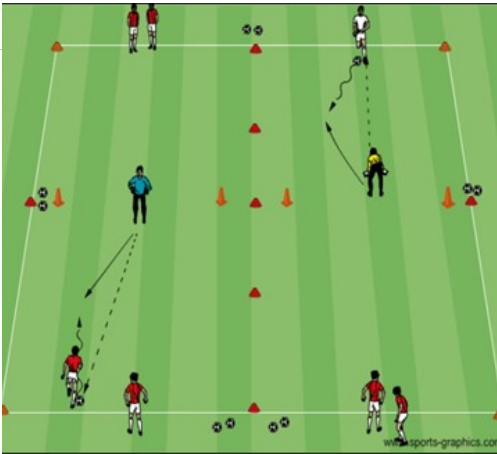

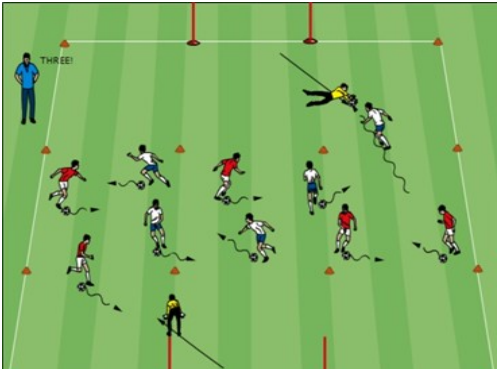
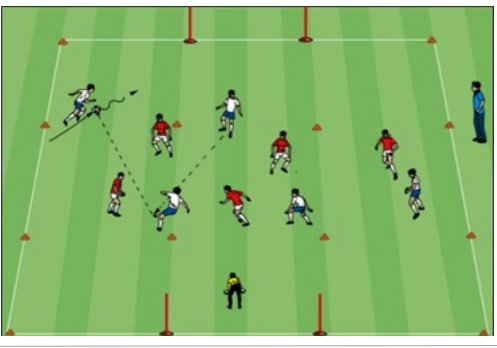



**PLAY — PRACTICE — PLAY**

**“Goalkeeping”**

<p><b>PLAY</b> 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
<p><b>Activity Description</b></p>			<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>-GK explode to the ball</li> <li>-Go to the ground sideways to create a barrier</li> <li>-Stay low</li> <li>-Approach the attacker at a controlled speed</li> </ul>
<p><b>#1</b> 15 mins</p>	<p><b>Breakaway Goalie Warm up:</b> GK are standing in a cone goal in a 12x24 yard grid. Dribblers are at each end.  The GK will roll the soccer ball to the dribbler that is 12 yards away. As the ball is traveling, the GK will close down the space and set his/her feet before the dribbler decides to release the shot/pass into the goal. The GK will then step and attack the ball hands first for a save.  <b>Coach:</b> Concentrate on the proper GK technique</p>		<ul style="list-style-type: none"> <li>-GK tries to force attacker to go around him/her. This way GK can try to win the soccer ball</li> <li>-GK should be off the goal line to engage the attacker as far away as possible</li> </ul>
<p><b>#2</b> 15 mins</p>	<p><b>Game Situation Breakaway:</b> A 40x50 yard grid is divided in three zones. Goal zones: 15 yards long by 40 yards wide with goals and GK's, and the middle zone 20 yards long by 40 yards wide. Two teams and all players with a ball. Number the players from 1-5. Each team will attack a goal. When the coach calls the number, the players with that number will try to score by dribbling .</p>		<ul style="list-style-type: none"> <li>GK explode to the ball</li> <li>-Go to the ground sideways to create a barrier</li> <li>-Stay low</li> <li>-Approach the attacker at a controlled speed</li> </ul>
<p><b>#3</b> 15 mins</p>	<p><b>5v5 Breakaway Game:</b> Two teams will play to produce a breakaway by a through pass to the goal zones or dribbling out of the central zone inside a 20x40 yard central zone of a 40x50 yard grid. Once the player is inside the goal zone, he/she can beat the goalkeeper with a shot or dribbling by him/her. GK must come out to try to stop the attacker from scoring.</p>		<p>Let them play</p>
<p><b>PLAY</b> 25 mins</p>	<p><b>Small Sided Games</b> 7V7 scrimmage</p>		<p>Let them play</p>

**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