



GK Defending Breakaways and Small Numbers Up Inside the Penalty Box

Category: Goalkeeping: General
Difficulty: Moderate

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Individual-Young Member

Description

Improving the GKs ability to defend breakaways and small numbers (2v1, 3v2, etc.) up inside the penalty box.

Technical Warm-up

Players pass and move within grid (36X44). Begin with keepers using their feet. Progress to the keeper using his hands for: a ball at his feet, a ball chest to head high, and ball for a collapse dive to either side, 1-v-1 save while player dribbles at them.

Variations:

GK distributes the ball to the opposite team.

GK receives ball from the opposite team while remaining in his/her grid.

Coaching Points

Eye contact and communication between players and goalkeepers.

GK ready position and proper handling of the ball.

GK distribution



Advanced Warm-up

Divide grid from earlier into quadrants. Each player has a ball and is assigned a number. Players dribble within their quadrant and upon coaches command dribble 1-v-1 against the gk and through the goal. Players must beat the keeper and dribble through the goal.

Variations:

Players come from non adjacent grid.

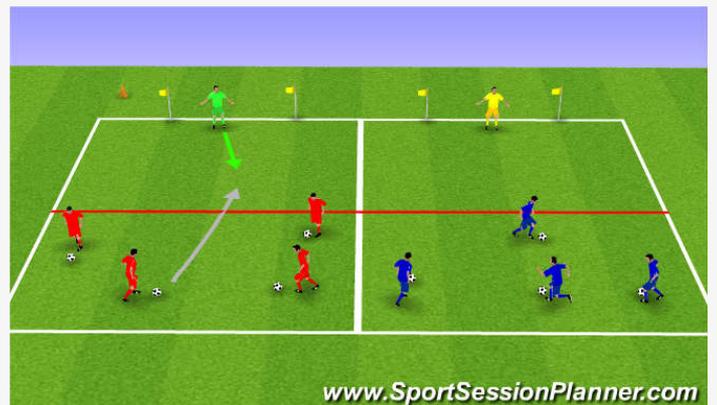
Players are allowed to pass the ball through the goal.

Coaching Points:

Decisions to close the space down.

Closing speed and angle.

Footwork and decisions when to dive to win the ball from attacking player.



Small Sided 1 v 1

GK begins with the ball and distributes to the opposing player. Player receives and passes to attacking player on the opposite side and enters play.

Variations:

2 v 1

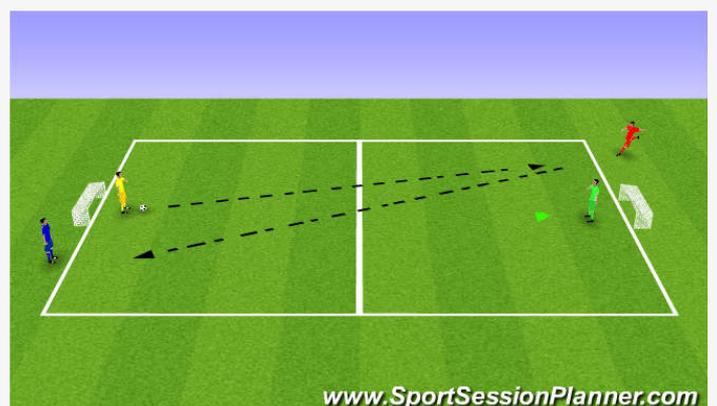
3 v 2

Coaching Points:

Same as previous exercises.

Communication with teammates.

Use of angles to make the goal smaller and the play predictable.



Extended Small Sided 5 v 5

5 v 5 with numbers up in the attacking half of the field (3 v 2).

Coaching Points:

Same as previous exercises.

Distribution decisions - when to go forward or short? ability to help defending two maintain possession with feet and pass to forward 3.



Match Conditions

No restrictions.

