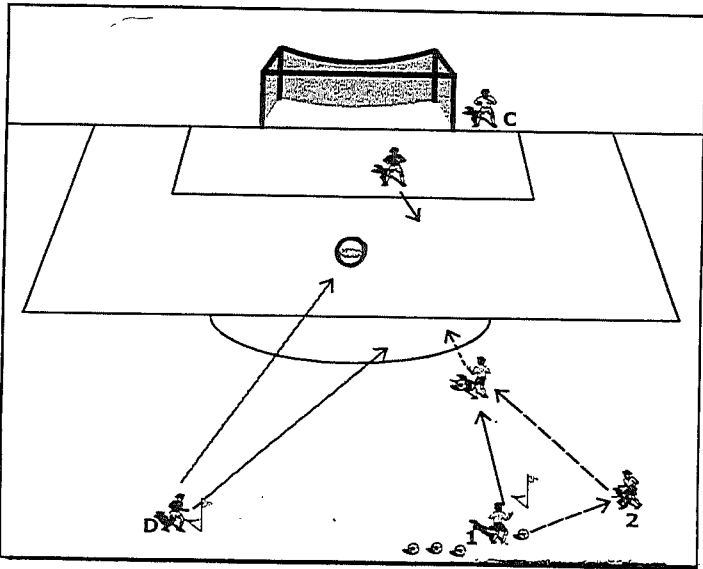


1v1 1v2



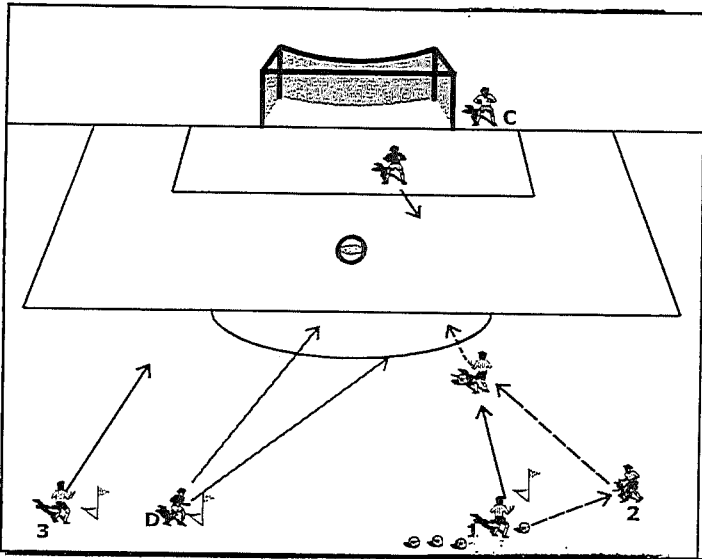
COACH YOUR GK IN 1v1 SITUATIONS IN AND AROUND THE BOX

Attacker 1 plays a give and go with attacker 2 and dribbles towards goal

Instructions: Recovering defender makes a decision to win the ball or to recover to back post to cover the GK

Coaching Points:

- Starting Position
- Communication
- Set Position
- Speed of Closing Down
- Hand Position
- Eye on Ball



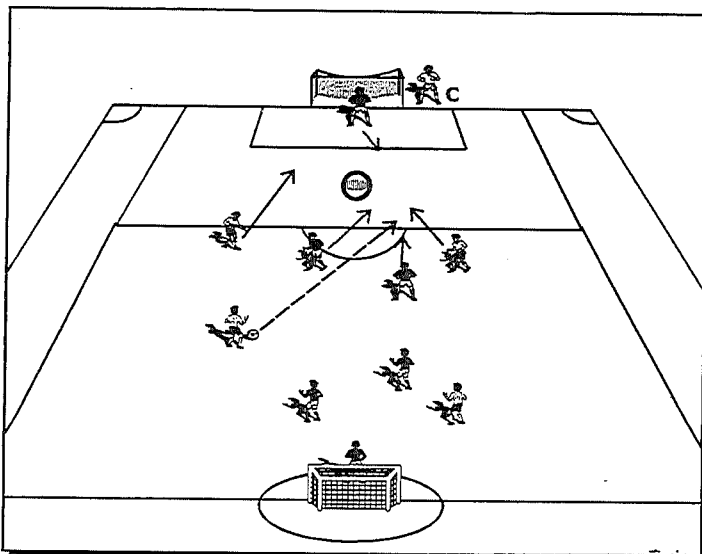
COACH YOUR GK IN 1v2 SITUATIONS IN AND AROUND THE BOX

Attacker 1 plays a give and go with attacker 2 and dribbles towards goal

Instructions: Recovering defender makes a decision to win the ball or to recover to back post to cover the GK
Attacker 3 joins in the attack with 1.

Coaching Points:

- Starting Position
- Communication
- Set Position
- Speed of Closing Down
- Hand Position
- Eye on Ball



COACH YOUR GK IN 1v1 SITUATIONS IN AND AROUND THE BOX: SSG

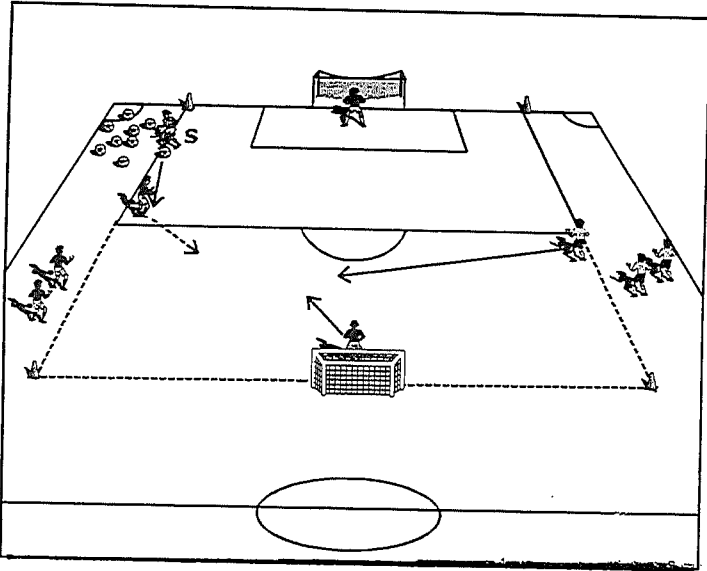
Play 5 v 5 on a half field pitch

Instructions: Focus on the recovering defender runs and the position of the GK

Coaching Points:

- Starting Position
- Communication
- Set Position
- Speed of Closing Down
- Hand Position
- Eye on Ball

1 v 1



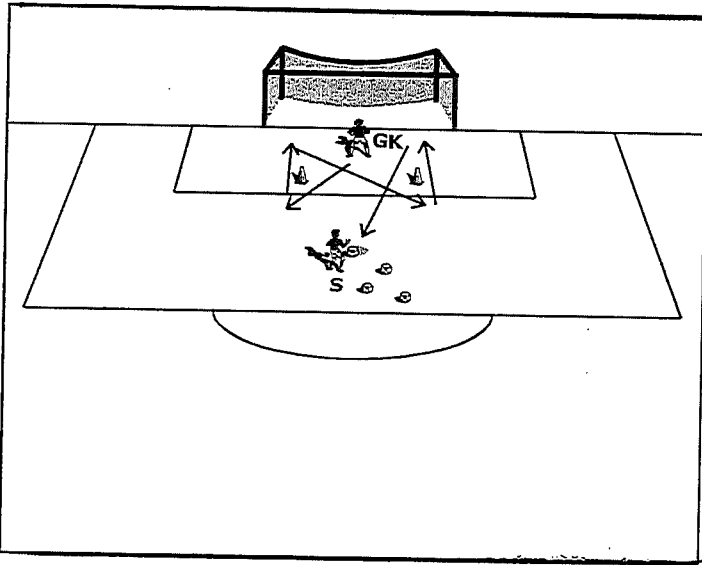
1 v 1

Instructions: S plays to Red team, as the ball is travelling the yellow defender runs on to the field to defend. Red attacks goal to score. Yellow defends. If yellow wins the ball back they attack the opposite goal. New ball is played in only when goal is scored or ball goes out of bounds. Play 5 minutes games where the Red always starts with possession, then switch with yellow having possession.

Progression: Play 2 v 2

Coaching Points:

- 1) Set Position
 - 2) Diving
 - 3) Angles
 - 4) Throwing
 - 5) Communication
 - 6) Support
- Also coach the decision process.



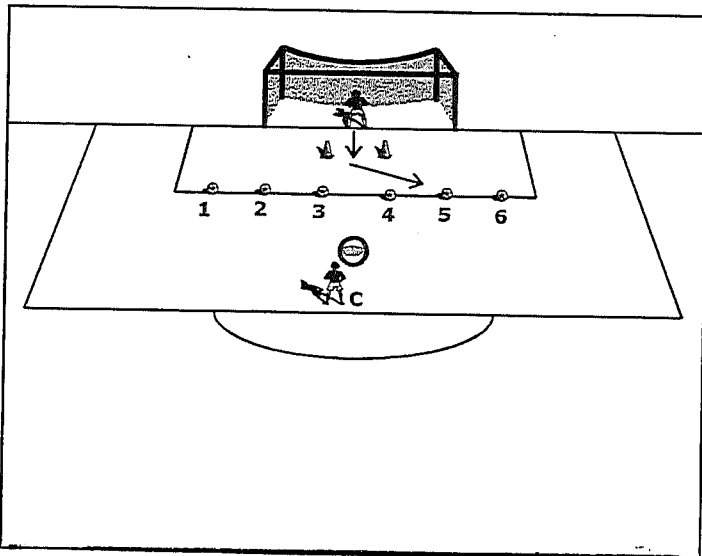
1 v 1

Instructions: GK performs a figure 8 around the cones to explode out onto the ball at servers feet. GK performs 3 reps to each side.

Progressions: 1) Have server take a touch as the GK is attacking the ball. 2) have the server move back to top of penalty area.

Coaching Points:

- 1) Set Position
- 2) Diving
- 3) Angles
- 4) Footwork



1 v 1

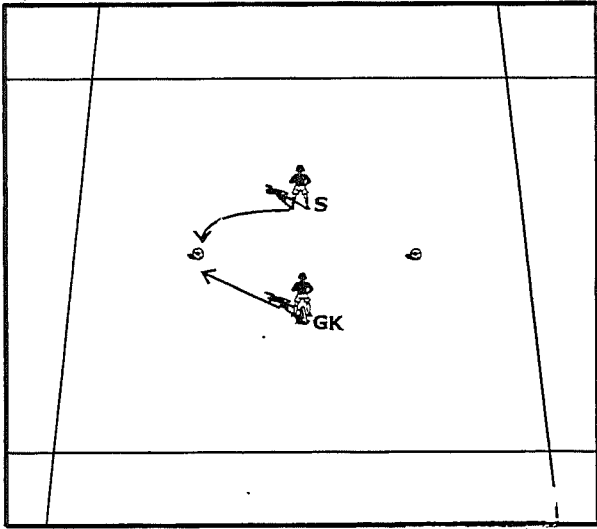
Instructions: GK steps forward to get set in between the cones. As the GK gets set, the C calls out a number. The GK then explodes on the ball that has been called.

Variations: 1) Have striker attack the ball as well 2) Add GK on opposite to perform same exercise, GK now compete with each other.

Coaching Points:

- 1) Set Position
- 2) Diving
- 3) Angles
- 4) Footwork

1 v 1



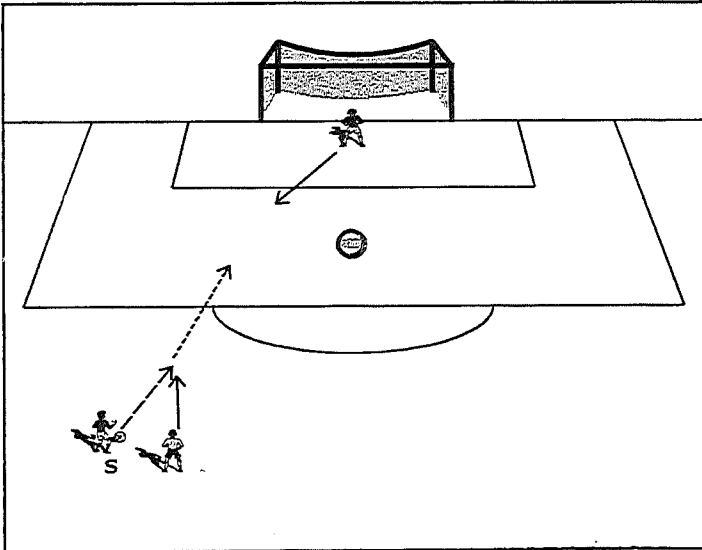
1 v 1

Set up as per diagram. Balls are placed at distance apart depending on the age and skill of the GK. GK starts 2 yards behind the balls.

Instructions: S turns and goes to one of the balls, GK reacts and attacks the ball that the S is going to. GK makes 6 saves then switches.

Coaching Points:

- 1) Set Position 2) Diving



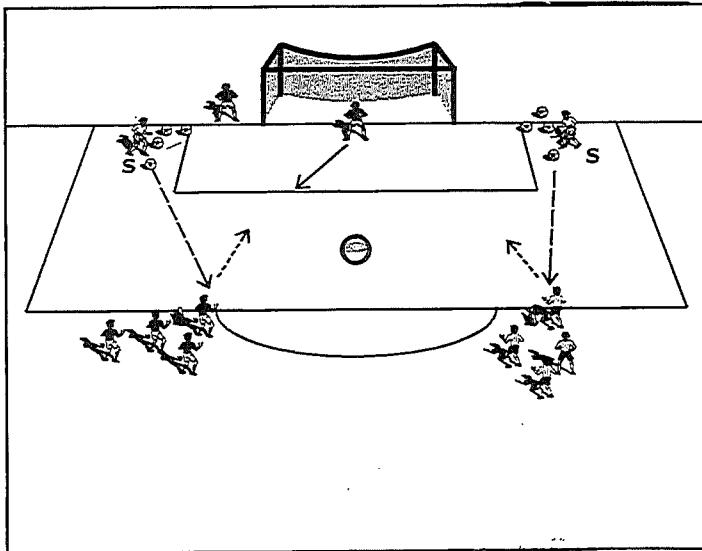
1 v 1

Instructions: S plays ball forward, Striker runs on to ball and dribbles at goal for 1v1 with GK.

Variations: 1) Play from Centre and opposite side 2) Have server play longer balls in for GK to decide if they want to come up and smother or play a 1v1 3) Have server play bouncing balls in 4) Add recovery defender 5) Add another Striker

Coaching Points:

- 1, Set Position 2) Diving 3) Angles
- Also coach the decision process.



1 v 1

Instructions: S plays ball to first player in line. On the players 1st touch the GK is allowed to close down the player. Player goes 1v1 with the GK. Alternate GK on every play. GK who allows the fewest goals wins.

Variations: Have S vary the service into player

Coaching Points:

- 1) Set Position 2) Diving 3) Angles 4) Throwing 5) Kicking from ground and Hands
- Also coach the decision process.