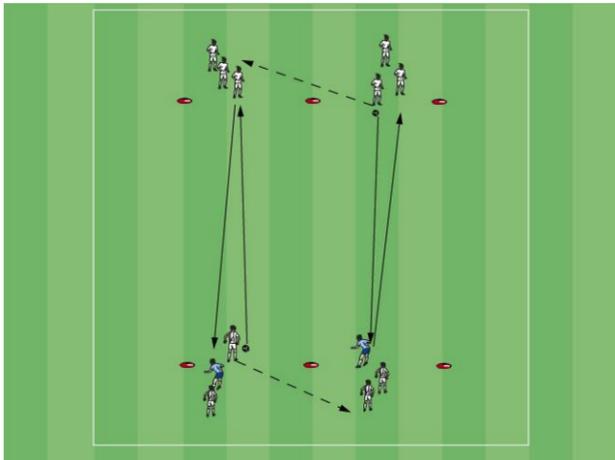


Switching the Field SESSIONS

Topic: Integrating the GK into the session – Possession/Passing

Equipment Needed: Cones, bibs, balls, goals

Activity 1:



Description:

Technical warm up – two sets of gates are set up across from another set of gates. Gates are paired with the one directly across. Players split evenly among gates (can make 6 gates, 8 gates, etc.). One ball per pair of gates.

Players pass the ball back and forth between paired gates. After passing, players move to next gate over (back of the line).

Goalkeepers can use hands to receive and distribute.

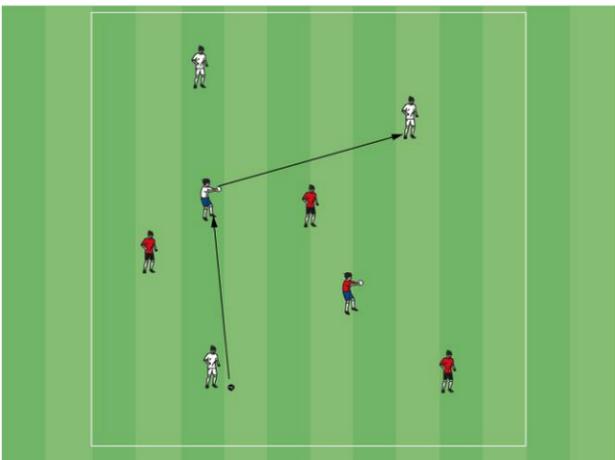
Progression:

Vary the type of service/pass. A ball played to GK in the air = receive and distribute with hands. Ball played on ground = play with feet.

Coaching Points:

1. Technique of saves and distribution
2. Attack the ball
3. Face forward
4. Technique of footwork – including in moving over to next gate

Activity 2:



Description:

4v4 (including GKs). Keep away. Specify a number of passes to equal a goal.

Goalkeepers play as any other player, EXCEPT if a ball is played to them in the air, they can use hands. A ball on the ground must be played with feet. GKs can intercept a pass with hands.

Progression:

A ball played to GK in the air (and caught cleanly) is a point

Coaching Points:

1. Technique of saves and distribution
2. Decision of type of save and type of distribution
3. Decision of where to distribute
4. Communication
5. Attack the ball
6. Movement off the ball – find a good supporting position and face body to set up best and most options possible

Activity 3:



Description:

Players split into two teams. Goal on one end of the field.

One team scores to goal. Other team scores by playing to opposite team GK as a target. Target GK can be played as an attacking option for his team.

Coaching Points:

1. Positioning before the shot
2. Positioning of target GK to provide angle of support
3. Decision of how to save
4. Decision of how and where to distribute
5. Communication/Organization of team

Activity 4:



Description:

Full sided game. Match rules apply.

Coaching Points:

1. Positioning before the shot
2. Decision of how to save
3. Decision of how and where to distribute
4. Communication/Organization of team