

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

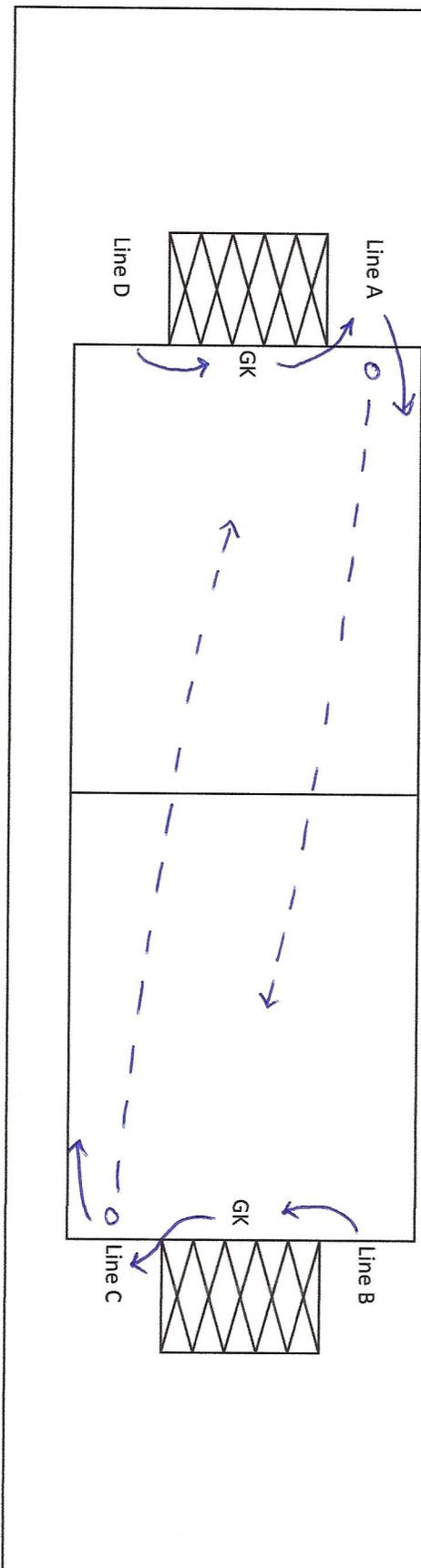
Field Set Up -

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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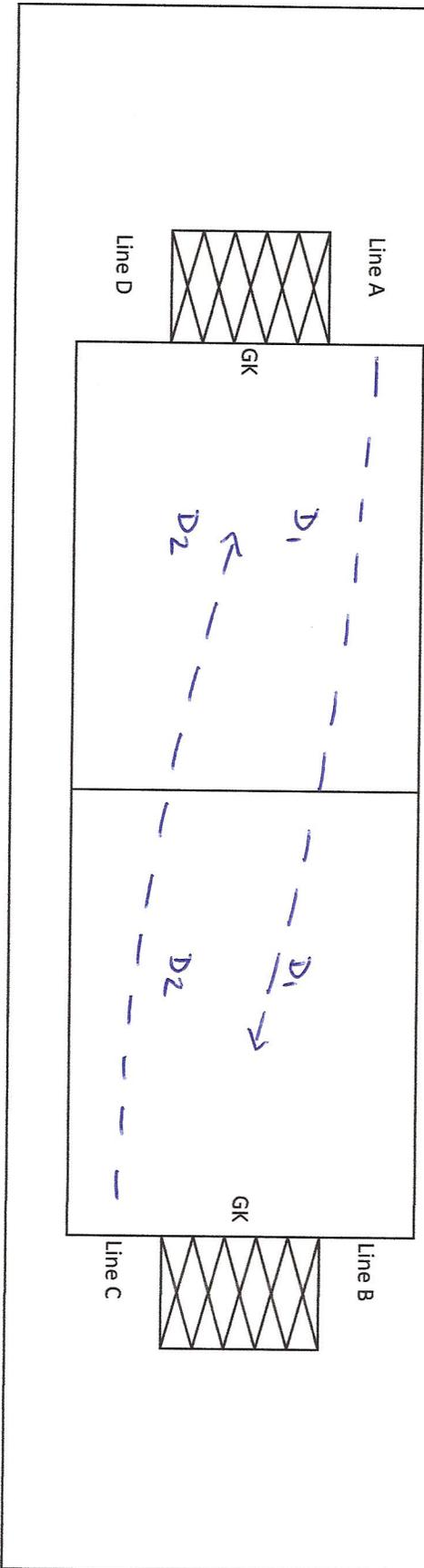
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Step 2 - Introduction of back players (15 min)

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.



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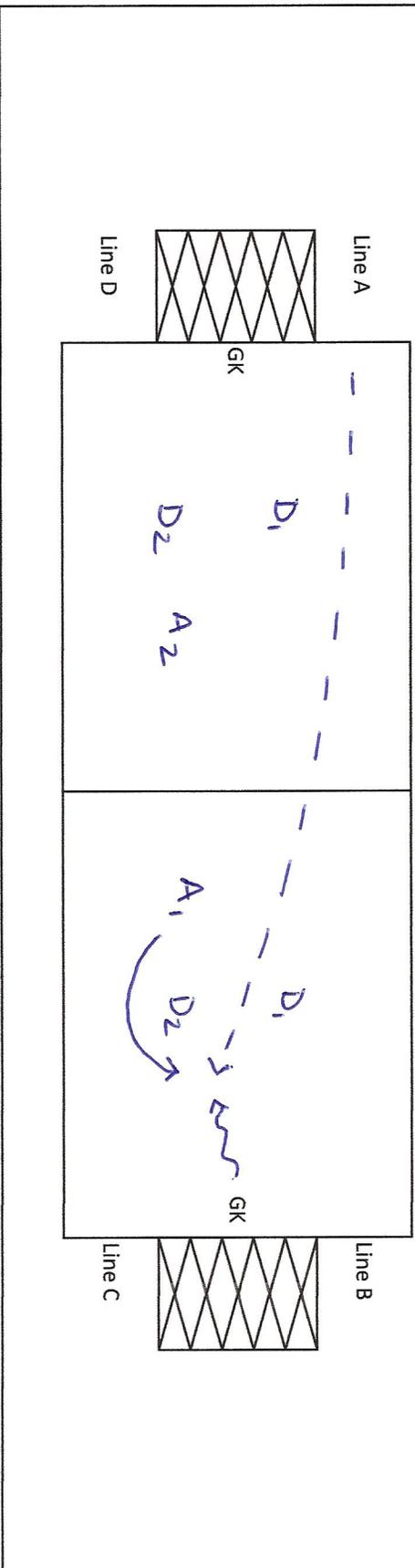
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Step 3 - Introduction of attacking player with back players (15 min)

Same as Step-2, just the addition of an attacking player (A1 and A2). Attacking player should just move around in front of defensive players and penetrate when ball is played. Keeper should work on pushing up backs to create offside's trap or to create more space for keeper.

Focus: Attacking players should run onto ball with no success. NO 1v1 or 2v1 situations between defenders and attackers. All balls should be able to be handles by keeper.

Coaching Points: Encourage pushing of defenders by keeper to create an offside's trap, attacking ball off line by keeper, playing off line to cut off pass before attack happens.



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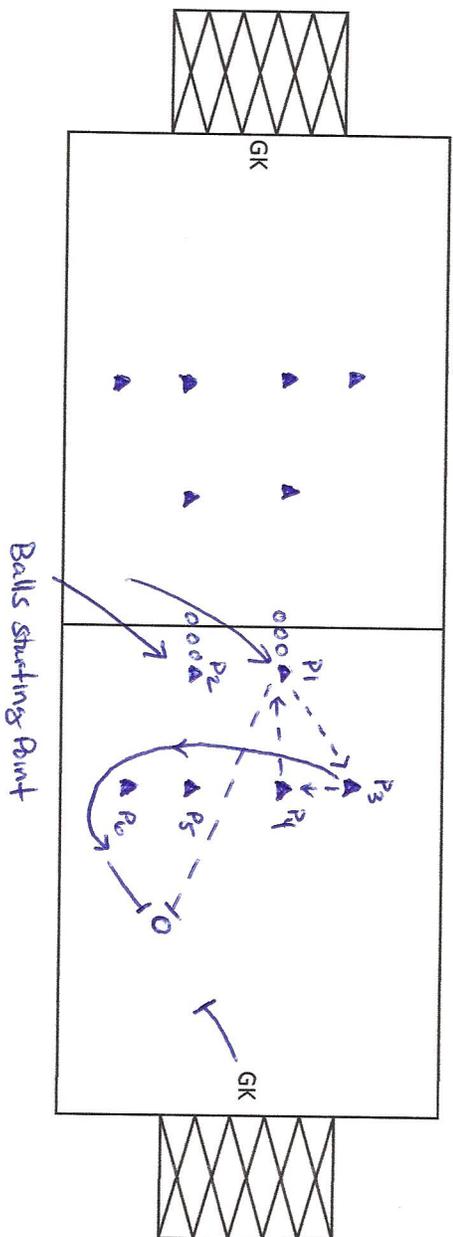
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Step 4 - Defending through balls that result in a shot on goal (30 min)

Going to 1 or 2 goals if numbers allow, create a flat defensive 4 on each half the field (marked by cones 5 to 8 yards apart as starting points). Place 2 additional cones 5 yards away from the 4 defensive ones in front of the middle two. Place players at each cone (P1-P6) All balls start at the 2 front cones marked as P1 and P2 locations. Services will alternate from side to side and both sides of the field can go simultaneously. Rotation from player positions (P) can happen however the coach feels it works best for the activity and group. Positions P1, P3, and P4 work together while P2, P5, and P6 work together for the passing portion of the activity. P1 will play first ball to P3. P3 will play the same ball to P4. Once P3 plays to P4, they immediately run in front of the defensive 4 positions and runs around the P6 position. P4 will lay the ball back to the P1 position. Once P1 has the ball again they will play a timed penetrating ball through the defensive line to the running P3. P3 can shoot 1st time or take a touch and shoot. Repeat exercise from other side.

Focus: to get keeper to deal with running players receiving through balls behind the defensive back line that result in a shot on goal.

Coaching Points: Should not turn into a breakaway session, good angle play, coming off line, attacking ball if to far from attacker, communication with backs to cover once beaten, aware of all types of shots (chips, breakaways, far post, 1st time shots)



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Step 5 - GAME (Offside's Game) (30 min)

2 teams of 6 (4 v 2 on each half). GK starts with the ball and plays to his/her teammates on their half. The 4 defenders (X) and GK work to keep ball away from 2 attackers (O). They attempt to complete 5 or 10 passes coaches preference. At the other, the GK works to communicate with the defenders to push up (to buffer zone) forcing the attacking players on that half to stay onsidies but not to enter their defensive half of the field. Once team in possession completed their passes, they look to play the ball over the top or through the defense to attacking player. Repeat coming back the other way.

Focus: dealing with the game like situations from the back that create offside's, pushing defenders up, dropping players back when ball is played, dealing with different shots off of through ball.

Coaching Points: Communication between defenders and GK in game like environment, good services from players, timing of runs, NO 1v1 play all balls should be through balls behind the defenders, not into attackers feet.

Scoring and Adjustments: 1pt for completion of passes by defensive players, 2 pts for a goal off of through ball. No corner kicks, balls starts back with GK that just attacked. Adjustment can be made to where the attackers can play back to defensive players (with no pressure) for a long range shot or chip if defenders are having too much success in getting back.

