

**Session Designed By:**

John Gregg  
Region 1 ODP Goalkeeping Staff  
NSCAA National Goalkeeping Staff

**Topic:**

Goalkeeping:  
Dealing with Breakaways

**Age/Time:**

All ages  
1.0 to 1.5 hour session  
(Teaching or Training session)

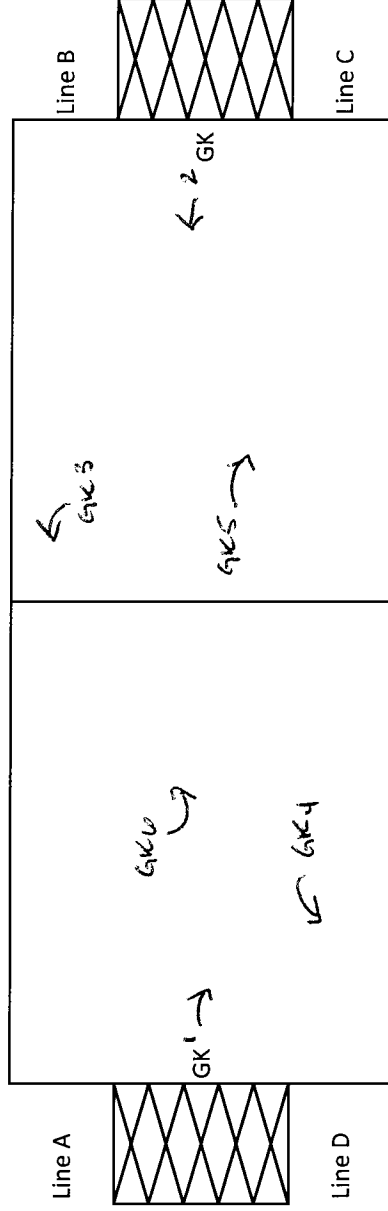
**Field Set Up -**

In beginning phase, field setup and full sizes goals will not be needed until session gets to using players or going to game. 2 goals needed roughly 40 to 50 yards apart, may vary depending on age and numbers but halves should have area on them larger than the penalty box.

**Step 1 - The Warm up (10 to 15 min)**

Warmup should begin with a lot of foot work and movement to really get the blood flowing, High energy environment with added ground work. Add in forward rolls, side rolls, up and downs, etc. Preparing the body and mind for a difficult and challenging session.

Coaches conducting the warm up and or session needs to be a 'cheerleader' like coach in this session. Getting keepers excited and prepared to do a tough session.



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**Step 2 - Introduction of breakaway situations (15 minutes or so)**

When training our keepers to deal with making breakaway saves, they must first understand what a 'breakaway' is, and that there are different scenarios to deal with. Situation #1 – 100% Keeper-0% Attacker, Situation #2 – 60% Keeper – 40% Attacker, Situation #3 – 50% Keeper – 50% Attacker, Situation #4 – 40% Keeper – 60% Attacker, Situation #5 – 0% Keeper – 100% Attacker

**Focus:** Getting keeper to understand first off that there are many ways to teach and many different philosophies when it comes to breakaways, but they all have the same goal.

**Coaching Points:** Question and Answer phase and understanding training area set up and why.

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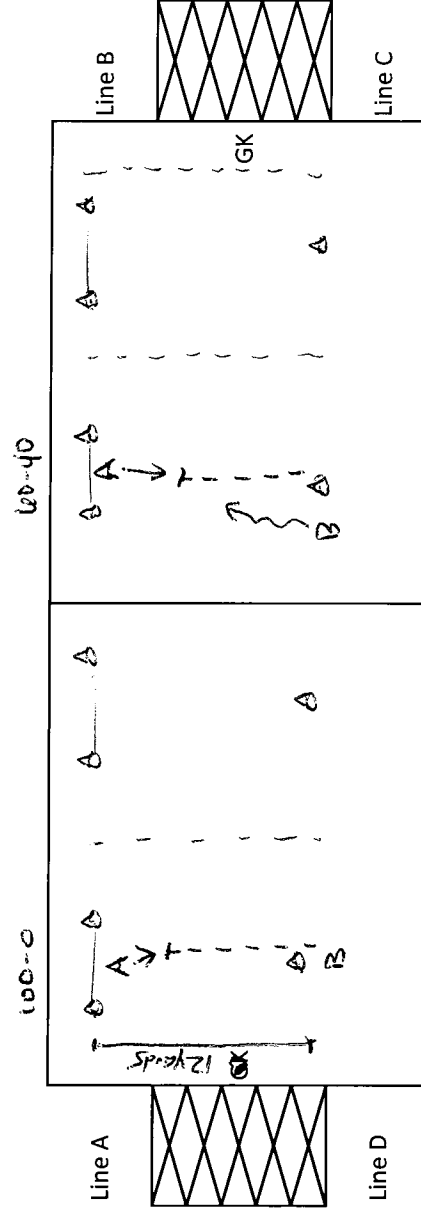
**Step 3 - Situation #1 and #2 (15 min)**

**Situation #1** - (100%-0%) Service lines with a keeper in position 'A' and service line at position 'B'. In a rotation, server plays the ball into the keeper and once keeper identifies with the ball, keeper attacks the ball and takes with hands at ease. Very services to include balls rolling, bouncing, and to the sides. GK should become comfortable with all types of service and work to have NO mishandled balls.

**Situation #2** (60%-40%) same as situation #1 with the addition of the server now becoming a passive attacking player to help the GK identify a threat of that attacking players. Again, services should vary and speed of ball should now very making some saves easier than other.

**Focus:** As we know, not every keeper is the same and most will react differently than others, some quicker, some slower, some more aggressively, and some even loader. The same can be said for the attacker. When we encounter the possibility that the attacker will react quicker than the keeper or that the ball is played with less speed through the defense creating Situation #2. Pressure of an attacker is more present making the situation much more difficult to deal with for the keeper for many reasons. A number of those difficulties are; the possibility of a dropped ball, where will the attacker run, sight of a moving object coming at us, the need to worry about the attacker and the ball, and even taking our eye of the ball in preparation of protecting ourselves.

**Coaching Points:** Running technique, hand position, vocal commands, aggressiveness of the line, body position, and decision making. All will be different for each keeper, but it has to be reinforced that it is challenging and the keeper may never see a breakaway, but we need to be prepared for it.



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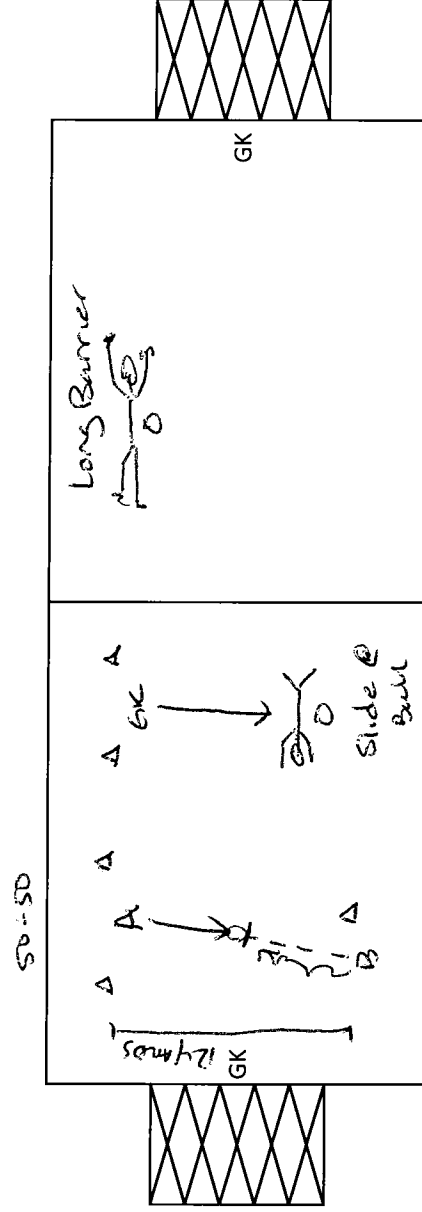
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**Step 4 - Situation #3 (30 min)**

**Situation #3** (50%-50%) in this phase, the keeper and service situation stay the same as first 2 situations, but the keeper now gets introduced to making a long barrier and learning to block the ball with the body. Step 1, keeper lays on ground on their side and partner lightly kicks ball into the keepers body and switch. Step 2- keeper stands and takes a step away and practice sliding into the ball as it is served. Step 3, keeper goes back to service line, ball is placed on ground, and keeper works on attacking ball by running at it, going down, and sliding into the ball under control. Step 4, server is now added from service line and they attack ball to create a breakaway with a potential shot on goal. The make it more realistic, GK can roll ball out to attacker and GK can attack the service making the attacking player to make a decision to shot or dribble.

**Focus:** Getting the GK to understand when there is a need to go down, how to approach this type of save, and focusing on loss of possession of ball

**Coaching Points:** technique of the slide, approach to the ball, speed off the line, CONFIDENCE and AGGRESSION when determining its time to go.



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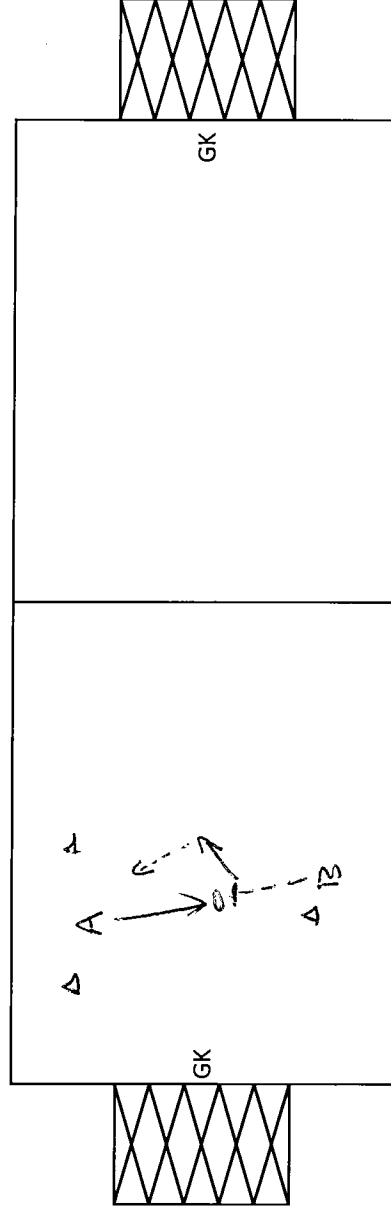
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**Step 5 - Situation #4 (30 min)**

**Situation #4 (40%-60%)** - Situation deals with same types of service lines but keeper now rolls ball out to service line and attacking player takes a touch and keeper determines when to go. GK is to close down ground as fast as possible getting as close to ball as they can. Situation calls for teaching GK to get set and feet set when shot happens. \* Part of exercise can be teaching keeper to run out fast and learning to stop quickly and get feet set, butage will determine how much this needs down or worked on.

**Focus:** on approach to the ball and getting as close as possible. GK should make body nice and big. Not going down and falling for the ball making the attacker make the first move.

**Coaching Points:** Body position, speed off line, keeping feet staggered in a running position not to give up the meg. Hands set and low to face shot, looking for close of the shot.



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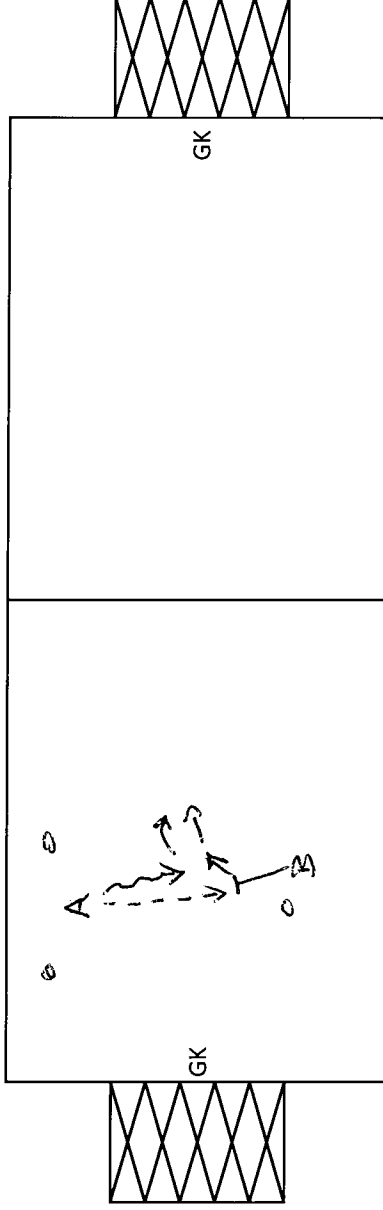
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**Step 6 - Situation #5 (15 min)**

**Situation #5 - (0%-100%)** - Works on cat and mouse, showdowing attacking player with ball by partnering up. Attacking player has ball at feet and just works on dribbling from side to side in between 2 cones. GK works to stay in from of player with ball and looks to swat ball away if too large of a touch is taken. Once this is worked on, service lines begin like all other phases. GK rolls ball out to attacker, attacker dribbles in and tries to beat the GK to one side or the other. Keeper closes space down and tries to force attacker one way or the other forcing a big touch or loss of possession for the keeper to now go to ground and win ball.

**Focus:** closing space down to force attacking player away from the shot and to attempt dribbling around allowing gk to win ball on touch. Keeper needs to be set and allow footwork to be worked on.

**Coaching Points:** Patients in going after ball, determining when you go to ground, watching for the shot.



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**Step 7 - GAME (Continuous 1v1 Game) (30 min)**

**GAMES** - 2 teams of 6 or more.. GK starts with the ball and plays to his/her teammates on their half, team 'A'. Player 'A' attacks the others goal and a player from team 'B' runs out to defend. If player is beat, GK reacts to potential breakaway. If player B wins ball the attack Team A goal and a new defender from A runs out and keeper deals with situation. If ball is saved and new attacking player enters as well as new defender. If ball is scores, game starts over with other team starting this time. If Goal kick occurs, new attacking player and defender start. If a corner kick, other ends team starts by dribbling into the field as fast as possible to potentially treat a 1v1 situation of a defensive play reacting late where GK has to get set for shot after closing space down.

**Focus:** Creating as many decision making situations as possible for the GK to see, react to, or take away with communication from the GK,

**Coaching Points:** FREE play, hold coaching situations for stoppages or after game.

