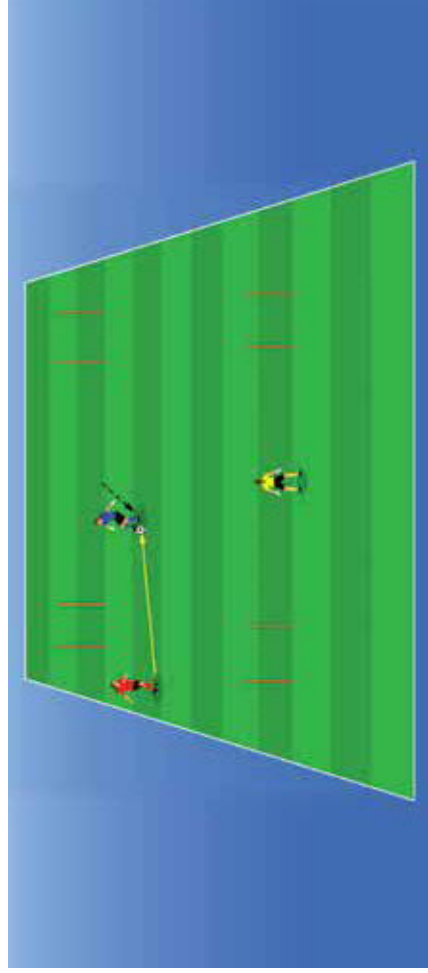


GOALKEEPING

5-10
MINUTES
Optional

Intervention: Skill Breakdown Striking the ball



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Suggested equipment list:

- 8 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
- As the ball is passed to the blue goalkeeper, the yellow goalkeeper moves behind one of his/her passing gates
- Blue goalkeeper controls the ball, identifies the yellow goalkeeper and looks to pass through the gate to the goalkeeper
- Yellow goalkeeper controls the ball then passes back to the coach to restart practice

Scoring system for attacking goalkeeper:

- 1 point for quality serve into the occupied passing gate

Scoring system for defending goalkeeper:

- 1 point for quality control and pass back to the coach

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 face your target and keep your head up to see your opponent?
- **Action:** Are you able to position your body square to the target?
- **Post-action:** Can you transfer your weight forward?

Key Coaching Words:

- **Face Forward** - encourage players to face the target
- **Scan** - encourage players to keep head up with vision on opponent
- **Follow through** - encourage players to transfer weight forward in follow-through