

# US Youth Soccer Workshop 2012

## The American Goalkeeper



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Don't start practice without them!

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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.



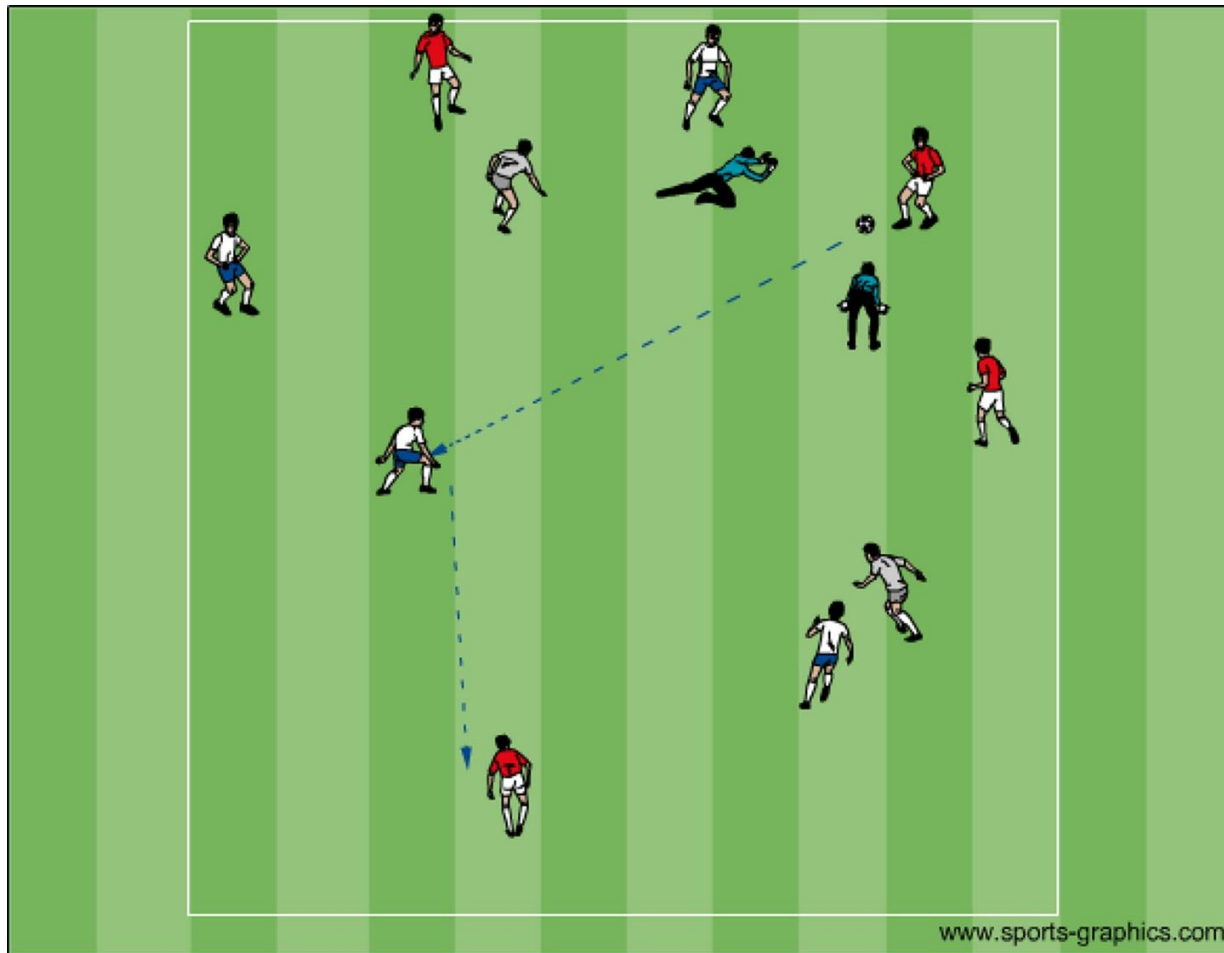
# Activity 1

## 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.



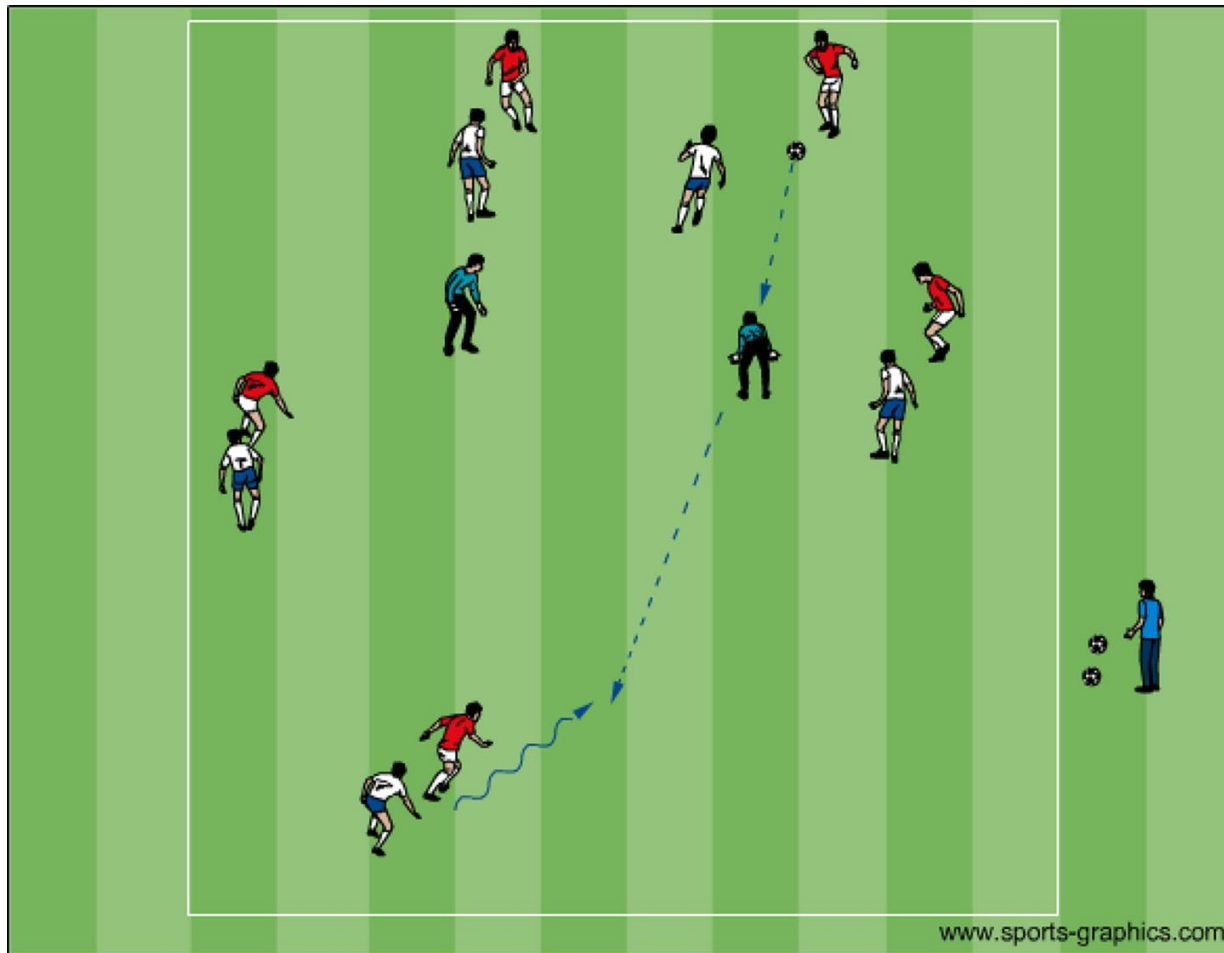
# Activity 2

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.



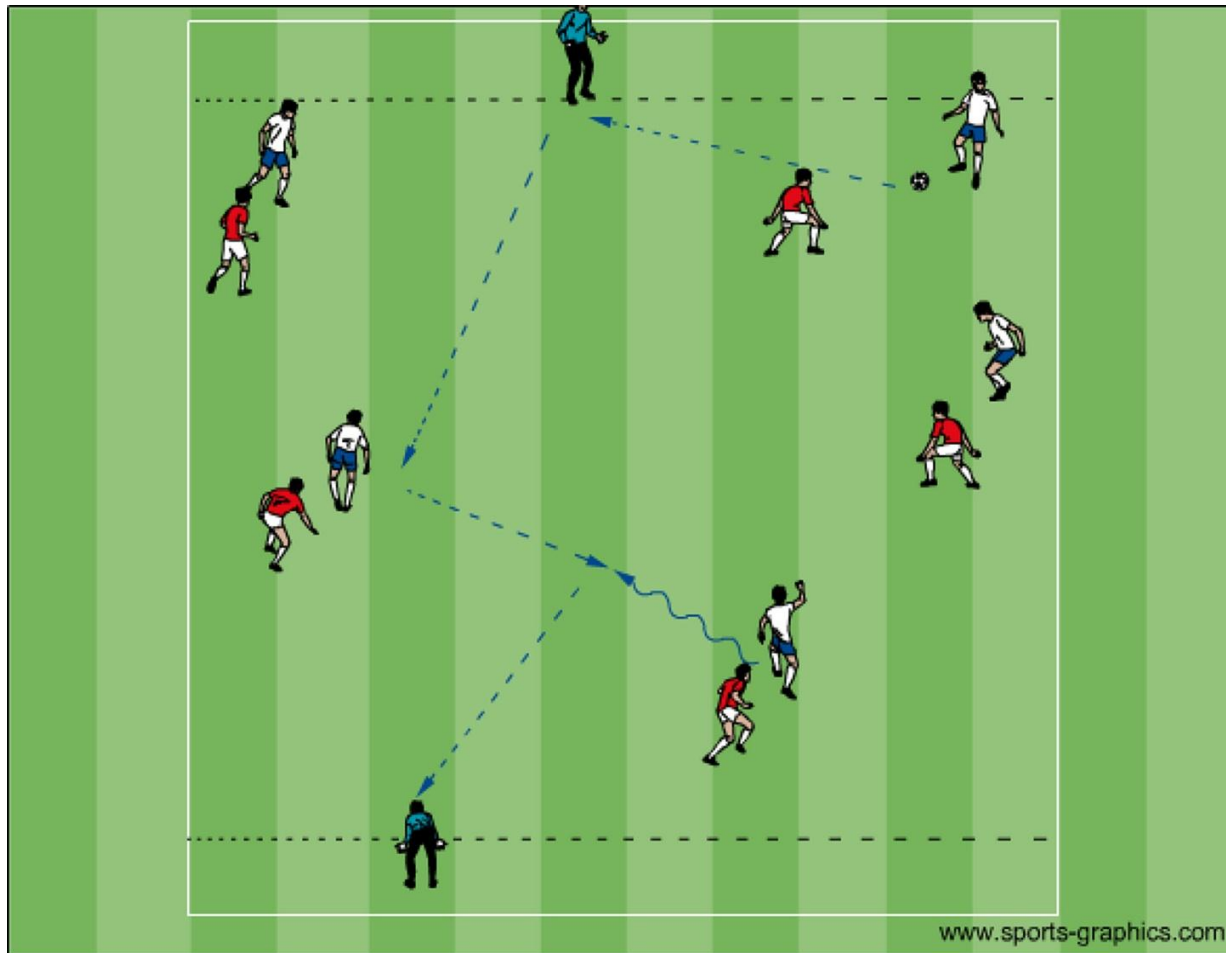
# Activity 3

## 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.



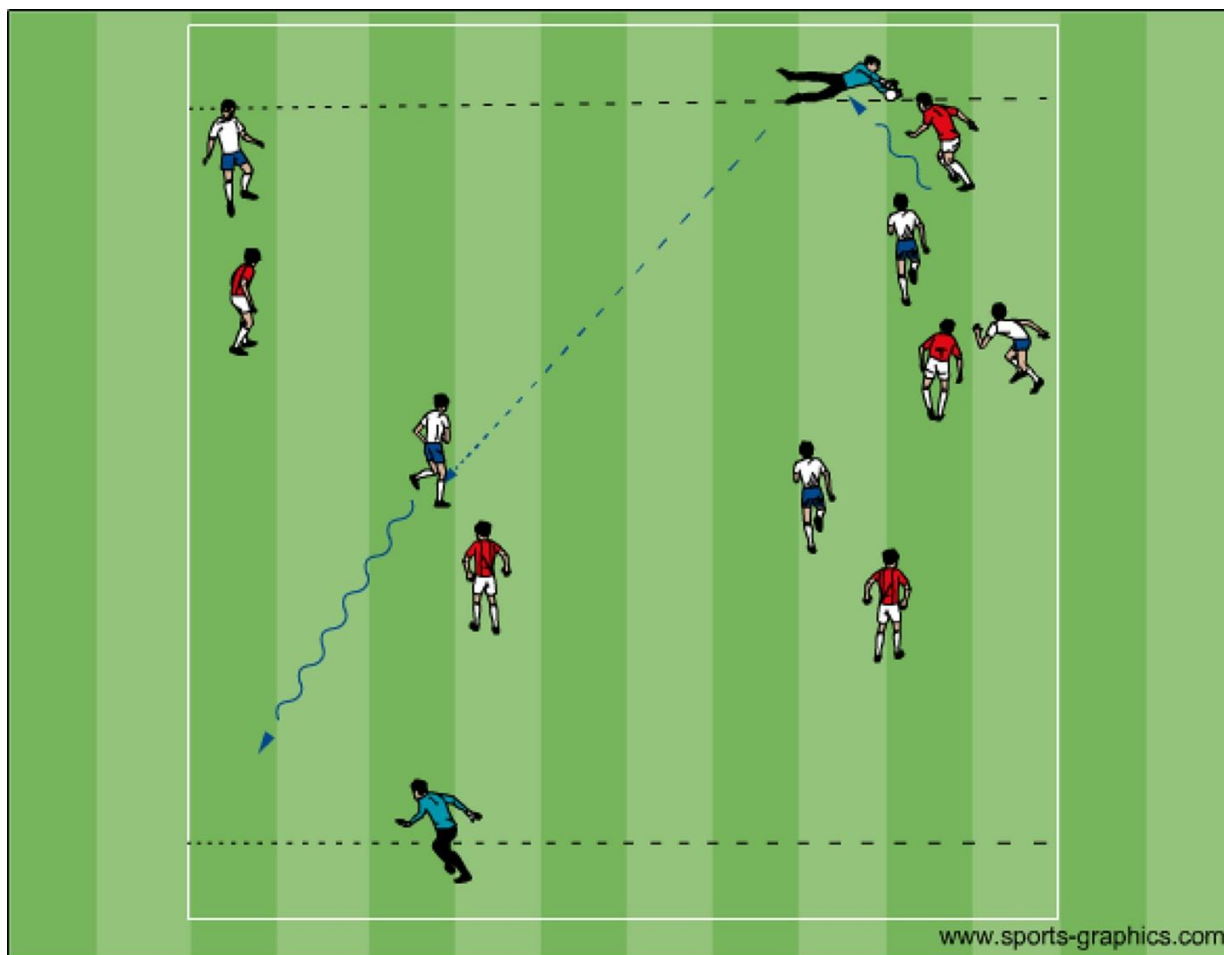
# Activity 4

## 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

