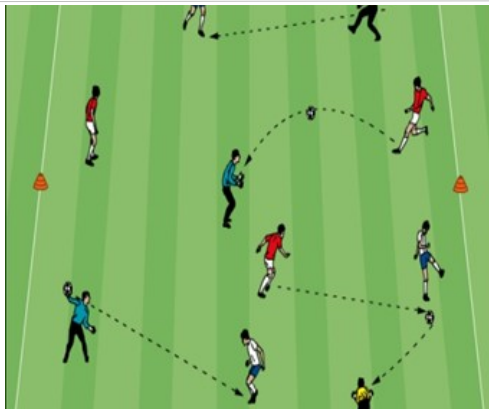

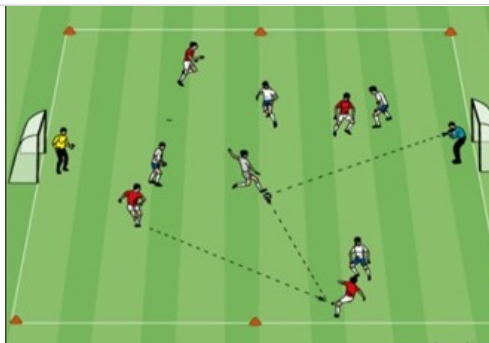



PLAY — PRACTICE — PLAY

"GK Training with the Team"

**Dribbling move
Mardona**

PLAY 10 mins.	Play- as players arrive have them join in a small sided game.	Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed	Let them play
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	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 15 mins	<p><u>Group Passing and Moving with GK's:</u></p> <p>Players will pass and move and the GK will call for the ball, and play it first with:</p> <ul style="list-style-type: none"> • Feet (2 touches) • Scoop and throw • Catch and throw <p>Coach needs to work the techniques of catching and distributing the ball properly to the appropriate side/ player on the field .</p>		<ul style="list-style-type: none"> • How to receive and pass the ball • What type of catch • Body shape, balanced • Lead with hands • W hand position waist and above, pinky's together waist and below
#2 15 mins	<p><u>3v3/4v4 + Bumpers (Stand by players)</u></p> <p>3 Teams, two playing on serving as bumpers. As soon as one team scores the bumper team is in playing. Coach the GK and opportunities of goal scoring, as well as GK in attacking transition</p>		<ul style="list-style-type: none"> • All of the above plus • Starting position off line • Communication • Shooting crossing position of GK • After a goal always start from the opposite GK
#3 15 mins	<p><u>4v4 +1/ 5v5+1 to Goals with GK's:</u></p> <p>Two teams of 5 players each plus a neutral will play to score as many goals as they can, taking as many shots and creating goal scoring opportunities. The neutral player will play with the team in possession and he can also score. Encourage players to shoot from distance</p>		<ul style="list-style-type: none"> • All of the above • Quick, accurate distribution • Be an option for a pass back
PLAY 25 mins	<p><u>Scrimmage</u></p> <p>11V11 Scrimmage</p>		Let them play

5 Elements

- Organized**-set up and ready to go
- Game like**-activity must be game like
- Repetitions**-repetition on what you are trying to achieve

- Challenging**-players need to be challenged
- Coaching**-the right coaching based on the age/level of the players