

Topic: Incorporating the Goalkeeper into the Attack.

Activity #1 – Unrestricted:

Set Up: A 7v7 + 2 neutral players (neutral players are goalkeepers) are organized as shown in Diagram (a) below. One ball for each team – red and yellow.



Diagram (a)

Objective: Each team begins with a ball passing and moving. Every 2-4 passes, the team must pass it to one of the goalkeepers, who then distributes the ball (with their feet) to the opposite colored team. Play is continuous for the designated period of time. Goalkeepers should vary service between short and long passes.

Progression: Eliminate one ball and play “keep-away.” Teams score by linking six passes together. One of the six passes must involve a goalkeeper.

Coaching Points:

- Maintain proper angles of support.
- Vision and awareness away from the ball.

- Proper verbal and visual communication.
- Appropriate technique while receiving and passing the ball.
- Correct and decisive decision-making.

Activity #2 – Restricted:

Set Up: 5 v 5 with goalkeepers to two large goals (44 x 50 yards or as needed). Divide field into thirds and organize players as shown in Diagram (b) below. Add neutral player(s) in the central zone if necessary.



Diagram (b)

Objective: Begin by restricting players to their appropriate third of the field (2 v 1 in the attacking and defensive third; and 2 v 2 in the middle third). If the defending team wins the ball in the middle third of the field, they must quickly play the ball back to their goalkeeper before they are allowed to go forward to goal. Award 1 point for scoring during the run of play and 2 points for goals scored beginning with the goalkeeper. In Diagram (b) above Player (A) has opted to use the goalkeeper as an outlet pass. The goalkeeper has quickly distributed to teammate (B).

Coaching Points:

- Good starting position in support of the ball.
- Link with the run of play (up, down and side to side)
- Correct distribution to start the attack.
- Play the ball away from pressure and support the pass.
- Organization of the team in transition to defend or attack.

Activity #3 – One Goal / Counter Goals.

Set Up: 5 v 5 with 4 neutral players and goalkeepers to two large goals (½ field or as needed). Create two large crossing channels on the flanks as shown below in Diagram (c) and allow, no more than, 1 v 1 in the channels at any time.

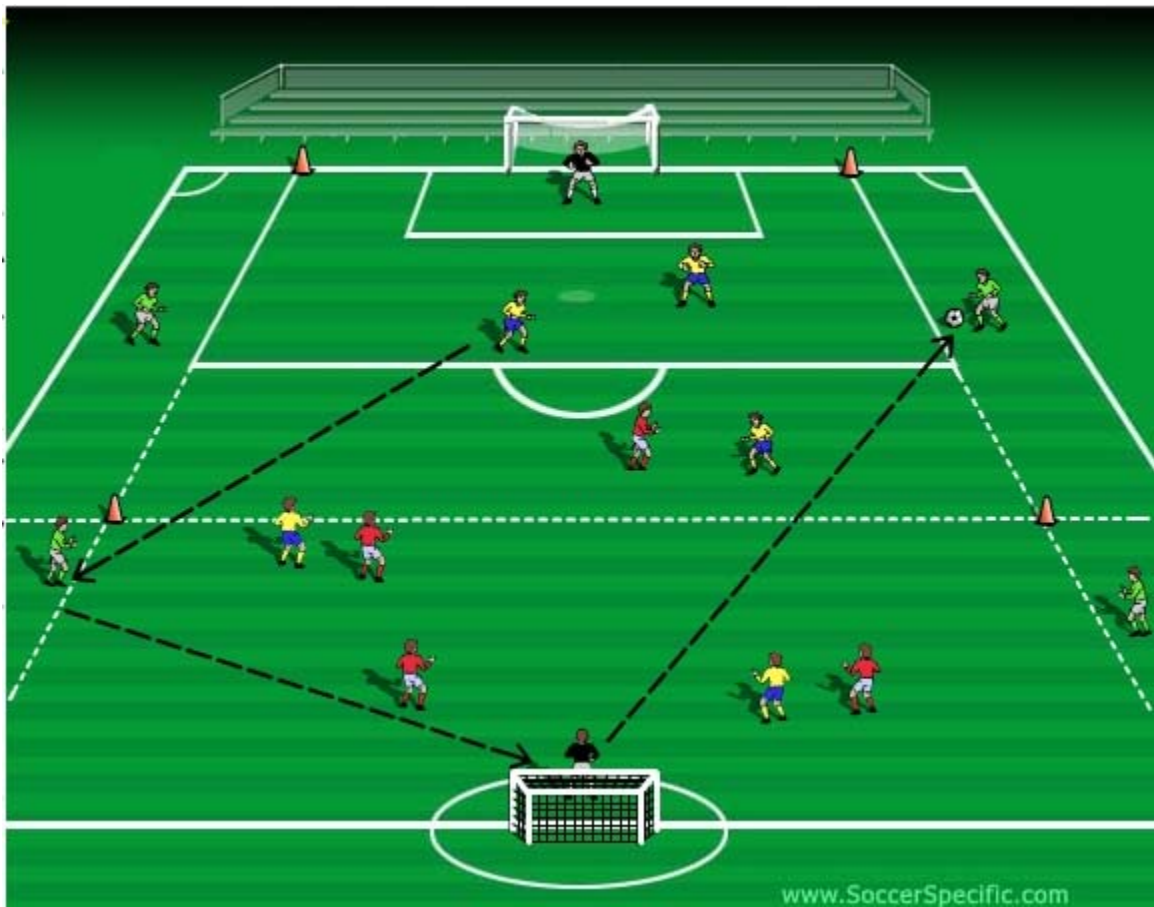


Diagram (c)

Objective: Begin with 4 neutral players in the channels, progress to 1 v 1 in the outside channels and 5 v 5 in the middle. Regular rules apply; however, crossing from the outside flanks is encouraged. Award one point for scoring during the run of play and two points for goals scored off crosses. Goalkeepers must look to change the point of attack

when they win the ball. In Diagram (c) above the goalkeeper has successfully caught a cross and distributed quickly to the wide neutral player.

Coaching Points:

- Change the point of attack quickly
- Correct decision to play to feet or space
- Receive the ball and play away from pressure
- Appropriate decision to control the ball or clear the ball first-time
- Communication and organization at all times

Activity #4 – Two Goals:

Set Up: 7 v 7 with goalkeepers to two large goals as shown below in Diagram (d) (use ½ field or as needed).



Diagram (d)

Objective: Possible Formation 1:2:3:2. Both teams compete for possession of the ball and attempt to score in their opponent's goal. No restrictions.

Coaching Points:

- Maintain proper angles of support.
- Vision and awareness away from the ball.
- Proper verbal and visual communication.
- Appropriate technique while receiving and passing the ball.
- Correct and decisive decision-making.
- Good starting position in support of the ball.
- Link with the run of play (up, down and side to side)
- Correct distribution to start the attack.
- Play the ball away from pressure and support the pass.
- Organization of the team in transition to defend or attack.
- Change the point of attack quickly
- Correct decision to play to feet or space
- Receive the ball and play away from pressure
- Appropriate decision to control the ball or clear the ball first-time
- Communication and organization at all times

Activity #5

Cool Down: Players jog (dynamic movements), focus on major muscle groups, reduce heart rate, static-stretching, and review session.

About the Author: *Greg Maas* currently serves as the State Technical Director of the Utah Youth Soccer Association (UYSA), where he is responsible for player development, coaching education, and the technical direction of the state association. Maas is a former collegiate standout from the University of Portland, playing under one of the most respected coaches in US Soccer history – the late Clive Charles. Maas holds a USSF A License, USSF National Youth License and his NSCAA International Premier Diploma. Maas also serves as a National Staff Coach and Instructor with US Soccer and as a Goalkeeping National Academy Staff Coach with the NSCAA.

A Note from the Author: I created the above session for SoccerSpecific.com, of which I also serve on their Advisory Panel. SoccerSpecific.com is a members-only educational resource aimed at improving and disseminating high quality coaching information through the use of the world's best graphics and animation.

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