

KEEPER DECISION DERBY

The activity can be played with all goalkeepers or with a team when all of the players practice goalkeeper skills for a day. So for the activity the players are referred to as goalkeeper keepers, those in the goal, and field keepers, those outside the goal area. All players in the activity use goalkeeper skills in a game-like situation with multiple decision making opportunities. As can be seen in the Coaching Points section below a great many aspects can be taught in this activity. Each time the activity is conducted the coach should focus only on one or two of those aspects.



The playing space is 50 x 30 yards. The space may be adapted according to the number of players involved and/or the age group. Use regulation size goals for the age group. Corners are marked by corner flags; goal areas (appropriate dimensions for the age group) are marked in front of each goal by paint/chalk lines or disk cones and a halfway line is marked by tall cones.

The goalkeepers (A & B) may play only inside their goal area. The field keepers (C, D, E, F, G & H) may play only in their half of the field. The field keepers may not go into either goal area. Players A, F, G and H are teammates. Players B, C, D and E are teammates.

One ball is used in the activity and the coach (I) should have spare balls with him/her at midfield. Every five minutes the goalkeeper keepers should switch places with one of his/her field keepers. Playing time

is fifteen to thirty minutes dependent upon the age group participating. This activity could be played by U10 to adult teams.

All players use goalkeeper skills during the activity. The object is to hit the field keepers with the ball to earn a point. So A, F, G and H are trying to hit C, D and E with the ball. If they succeed then their team earns a point and retains possession of the ball. However, if one of the field keepers makes a clean save of the ball thrown at him/her then no point is given and he/she now has possession of the ball. Field keepers may choose to catch or deflect the ball or to dodge it.

A clean save is a caught ball or a ball punched out of the playing area. If the field keeper tries to catch the ball, but drops it then a point is given to the thrower's team and they keep possession.

The goalkeeper keeper must also make saves, for if a ball goes in his/her goal then it is a point to the other team.

Only field players may be struck with the ball. Field keepers and their goalkeeper keeper may interpass the ball. If at any time they drop the ball then it goes to the other team.

Variations

Allow the goalkeeper keepers to shoot at the opposite goal with drop kicks, sidewinder kicks or punts.

Field keepers are not allowed to dodge the ball but must attempt to catch or deflect it.

Coaching Points

Technique: throwing styles of over-arm, side-arm sling and bowling; catching styles of W grip, diamond grip, ground, below waist height, chest to head height, above head height; kicking styles of punt, drop-kick and sidewinder; diving; deflecting; boxing

Tactics: positioning (ebb & flow); support position to interpass with teammates; when to strike field keepers or not; when to cover the goal

Psychology: alertness; communication; leadership; composure; competitiveness; cooperation

Fitness: footwork; jumping; diving; agility; upper arm strength for catches and deflections

Safety

Only a thrown ball, never a kicked one, may strike the field keepers

Laws of the Game

All of the 'keepers' must abide by the six second rule