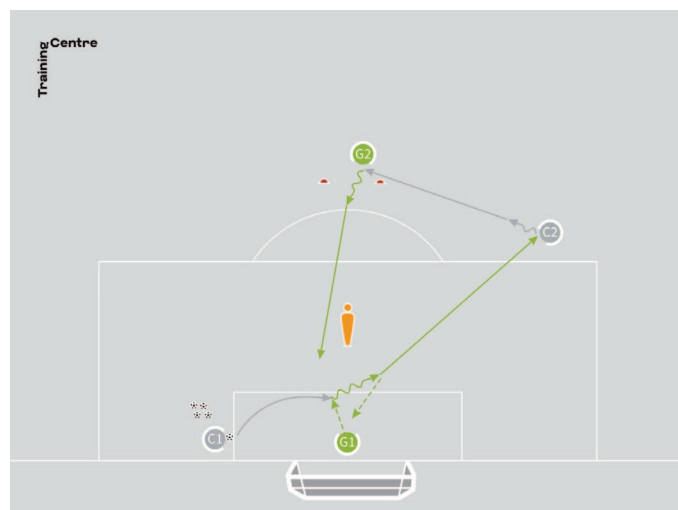
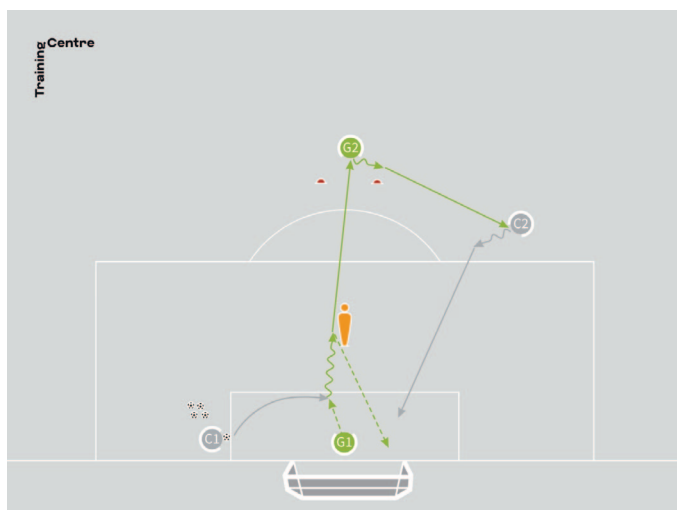


Goalkeeping fundamentals: — Defensive - Offensive - Defensive Transitions

EXERCISE 1: AERIAL CATCH AND SHOT FROM THE RIGHT SIDE



Organisation

- Use 1 half of a full-size pitch.
- Use 1 full-size goal and position Goalkeeper 1 inside it.
- Position a mannequin 8m from the centre of the goal.
- Position Coach 1 10m to the right of the goal with some balls.
- Position Goalkeeper 2 20m from the centre of the goal.
- Position Coach 2 20m adjacent to the left side of the goal.

Explanation

- The sequence starts with Coach 1.
- They must throw the ball high in front of Goalkeeper 1.
- Goalkeeper 1 must move forward and jump to collect the ball.
- They must run toward the mannequin and perform, and quickly roll to Goalkeeper 2.
- Goalkeeper 2 takes 2 touches forward, mimics a turnover of possession and then plays the ball out to Coach 2.
- At the same time, Goalkeeper 1 must reposition their stance and retreat to the centre of the goal.
- Coach 2 will then take a touch and fire a shot toward the goal.
- Goalkeeper 1 must save the shot and secure the ball.

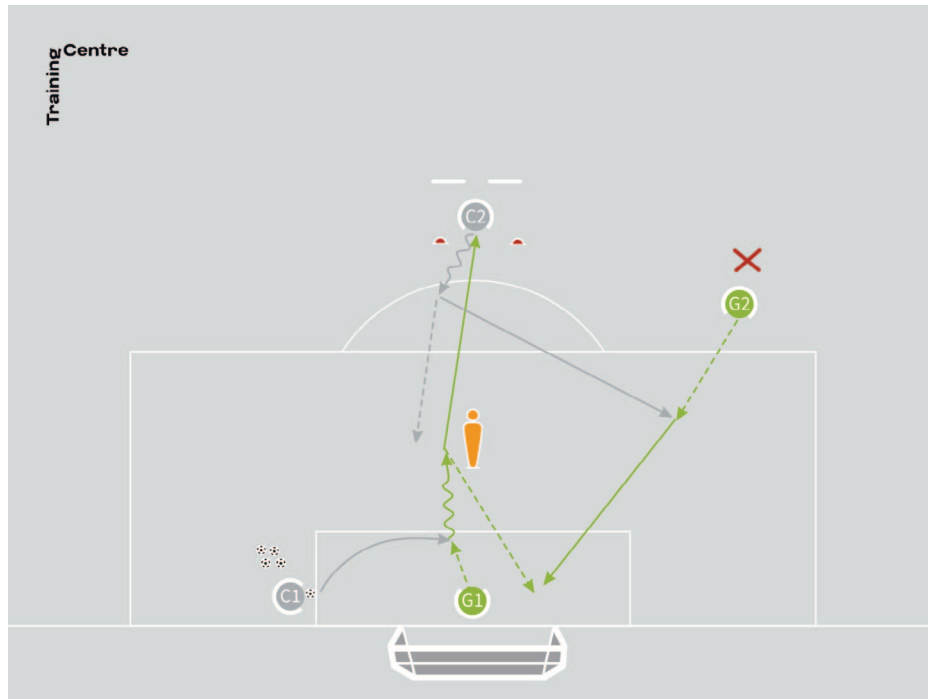
Variation

- The goalkeeper catches the aerial ball and quickly throws it to the coach on the right-hand side. The coach then plays the ball to Goalkeeper 2, who takes a shot on goal.

Coaching points

- Move with speed and execute actions while in motion to stay efficient.
- Stay connected to the ball: keep your shoulders and body facing forward toward the ball so you can track it for catches and shots.
- Maintain an athletic set position: knees slightly bent, upper body upright, feet apart, arms down with forearms raised to around chest height.
- Transition quickly from attack to defense when possession is about to be lost: shift from an open, wider attacking stance to a narrower defensive stance (one foot leading), and retreat backward toward goal to be set for the shot.

DIFFERENT SCENARIOS



Organisation

- Same organisation as in exercise 1

Explanation

- The drill starts with the same sequence as in Exercise 1.
- The goalkeeper must now recognize where to play the ball.
- Coach 2 and Goalkeeper 2 signal with their hands whether they are available to receive:
 - Arms crossed = not available
 - Arms open = available
- Goalkeeper 2 and Coach 2 then create and play out different attacking scenarios towards goal.
- If both are signalling “not available,” the goalkeeper plays a long ball into the opposite half.

Coaching points

- The goalkeeper must recognize the signal quickly to identify where to play and then execute the distribution decisively and accurately.
- During the defensive transition, react and readjust positioning and posture accordingly to be prepared for shots or 1v1 scenarios from multiple angles.
- Focus on length and depth when kicking long so that offensive transitions are more effective.
- Always face the shoulders toward the ball and track its movement.