



GK Sessions in a Phase of Play/SSG/Functional Format



## In A Phase of Play Coach a Goalkeeper/Team in Playing Out From the Back



### Set up

- Two thirds of the pitch with two small goals.
- Attackers – 2-4-2 formation
- Defenders – 4-3-1 plus a Goalkeeper.
- Starting Position – Play from the Goalkeeper.

### Key Points

#### Team Shape when playing out

- Front man pushes high up the pitch to make it as big as possible
- Midfield players also push up with 1 of them supporting the striker
- One midfield player holds to get the ball or support defence if play breaks down
- Full back get high and wide
- Centre backs move to corners of the 18 yard box

Decision from the goalkeeper, can he hit the striker if not play what he sees, if player who receives the ball has space to move into can goalkeeper put the ball into that space, if not can they pass to feet(receivers communication).

Variation of delivery – change it up otherwise opposition will know what you're going to do.

Goalkeeper's communication – "turn", "time", "man on"

Goalkeeper then moves into position to support in case play has to come backwards

Organising the back line – mark, push up, drop

## In A Phase of Play, Coach a Goalkeeper/Team in Dealing with the Back Pass



### Set up

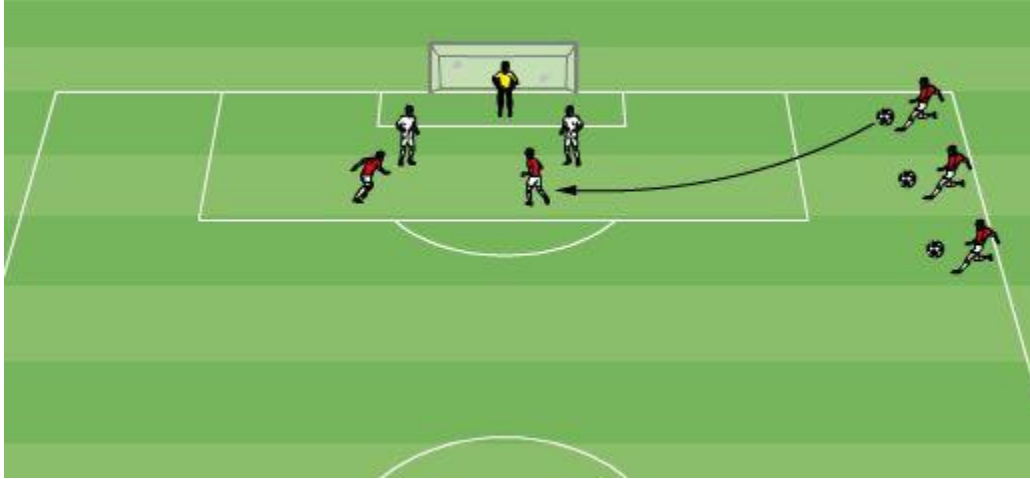
- Defenders – 4-2-1 plus a Goalkeeper.
- Attackers – 3-3-2
- Starting position – Attacking team plays a miss placed pass over defender whom is then pressurized by one of the attackers
- Free Play

When coaching this topic stand behind the defence or even to the side of the goal.

### Key Points

1. Ready to receive.
2. Get into line – can the defender play the ball back to the goalkeeper's strongest foot, goalkeeper must get in line with the ball.
3. 1st touch.
4. Assess angle and distance of approach of the opponent – analyse the situation
5. Decision of number of touches to take – are you being pressured, do you have time.
6. Control and pass away from the opponent.
7. Team mate should make good passing angle.
8. Support the pass.
9. Do not take risks.
10. End product – short pass, long strike make the right decision.

## In A Function, Coach A Goalkeeper To Deal With Crosses Effectively



### Set up

- 1 goalkeeper (you can use two if you like keep changing over)
- 3 servers in different positions out wide
- 2 defenders and 2 attackers.

### Key Points

- **Goalkeepers starting position "set position"**
- On the balls of their feet, hands ready, knees bent and an open stance
- **Assessment of the flight** – is it high or low, if high assesses the pace and height of the ball, if low again assess pace of the ball and get down quickly.
- **Decision** – can I get to the ball before any of the attackers, is a defender better placed to clear the ball, if so stay in the goal.

### Coming for the crosses

- Communication "keepers" early, loud and clear.
- Angle of approach – don't go too early or you will not get the cross, take the ball at the highest point with both hands.
- Timing of take-off – use inside leg where possible to take off on, one footed take off and take the ball at its highest point.
- Decision – catch or punch
- Catch – catch the ball with both hands, take at highest point, secure the ball
- Punch – Height, distance and width

### Not coming for the cross

- Communication – "AWAY"
- Recovery into position
- Defend the goal

## In A Small Sided Game, Coach A Goalkeeper/Team on Reducing and Dealing With Strikes at Goal



### Set up

- Defenders – 2-2-1 plus a Goalkeeper.
- Attackers – 2-2-1 plus a Goalkeeper
- Starting position - Goalkeeper with the ball throws ball to opposition Goalkeeper who plays out from the back.
- Free Play

When coaching this topic stand behind the defence or even to the side of the goal.

### Key Points

#### Technical

- Into line – distance from goal, don't stand on the goal line, and don't cross feet when moving into the line of the ball, knees bent, allows quick movement.
- Set Position – reactions, can I win the ball, dive
- Rebounds – up quickly ready to block.
- Handling Techniques – both hands, secure the ball

#### Tactical

- Communication – early, load and clear
- Pressure on the ball to prevent shots
- Showing inside outside
- Cover and support
- Recovery Runs
- Compactness