

Keeper Training:
Shot Stopping and Distribution
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Warm Up:

- Team Warm up: 6 V 6 + GK / Team
1. Blue team completes "X" # of passes before playing ball to GK. Gk then distributes ball to Red team. Ask gk to bowl, baseball or over head pass to opposing team. One ball / team.
 2. Keep away between teams (one ball). "X" # of passes completed by team before playing ball to GK of your team. GK must distribute someone different on his team for his team to earn a point.

Match Related:

- 36 x 45 yard field
1. Divide field in half. Red Team has a flank server with ball and opposite flank server with out ball. Two central players have one ball between the two. Right Flank serves a ball to GK. Gk saves and distributes to left flank. Central player with the ball then shoots on GK. GK saves & distributes to open flank player. This flank player plays ball back to central players. There are two Blue Team members behind the goal, one serves a ball over the goal to GK who then punches the ball back to server. Gk turns, after this save, and cycle then begins with Left flank player serving ball into GK and so on. The opposite side of field mimics this activity with 4 Blue Team members and one Red Team member.
 2. The same set up, but now the two servers behind the goal come on the field and become defenders and work with the GK. Hence the two Blue players defend against four Red players. Gk now works on communicating with backs. When GK gets ball he should distribute ball to the opposite side, four Blue vs. two Red. Each half should start with a ball. If one GK acquires ball before other side is ready, he should a. utilize his 6 seconds b. play ball out to backs and play keep away until opposite team members are ready for ball. Encourage attaching team (four) to shoot or cross ASAP. A. keep flank players wide in a channel B. allow flank players into central area.

Match Condition:

1. Play with one ball, still in two half field grids, but allow one "D" to go forward to support attaching players and one attaching player from grid one to support new defending unit for a 5 vs. 3 + GK.
2. Free play, 6 vs. 6 with GKs.