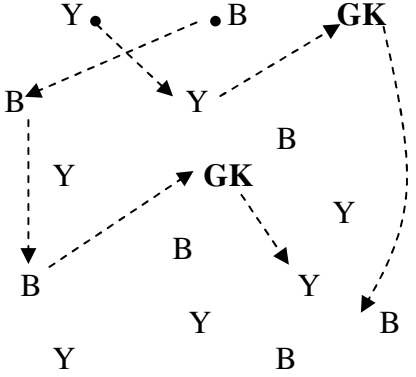
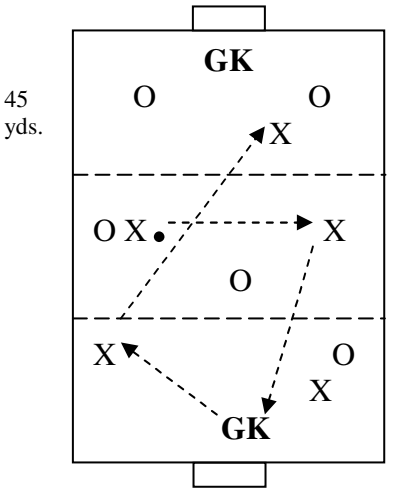
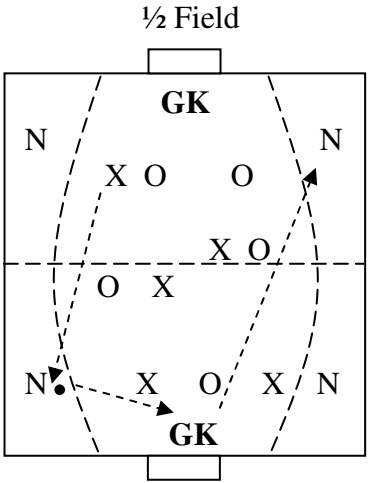
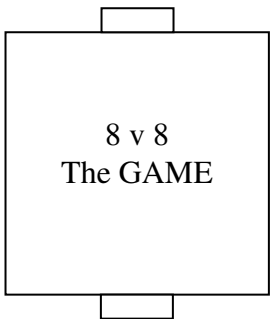


Topic: Incorporating the Goalkeeper Into the Attack

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>7 v 7 + 2 exercise (define area if necessary). Begin with two balls (one ball for each team – Yellow and Blue). Neutral players (goalkeepers) play for team in possession. Stretch.</p>	<ul style="list-style-type: none"> Each team begins with a ball passing and moving. Every 2-4 passes, the team must pass it to one of the goalkeepers, who then distribute the ball (with their feet) to the opposite colored team. Continuous. Goalkeepers should vary service between short and long passes. Eliminate one ball and play “keep-away.” Teams score by linking six passes together. One of the six passes must involve a goalkeeper. 		<ul style="list-style-type: none"> ✓ Maintain proper angles of support ✓ Vision and awareness away from the ball ✓ Proper verbal and visual communication ✓ Appropriate technique while receiving and passing the ball ✓ Correct and decisive decision making
Match Related I			
<p>5 v 5 with goalkeepers to two large goals (36 x 45 or as needed). Divide field into thirds and organize players accordingly.</p> <p>Add neutral player(s) in the central zone if necessary.</p>	<ul style="list-style-type: none"> Begin by restricting players to their appropriate third of the field (2 v 2 in the attacking and defensive third; and 3 v 3 in the middle third). If the defending team wins the ball in the middle third of the field, they must quickly play the ball back to their goalkeeper before they are allowed to go forward to goal. Award 1 point for scoring during the run of play and 2 points for goals scored beginning with the goalkeeper. 		<ul style="list-style-type: none"> ✓ Good starting position in support of the ball ✓ Link with the run of play (up, down and side to side) ✓ Correct distribution to start the attack ✓ Play the ball away from pressure and support the pass ✓ Organization of the team in transition to defend or attack

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Match Related II			
<p>5 v 5 with 4 neutral players and goalkeepers to two large goals (½ field or as needed). Create two large crossing channels on the flanks and allow, no more than, 1 v 1 in the channels at any time.</p>	<ul style="list-style-type: none"> ▪ Begin with 4 neutral players in the channels, progress to 1 v 1 in the outside channels and 5 v 5 in the middle. ▪ Regular rules apply, however crossing from the outside flanks is encouraged. ▪ Award one point for scoring during the run of play and two points for goals scored off crosses. ▪ Goalkeepers must look to change the point of attack when they win the ball. 		<ul style="list-style-type: none"> ✓ Change the point of attack quickly ✓ Correct decision to play to feet or space ✓ Receive the ball and play away from pressure ✓ Appropriate decision to control the ball or clear the ball first-time ✓ Communication and organization at all times
Match Condition			
<p>7 v 7 with goalkeepers to two large goals (½ field or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible Formation 1:2:3:2. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session