

Session Designed By:

John Gregg
Region 1 ODP Goalkeeping Staff
EPVSA ODP Head Goalkeeper Coach

Topic:

Goalkeeping:
Defending behind the defensive back line

Age/Time:

U13 and above (11v11 play)
1.5 to 1.75 hour session

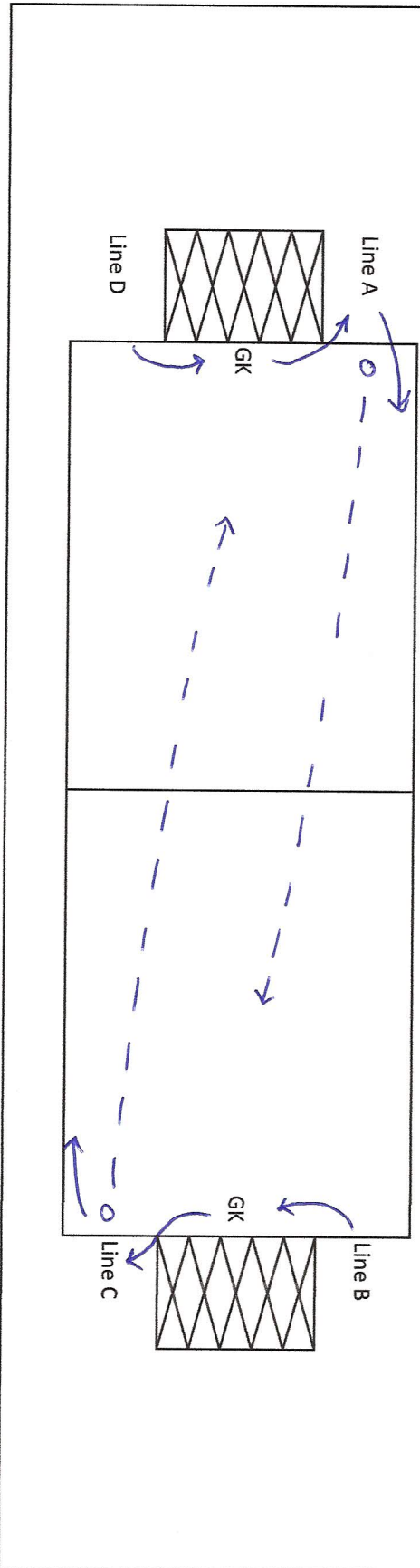
Field Set Up -

2 goals needed roughly 40 to 50 yards apart, may vary depending on age and numbers. Field should be 40 to 50 long X 30 to 40 yards wide, add midline

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

Distribute goalkeepers evenly on 4 sides of goals, making 4 even lines. Line (A) and line (B) will face one another while line (C) and (D) do the same. Line (A) will serve the ball to the GK in goal from line (B), simultaneously, line (C) will be serving to (D). Rotation will be to follow the service to the GK line, GK will save ball and go to service line next to them. A to B, B to C, C to D, and D to A.

Warm up begins with long flighted or driven balls in from the service line in front of the GK. Services can vary and is at the discretion of the coach. However, balls should not be chipped balls at or over the head of the GK. All balls should be played in front of the keeper working.



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Step 2 - Introduction of back players (15 min)

Service lines stay the same as warm up, the activity changes only with the addition of two defending players (D1 and D2) in front of the keeper at each end. These players should merely represent the visual aid for the keeper to make beginning situation as game like as possible. Servers should try to serve ball over the back line dropping in front of keeper.

Focus: Seeing balls played over and through the back line, keeper should work on coming out to receive balls with hand or possibly feet.

Coaching Points: GK communication with back players, encourage keeper to play off goal line, pushing defenders up or dropping them depending on service.

