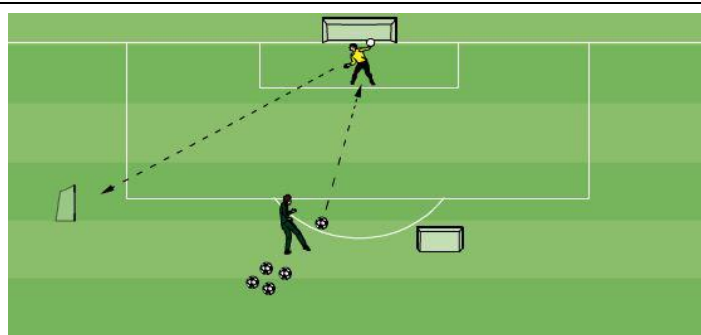


**SESSION THEME: Functional GK Session**

**Organization**  
 -Coach serves to GK.  
 -GK plays to either mini goal  
 -Serves into GK can be a hot or back pass

**Progressions-**  
 Coach adds pressure on to GK after they receive the ball  
 Coach varies pressure to manipulate proper play by GK.

Coaching Points



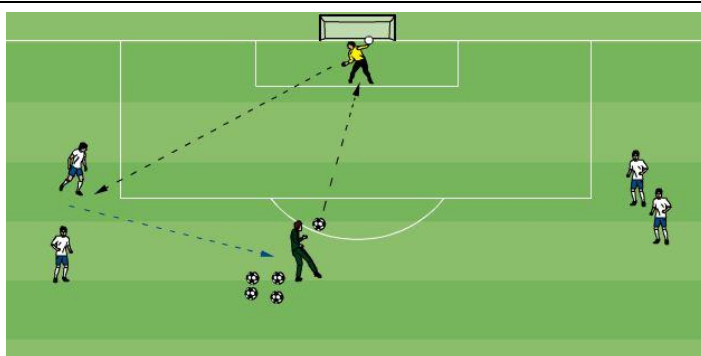
**PHASE II**

**Organization**  
 Coach + GK + Players:  
 -Coach serves ball into GK, who plays to FB  
 -FB plays back to coach

**Progressions-**  
 -Add pressure to FB (GK must now choose proper option)  
 - Add more defenders and attackers to pressure.

All play returns to coach

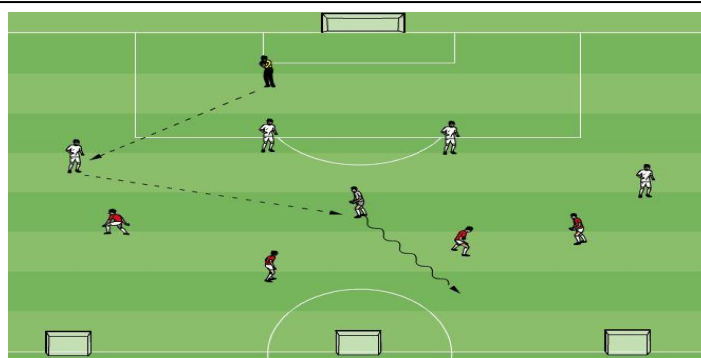
Coaching Points



**PHASE III**

**Organization**  
 -4 v 4 plus one  
 -Simulate the backs having a midfielder player they can use to transition to score on the mini goals.

Coaching Points

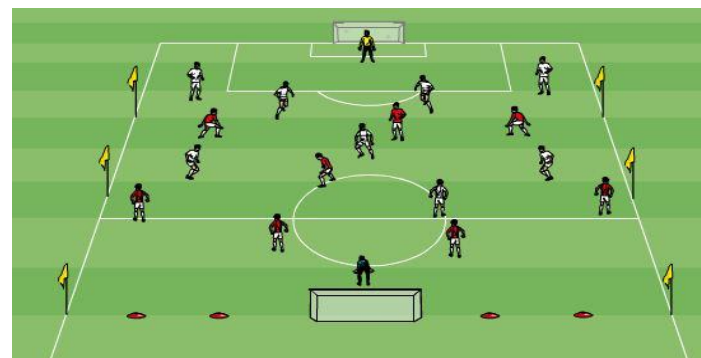


**PHASE IIII**

**Organization**  
 -9v9 (1-4-3-1)  
 -On a GK save or any ball that goes out of play, the ball is played to from GK to a back.  
 -Before transitioning out of their third the ball must be played by GK once.  
 -Defending team may not pressure in that third

**Progression-**  
 -Allowing players to press in that third.

Coaching Points  
 \*



**FITNESS / CONDITIONING**