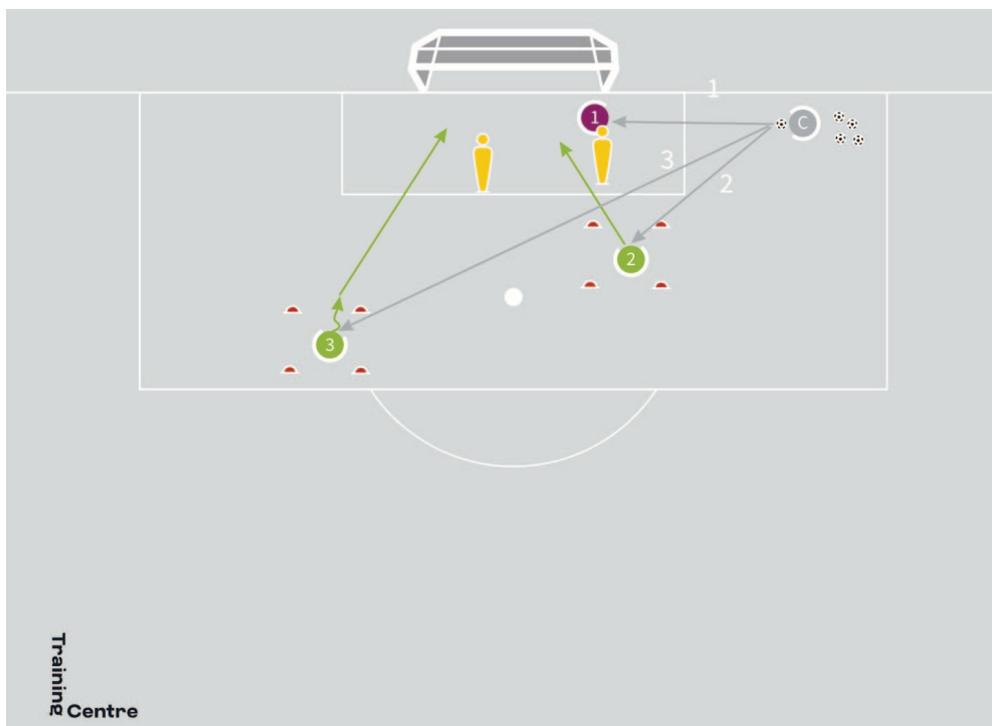


Goalkeeping

— Defending the space- Techniques inside the penalty area

EXERCISE 1: CUT-BACK CROSSES- DIVING AND BLOCKING



Organisation

- Use 1 full-size goal.
- Position Goalkeeper 1 in the goal.
- Position a mannequin 5 metres from the post and slightly to one side.
- Mark out a 5x5m area on the byline and 5m from the small penalty area.
- Mark out a 5x5m area 8m from the near post.
- Mark out a 5x5m area 2m inside the penalty area, starting where the semi-circle ends.
- Position Goalkeeper 2 in the 5x5m area close to the goal.
- Close to the edge of the penalty area, position Goalkeeper 3 in the 5x5m area.
- The coach is positioned inside the 5x5m area next to the byline with some balls.

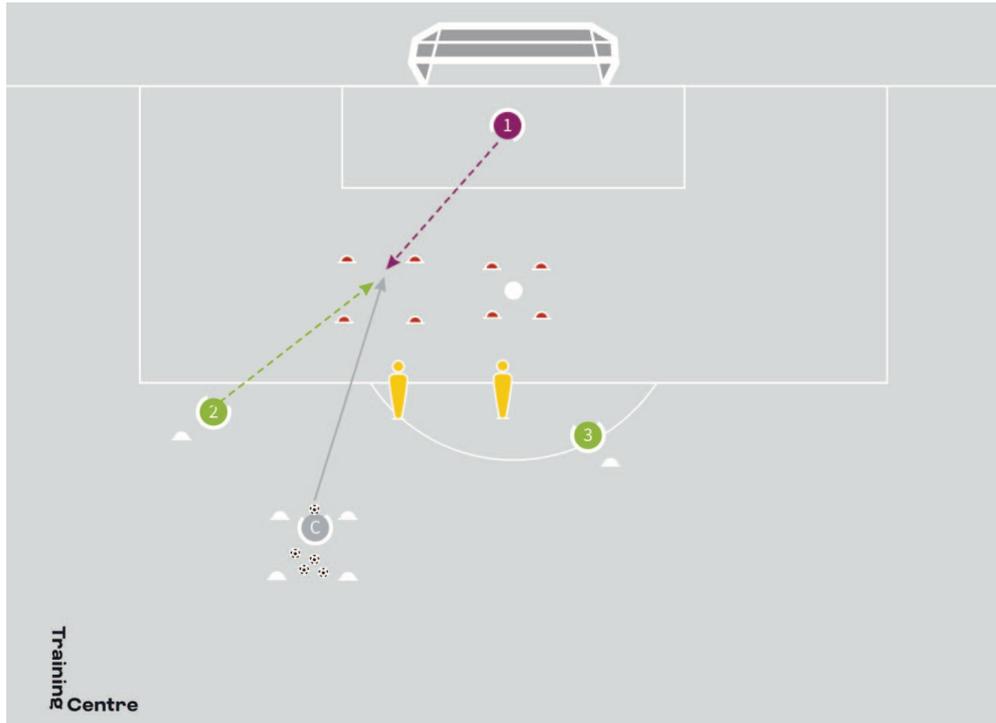
Explanation

- From the 5x5m area close to the byline, the coach will play 3 low crosses between the first post and the mannequin.
- Goalkeeper 1 must dive low to block or gather the ball.
- The coach makes 3 cut-backs to Goalkeeper 2, who must take a touch inside the 5x5m area and then shoot.
- Goalkeeper 1 must move toward Goalkeeper 2 on their first touch and then block or dive to the shot.
- The coach passes over to Goalkeeper 3 three times.
- Goalkeeper 3 must take a touch and then shoot at goal.
- Goalkeeper 1 must try to stop the shot.
- Once the goalkeepers are familiar with the crossing angles and actions, the coach will alternate between the three options.
- If the ball rebounds, play continues, and both outfield goalkeepers must try to score.
- Rotate the goalkeepers so they all face the shots and crosses.

Coaching points

- Short open steps help goalkeepers change angle and approach more efficiently than jumps.
- Follow the movement of the ball by facing it at all times. This allows for more seamless movement.
- Once the attacker has taken a touch, move towards them with outstretched arms.
- Read the play to judge whether the ball will be delivered across the goal, to the near post or the back post, and adjust positioning to approach the ball more effectively.

EXERCISE 2: BALLS IN BEHIND- BLOCKING IVIS



Organisation

- Use 1 full-size goal.
- Position Goalkeeper 1 in the centre of the goal.
- On the edge of the penalty area, position a mannequin centrally.
- Position a second mannequin to the left of the semi-circle and on the edge of the penalty area.
- Mark out a 3x3m area over the penalty spot.
- Mark out a 5x5m area 5m to the left of the 3x3m area.
- Position Goalkeeper 2 on the edge of the area and 10m from the 2nd mannequin.
- Position Goalkeeper 3 on the edge of the semi-circle and 5m from the mannequin.
- The coach should be positioned between the 2 goalkeepers and 10m from the edge of the penalty area.

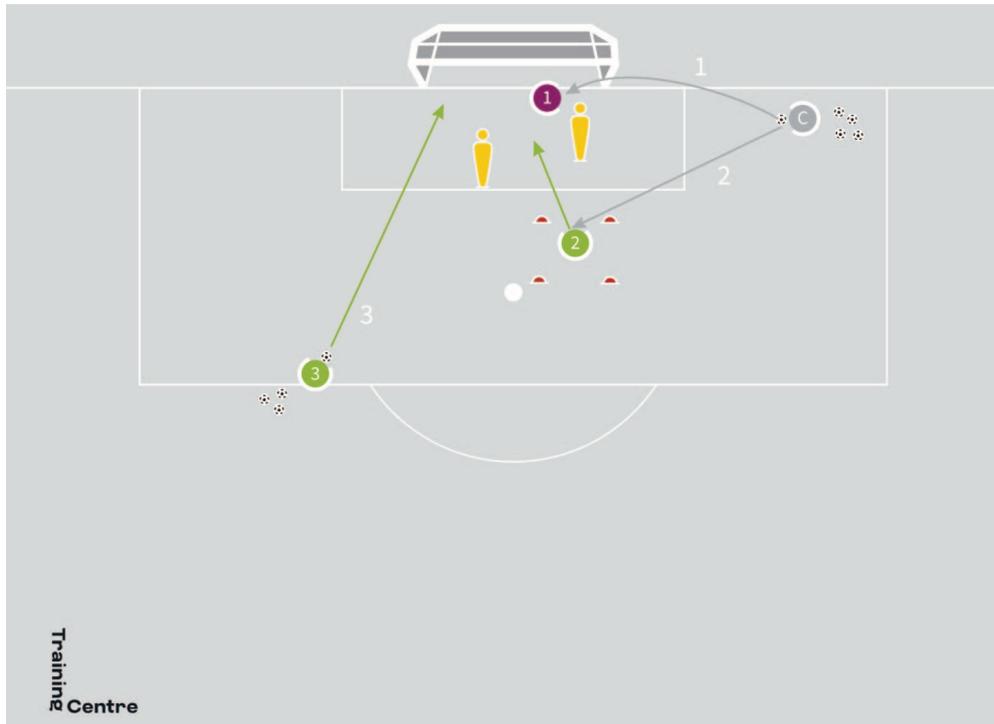
Explanation

- Goalkeeper 1 starts with 1 foot forward and facing the coach from the centre of the goal.
- The coach makes an angled pass into the 5x5m area.
- Goalkeeper 2 must try to run onto the ball.
- Goalkeeper 1 must rush out of the goal and try to gather the ball.
- The coach makes an angled pass into the 3x3m area.
- Goalkeeper 3 must try to run onto the ball.
- Goalkeeper 1 must rush out of the goal and try to gather the ball.
- Goalkeeper 1 must throw the ball back out to the coach.
- Once the goalkeeper has practised gathering the ball, the coach will play more difficult passes.
- Rotate the goalkeepers so they all face the shots.

Coaching points

- Rush out to the ball at full sprint and dive or block with aggression.
- Keep the head up, arms open and maintain a strong upper-body posture when blocking.
- Be brave and don't turn the head or body away from the goal or opponent.
- Dive for the ball by stretching and timing the moment to try to make contact with the ball without committing a foul.

EXERCISE 3: AERIAL BALLS- FIRST-POST CATCH, HEADER AND FAR-POST FINISH



Organisation

- Use 1 full-size goal.
- Position Goalkeeper 1 in the goal.
- Position a mannequin 3m from the front post.
- Position a mannequin on the edge of the small area facing the centre of the goal.
- Mark out a 5x5m area 2m from the small area in the centre of the goal.
- Position Goalkeeper 2 inside the 5x5m area with a rebounder.
- Mark out a 5x5m area to the left of the semi-circle and 3m from the edge of the penalty area.
- Position Goalkeeper 3 in this area.
- Mark out a small area close to the touchline and 5m from the byline.

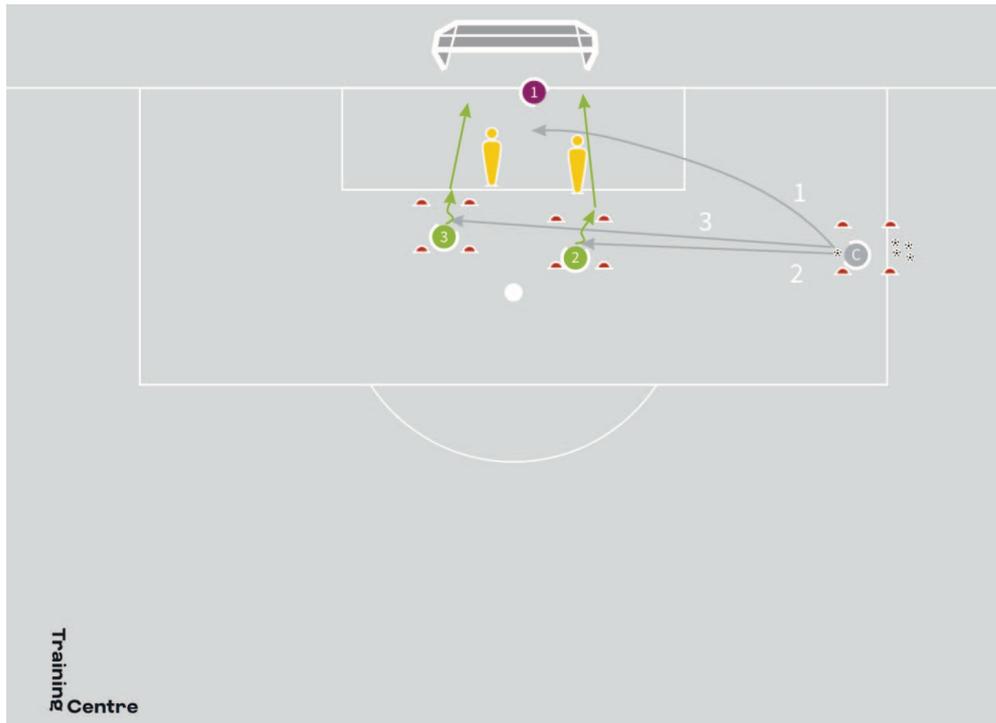
Explanation

- To help the players familiarise themselves with the crosses and actions, the coach will throw the ball from closer to the goal to start with.
- The coach plays a high cross in the space around the first mannequin.
- Goalkeeper 1 must come to collect the ball and then throw it back out to the coach.
- The coach crosses to Goalkeeper 2.
- Goalkeeper 2 must deflect the ball to the other side of the goal.
- Goalkeeper 1 must try to dive and save the ball.
- The coach plays a deep cross to Goalkeeper 3.
- Goalkeeper 3 takes a touch and then must shoot towards the back post.
- Goalkeeper 1 must dive down and try to gather the ball.
- Play several crosses per position.
- Rotate the goalkeepers so they all practise collecting the crosses and shots.

Coaching points

- Starting with one foot forward, facing the ball and being ready to react will help to adjust accordingly.
- Be patient, judge the flight of the ball and time the moment to make the first step to help the goalkeeper arrive at the right moment.
- Collect the ball with assurance and clear communication.

EXERCISE 4: BALLS INTO THE BOX- LOW CROSSES AND SHOTS



Organisation

- Use 1 full-size goal.
- Position Goalkeeper 1 in the goal.
- Position a mannequin 8m from and parallel to the near post.
- Position a mannequin 8m from the centre of the goal.
- 5m from the first mannequin, mark out a 5x5m area.
- Starting in line with the second mannequin, mark out a 5x5m area.
- Position Goalkeeper 2 inside the first 5x5m area.
- Position Goalkeeper 3 inside the second 5x5m area.
- Mark out a small area 5m from the corner of the penalty area.

Explanation

- Starting from the small area outside the penalty area, the coach will make some crosses.
- The coach bends 3 consecutive low crosses between the goal and first mannequin.
- Goalkeeper 1 must dive down and collect the ball securely.
- They must throw the ball back to the coach.
- The coach crosses into Goalkeeper 2 three times.
- Goalkeeper 2 takes a touch and then shoots at goal.
- Goalkeeper 1 must try to block or save the shot.
- The coach crosses to Goalkeeper 3.
- Goalkeeper 3 must take a touch and then try to finish.

Coaching points

- Command the space by being assertive and closing down distances to the attackers when possible.
- Don't step out too early and before the cross is played, as this can lead to errors in judging where the ball will arrive.
- Dive onto the ball with arms open when dealing with low crosses to remain in control of the ball and space.
- Prepare for heavy or loose touches from the attacker by stepping out aggressively with an upright upper torso, lowering the legs and widening the frame of the body.