US Youth Soccer Workshop 2012

The American Goalkeeper

Don’t start practice without them!

Clinician: Bill Stara, Technical Director
Maryland State Youth Soccer Association

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Players and equipment

• Players:
  – Ten field players and two goalkeepers.

• Equipment:
  – 12 balls
  – Three colors scrimmage vests (Ten of each color.)
  – Twenty cones.
Activity 1

4 vs 4 vs 4 Keep Away

Description:
• Three groups of 4 players.
• Goalkeepers will play with one group of 4.
• Red and White group play against Grey group. Which ever color team loses possession of the ball to Grey, then defends.

Coaching Points:
• Goalkeepers work on their ability to:
  – Dive at attackers’ feet.
  – Play with their feet.
  – Organize the defense and attack.
Activity 1

Coaching questions for Goalkeepers and Field players:

– Goalkeepers should be asked: Where is the best place to distribute the ball back into play once they win it?
– What is the best way to distribute the ball to another attacking player who is 10 yards away?
– Where is the best ball to play out of pressure?
4 vs. 4 vs. 4 Keep Away
Activity 2

5 vs. 5 + 2 Gk’s Keep Away

Description:
• Group of 5-field players play keep away from other group of 5 players.
• Goalkeepers play with the attacking team making it 7 vs. 5 keep away.

Coaching Points:
• Address group shape to improve spacing.
• Goalkeepers must first play with their hands and bowl the ball to teammates.
• Goalkeepers use their hand and then play the ball out to the opposite side of the field.
• Goalkeeper then collects balls with their feet and works on their distribution with their feet.
• Goalkeepers compete against each other to see who touches the ball more.
Activity 2

Coaching questions for Goalkeepers and Field players:

– Where is the best ball to play out of pressure?
– What is the best way to distribute the ball to another attacking player who is 20-30 yards away?
5 vs 5 + 2 GK’s Keep Away
Activity 3

5 vs. 5  Keep away with Gk’s in end zones

- Group of 5 field players play keep away from the other group of 5 field players.
- Goalkeepers remain in end zone and act as targets for field players to maintain possession.
- Goalkeeper plays the ball back into the field to the same team that passed the goalkeeper the ball.

Coaching Points:

- Goalkeepers must support the team from behind the play as well as acting as a target in front of the play.
- Goalkeepers play with their feet and their hands.
- Switch the point of attack.
Activity 3

Coaching questions for Goalkeepers players:

– Using the end zone as a neutral area, where is the best place to stand in the end zone to support your teammates?
– Which part of the field would you first look for open players?
5 vs 5 keep away with Keepers in end zone
Activity 4

5 vs. 5  Dribbling into end zone with Gk’s

- Group of 5 field players keep possession until they can create space to dribble through the opposite end zone.
- Goalkeepers remain in end zone and defends the end zone against attackers.

Coaching Points:

- Goalkeepers must support the team from behind with their feet.
- Goalkeepers works on defending against break away dribbles.
- Starts the attack once GK wins the ball.
Activity 4

Coaching questions for Goalkeepers players:

- Which direction would you want your defenders to channel the ball to help you defend the end zone?
- Which direction do you want to dive with your hands when attacking a break away?
- Once you win the ball where would you look to start the attack?
5 vs 5 Dribble into end zone
Activity 5

6 vs. 6 Full Sided Game

- Two groups of 5-field players plus goalkeepers play full sided game.
- Suggest starting teams off playing Gk-3-2 formation.

Coaching Points

- Shot stopping.
- Break-aways
- Distribution.
- Angle play.
Activity 5

Coaching questions for Goalkeepers players:

– Where is the best place to distribute the ball back into play once you win it?
– What is the best way to distribute the ball to another attacking player who is 10 yards away?
– What is the best way to distribute the ball to another attacking player who is 20-30 yards away?
– Where is the best ball to play out of pressure?
– Once you win the ball where would you look to start the attack?
Full Sided Game