

**SESSION THEME: GK; Training for Flank Play**

**Organization**  
 -Live crosses/light pressure.  
 -GKs take turns taking crosses from field players.  
 -One GK in goal others act as opposition.  
 -Add distribution to field players.

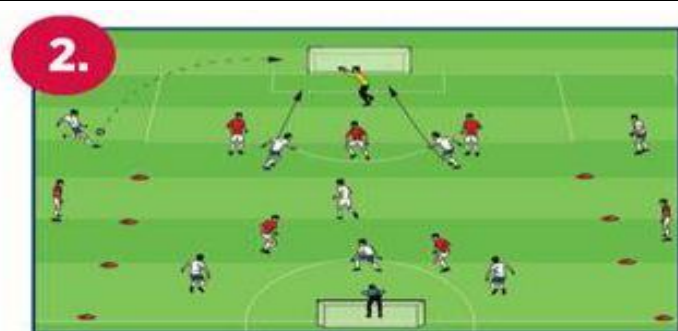
**Coaching Points**



**PHASE II**

**Organization**  
 -5v5 + 1 with wide players played in 44 x 60 yard grid.  
 -Ball must be played wide before team can go for goal.  
 -Outside players on 3 touch.  
 -Goal off cross worth two; goal off header worth 3.  
 -Gks can play straight into the channels or to teammates.

**Coaching Points**



**PHASE III**

**Organization**  
 -6v7 with counter goals in a 60x90 yard field.  
 -Starting GK should play with starting defenders and to DM, play against a front 7 of attacking players

**Coaching Points**



**PHASE IIII**

**Organization**  
 -9v9 with 2 big goals.  
 -Played in a 90x70 field  
 -Encourage crosses-Use same scoring as Phase II.

**Coaching Points**  
 \*



**FITNESS / CONDITIONING**