

Topic: Goalkeeping the First Line of Attack. Training exercises and activities that train the goalkeeper in initiating the attack while under the pressure and demand of the game.

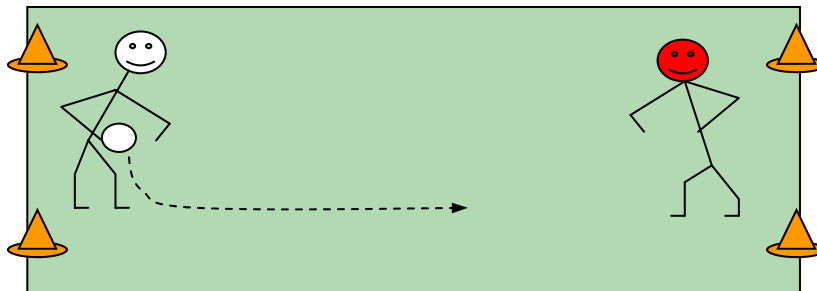
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The training session as it relates to the goalkeeper, should include a progression from technique and teaching tactics. The session should include exercises and activities that develop the goalkeeper's decision making, communication, and organization. The goalkeeper's positional play will be increased which will enable the goalkeeper to be more able to tactically solve the demands of the game. The results will improve better decision making thus reducing unnecessary goals.

Goalkeeper Warm up Exercises

1A. Organization

- Using cones mark out a 15x20 yard area
- Goalkeepers start at opposite ends across from each other
- Goalkeepers perform various types of throwing distribution i.e., overhand, sidearm, baseball, bowling, lob.



Coaching Points

- Be ready to adjust and change position quickly to collect ball
- Throw accurately
- Make quick and accurate passes
- Communicate and keep eye contact
- Look up quickly after collecting the ball

Variations

- Throw only with weak arm
- Increase distance and add target
- Change the point of attack

1B. Organization

- Same as previous exercise but goalkeepers perform various types of kicking distribution i.e. volley, dropkick, side volley, ground ball

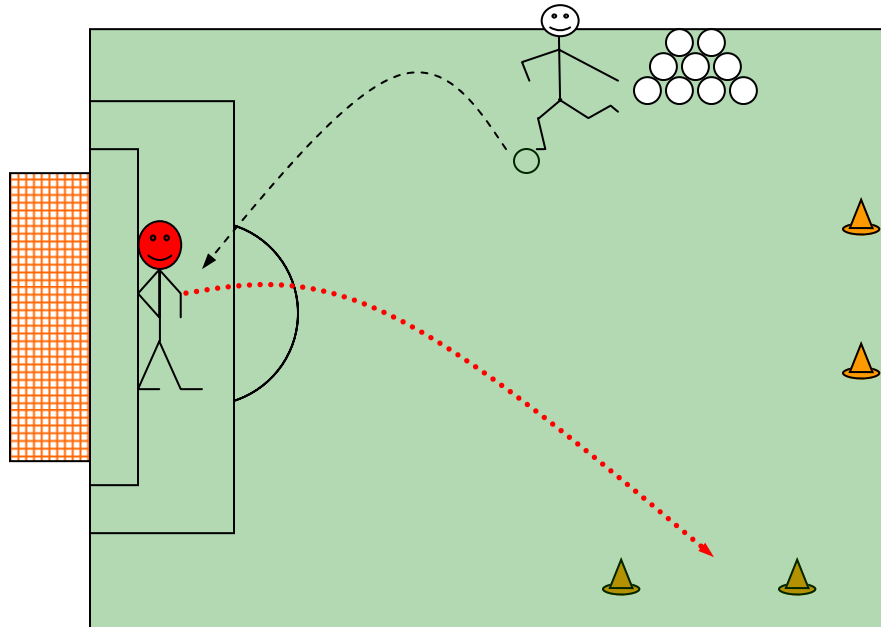
Coaching Points

- Be ready to adjust and change position quickly to collect ball
- Look up quickly after catching ball
- Concentrate on accurate distribution
- Preparation of ball for service

Improving Accuracy of Distribution after Collecting a Cross

2A. Organization

- Goalkeeper to collect various types of crossed balls (in swinging/ out swinging, hard, low, etc)
- After collection start attack quickly by throwing the ball in of the targets



Coaching Points

- Look up quickly after catching the ball (vision)
- Goalkeeper decide quickly where to throw or kick the ball (transition)
- Concentrate on accurate distribution
- Goalkeeper plays of their line (starting position)
- Read the service

Variations

- Vary distance of size of target changing the point of attack

2B. Organization

- Same as previous exercise but goalkeeper now receives various balls served on the ground (back pass, through ball, etc.) and starts attack quickly by distributing the ball into one of the goals.

Coaching Points

- Starting point should be in line with the ball
- Be ready and alert to react

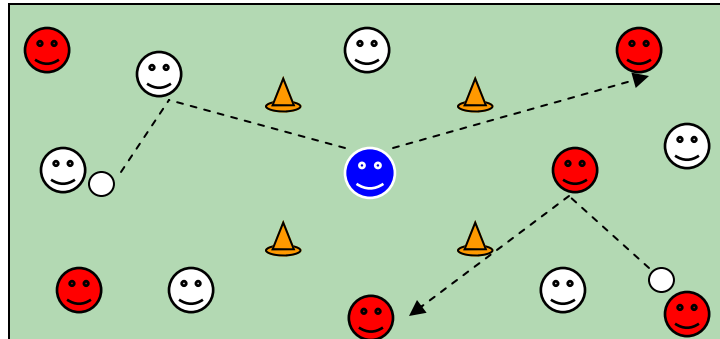
Variations

- Pace
- Direction
- Height of service
- Add attacking player

6v6 + Goalkeeper

3. Organization

- Each team begins with a ball passing and moving. Every 4-5 passes, the team must pass to goalkeeper who then distributes the ball (vary throwing or kicking) to opposite colored team. Goalkeeper should vary service between long and short passes.



Coaching Points

- Utilize accurate throwing and kicking distribution
- Communication
- Execute quick transition/ distribute quickly

Variations

- Eliminate one ball and play keep away. Teams score by connecting 5 passes together; one of the 5 passes must involve the goalkeeper.

Coaching Points

- Vision and awareness away from the ball
- Verbal and visual communication
- Appropriate technique of goalkeeper while distributing the ball
- Correct and decisive decision making

6v6 + 2 Goalkeepers full size goals ½ field

4. Objective

- Both teams compete for possession of the ball and attempt to score in the opponent's goal. No restrictions. Coach goalkeeper in decision making regard the initiation/starting the attack.

Coaching Points

- Vision and awareness
- Verbal and visual communication
- Appropriate technique in distribution of the ball
- Good starting position in relation to goal and ball
- Correct distribution to start attack
- Change point of attack
- Correct decision to play to feet or space
- Distribution of the ball away from pressure
- Appropriate decision to control or clear the ball first time
- Communicate and organization at all times

5. Cool Down / Stretching