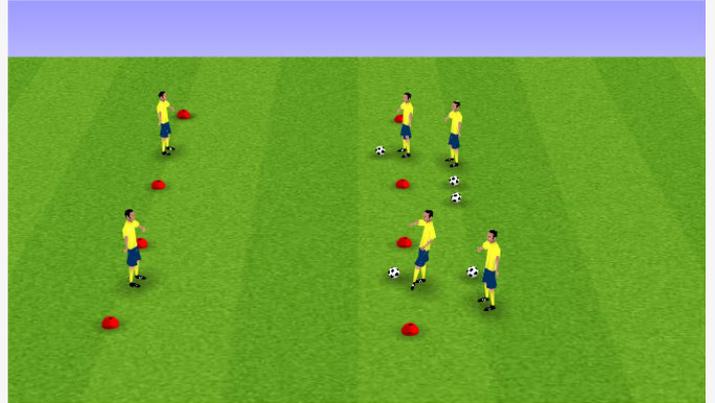


Description

GK group session with option of field players for crosses. Late and early crosses with build into game to prepare for team session to follow.

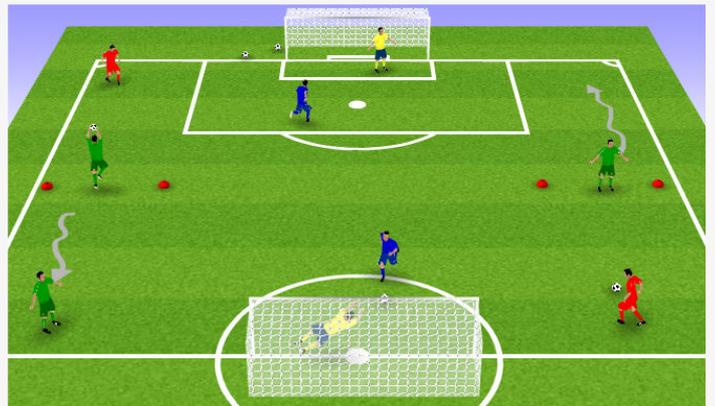
GK 1v1

Grids 15x10 with goals arms reach wide:
 GK1 starts with ball and rolls across to GK2
 GK2 is field player with ball at his feet and try to score by dribbling through cone line past goalkeeper
 If GK1 wins ball, then becomes field player and GK2 becomes goalkeeper
 Play continues until goal scored or out of bounds (or into other grids)
 Rotate players in grid or if two players alternate who starts with ball for ground distribution across
 Win game at 3 goals and rotate grids
 CP: technical rolling distribution with smooth ball, big first step, quick first two steps to decrease space, hands palm out wide, hands low when close to player, early decision to dive or be patient to stalk, Burpees penalty for nutmeg



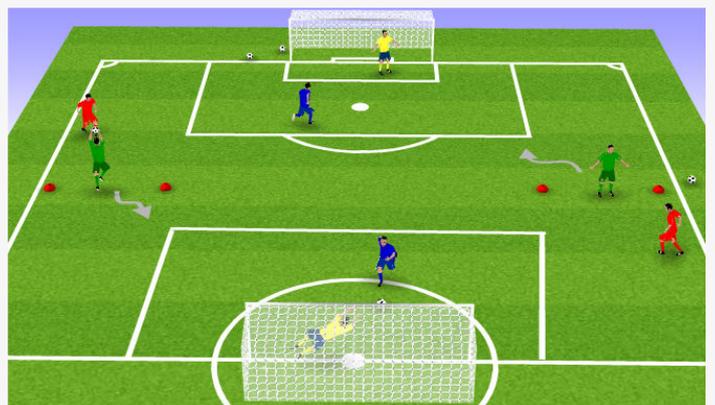
Multi-Rotation

GK Rotation, option to have field players in corners to distribute and shots
 GK rotate at every step if enough Gk or they can change after three if only limited #s:
 Yellow GK in net to win cross
 Blue attack on cross and make runs near or far post as targets
 Green gets shots on Frame then turn to dribble to corner for cross on goal (can add another field player to distribute to for crosses)
 Red receive Yellow GK ground distribution for shot within 3 touches on green GK, all rebounds live
 CP: set for shots, quality distribution to feet, vocal Keeper/Away on crosses, angles to ball



Multi-rotation2

Use field players if possible or rotate Gks
 Yellow GK receives early shots from goal, Yellow makes saves and overhand serve to red for one touch shot (or two touch max)
 Blue attacking cross and play all rebounds
 Red checks back to receive ball from distribution for quick finish, all rebounds live
 Green GK makes save and come off line, turn to make early cross on yellow GK to blue runner
 CP: Angle to shots move up and back as play occurs, set position at shot, patience to read flight of ball to step forward or back, be active inside 6 yard, communicate all crosses Keeper/Away with loud and commanding voice



GK 2v2 plus neutral

GK 2v2 plus neutral and outside servers in 40x60 grid:

Ball starts on outside with service into the box: early or late crosses

Continue play until ball goes out of bounds, can use outside option as neutral player also but limited 2-3 touch max

Alternate sides to start, rotate at 3-5 minutes

Option for field players to be GK2 also to make saves and distribute to outside

CP: set position on shots, communication early, support position to attack, footwork to get in goal, organize defenders

