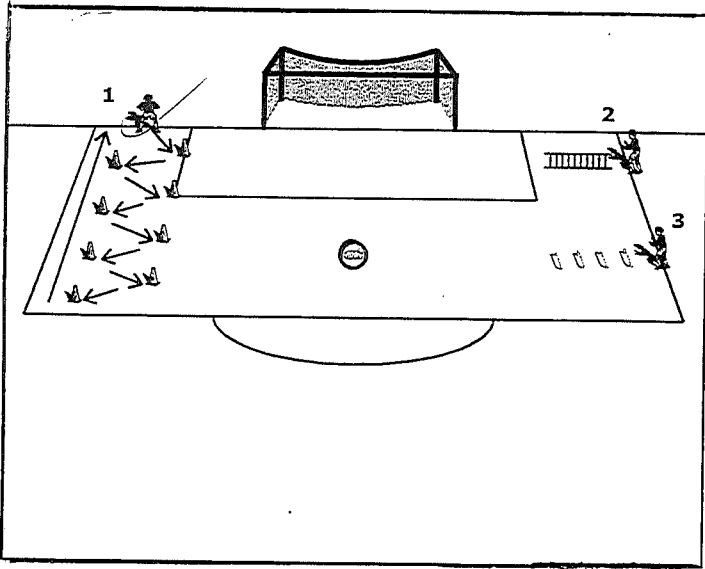


## Starting Position

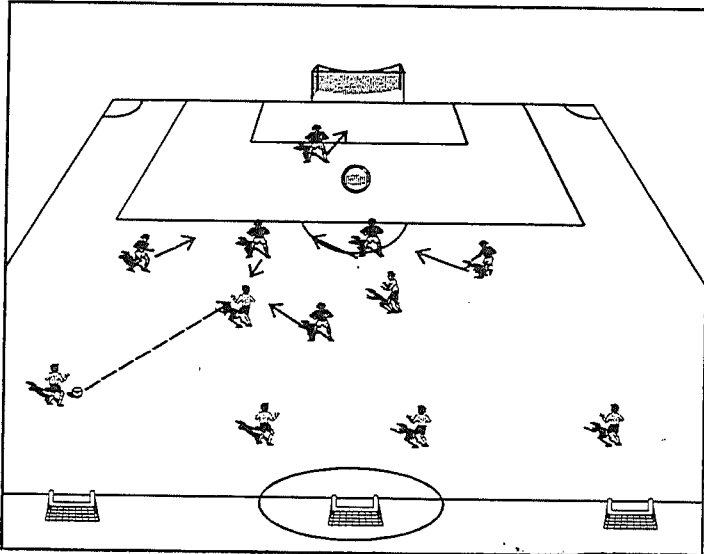


### COACH GK STARTING POSITION AND ORGANISATION RESPONSIBILITY IN RELATION TO THE BALL ON THE FIELD

**Instructions:** Run the GK through different footwork routines through the:

1) Cones 2) Speed Ladder 3) Hurdles

**Coaching Points:** Footwork: side to side, forward, and backwards



### PHASE OF PLAY:

#### COACH GK STARTING POSITION AND ORGANISATION RESPONSIBILITY IN RELATION TO THE BALL ON THE FIELD

6 attackers vs. 5 defenders on 1/2 field, with 3 target on the other side of the half line.

It is important to know what system the defending team is playing: Zonal or Man-marking

**Instructions:** The ball is passed backward and forwards. GK must make adjustments to their own position and defenders Central MF play 2 touch

#### Coaching Points:

Communication

Angles

Footwork

What system? Zonal or man to man

Responsibility of player and GK

Communication in the final 1/3 of the field