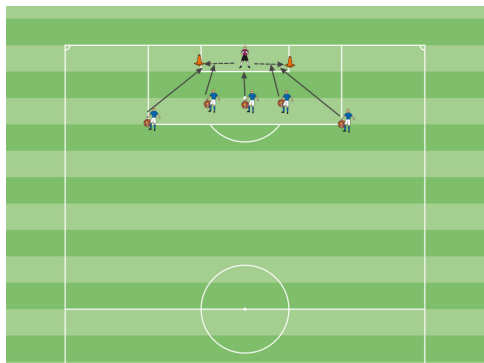


TRAINING SESSION: IMPROVE YOUR GOALKEEPERS STARTING POSITION AND ANGLE PLAY

Objectives

Who? Target Team in Blue #1, 4, 5 defend against opposing team in red #9, 11, 10, 7, 8 who are trying to create an attack to get goalie out of position to score. Where? In the defending 3rd When? When opposing team is going to shoot on net. Why? To limit the angles available for a good shot. What? Cutting off Angles, Body Position, Sliding/Diving

Goalkeeper Warm Up

5 v 1

Goal, Soccer Balls, 2 Cones

Intensity: 6

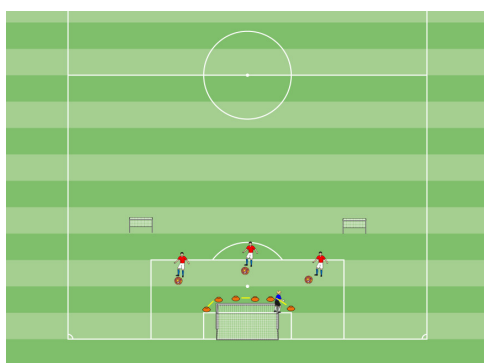
10:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Be in "Ready Position". Legs shoulder width apart. On toes ready to move side to side to stop shots. Eyes should be on ball. After stopping shots, goal keeper should practice different throwing techniques and punts.

Description

Goalkeeper starts in neutral position and moves side to side to stop shots on goal. Vary shots from players at different lengths and different corners of goal.

GK Small Sided 1 v 3

1 v 3

1 Large Goal and 2 mini goals, Goalie equipment, soccer balls.

Intensity: 7

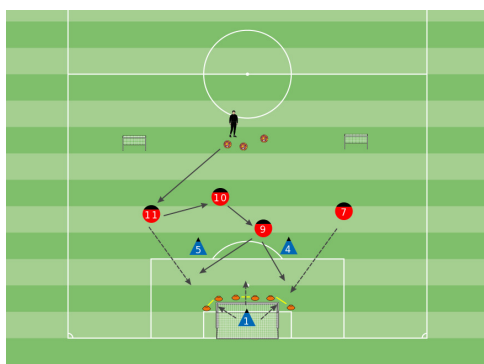
15:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Quick turn by goalie to spot ball, Shuffle into lane to get into position to stop next shot, get low, drop knee and position body in front of ball.

Description

Who? #1 defends against 3 opposing attacking players trying to score in different places on net including corners and upper middle.

GK Expanded - 3v4 Starting Position and Angle

3 v 4

1 Large goal, 2 mini goals, soccer balls, and goalie equipment

Intensity: 7

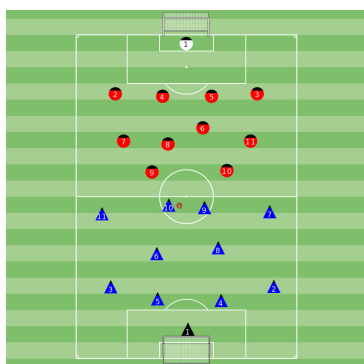
15:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Quick turn by goalie to spot ball, Shuffle into lane to get into position to stop next shot, get low, drop knee and position body in front of ball.

Description

Who? Target Team in Blue #1, 4, 5 defend against opposing team in red #9, 11, 10, 7, 8 who are trying to create an attack to get goalie out of position to score. Where? In the defending 3rd When? When opposing team is going to shoot on net. Why? To limit the angles available for a good shot. What? Cutting off Angles, Body Position,

GK Game - 11 v 11

11 v 11

Full Field and Soccer Balls

Intensity: 8

30:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Quick turn by goalie to spot ball, Shuffle into lane to get into position to stop next shot, get low, drop knee and position body in front of ball.

Description

Who? Target Team in Blue #1, 4, 5 defend against opposing team in red #9, 11, 10, 7, 8 who are trying to create an attack to get goalie out of position to score. Where? In the defending 3rd When? When opposing team is going to shoot on net. Why? To limit the angles available for a good shot. What? Cutting off Angles, Body Position,