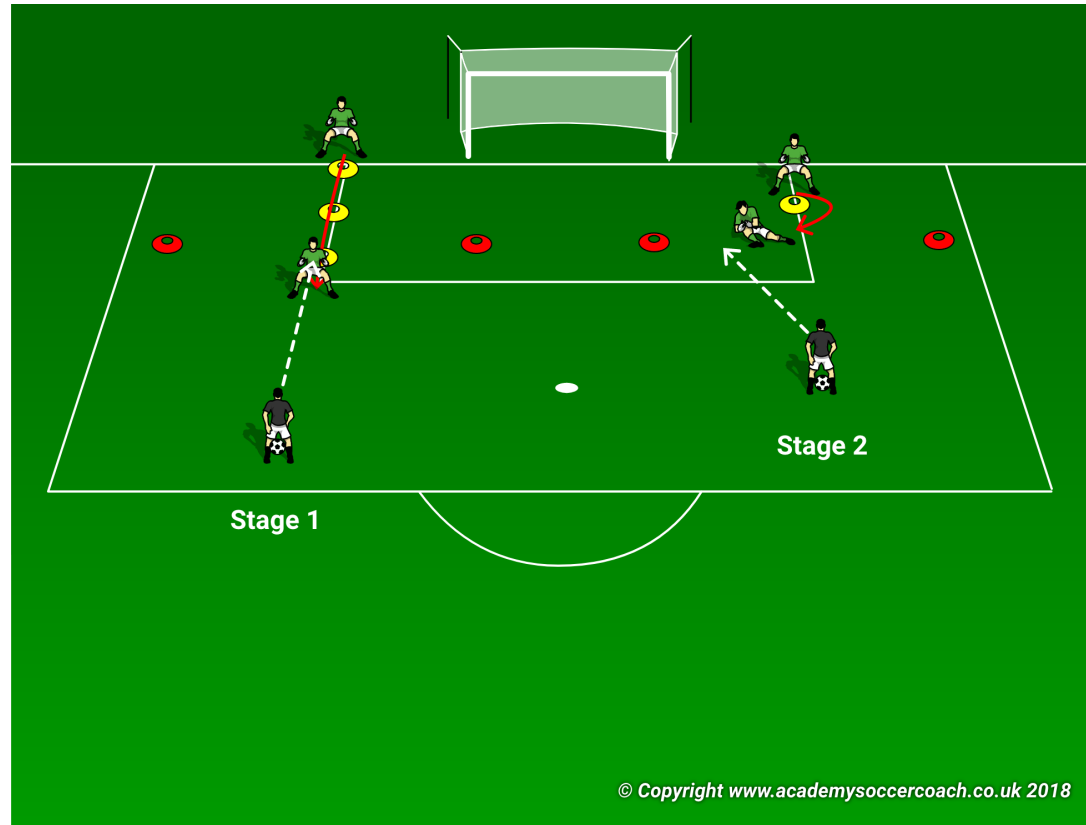


NCFC Youth Recreation & Challenge Coaching Education



Goalkeeper Warm-Up



Stage 1:

- 1 foot over each cone -> throw/volley ball to hands
- 2 feet over each cone -> roll/pass ball to feet to scoop up
- Shuffle thru cones -> bouncing ball

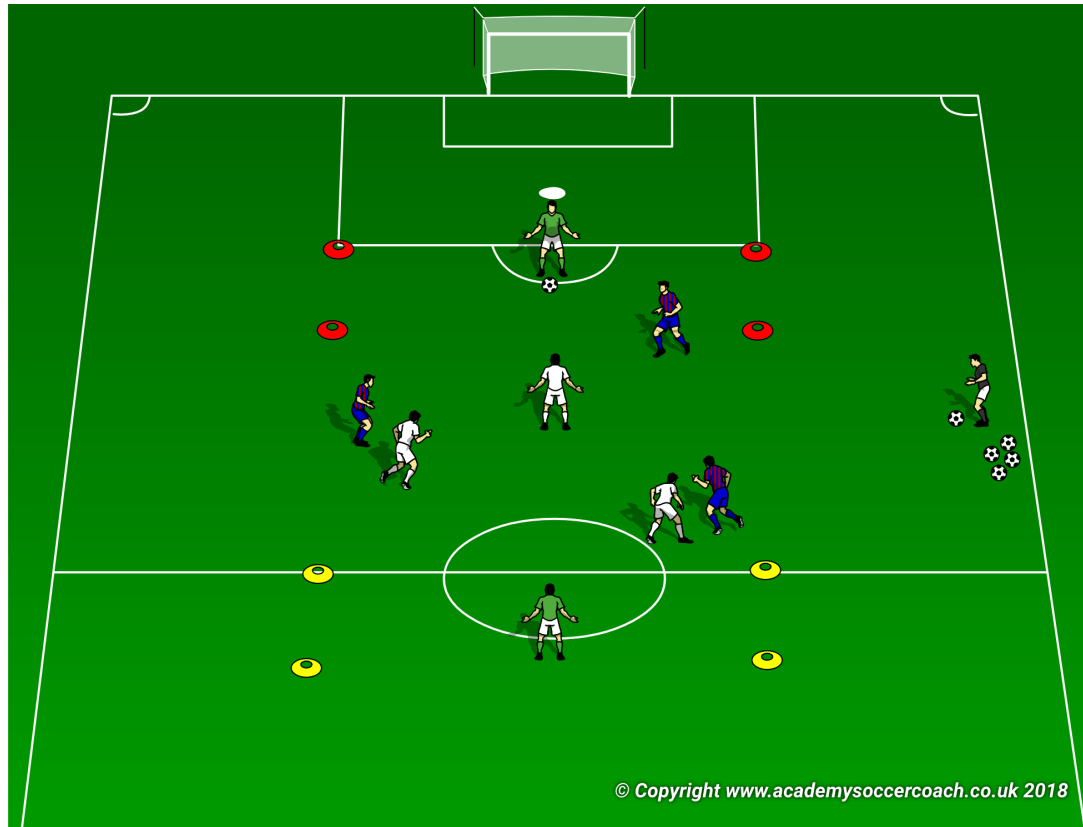
Stage 2:

- Shuffle around yellow cone -> roll/pass ball to side for dive

Main Coaching Points:

- Keep weight on the balls of your feet and knees bent
- As much as possible, get your body behind the ball with quick lateral movements
- Stay “square” (chest facing towards) to the field, DO NOT twist

Possession Drill w/ Targets



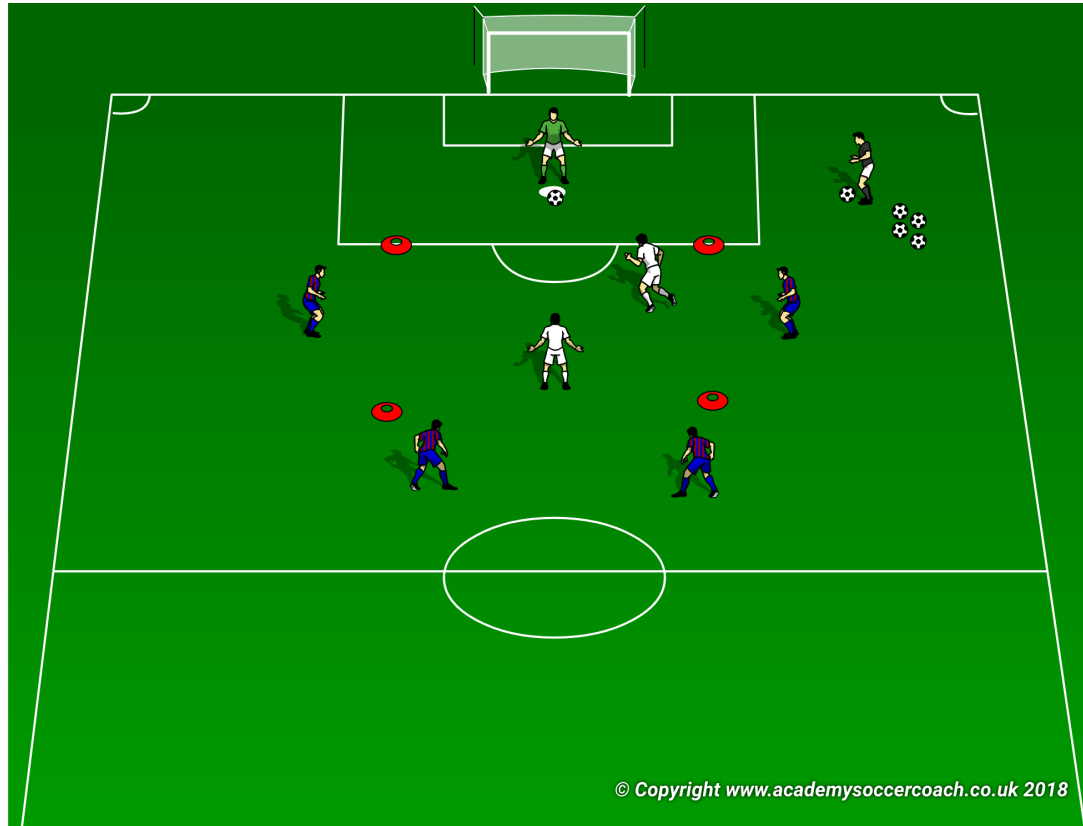
3v3/4v4/5v5 Possession:

- Score a point by working the ball from one “target” to the other
- Goalkeepers can move anywhere in their grid, two touches to play
- Field players cannot come in their grid to defend
- If ball goes out, ball always starts with keeper

Main Coaching Points:

- You must move in relation to where the ball is, create angles for field players to play you
- Communicate with teammates to try and keep possession
- If only one keeper on team, rotate field players

Possession Transition into Attacking



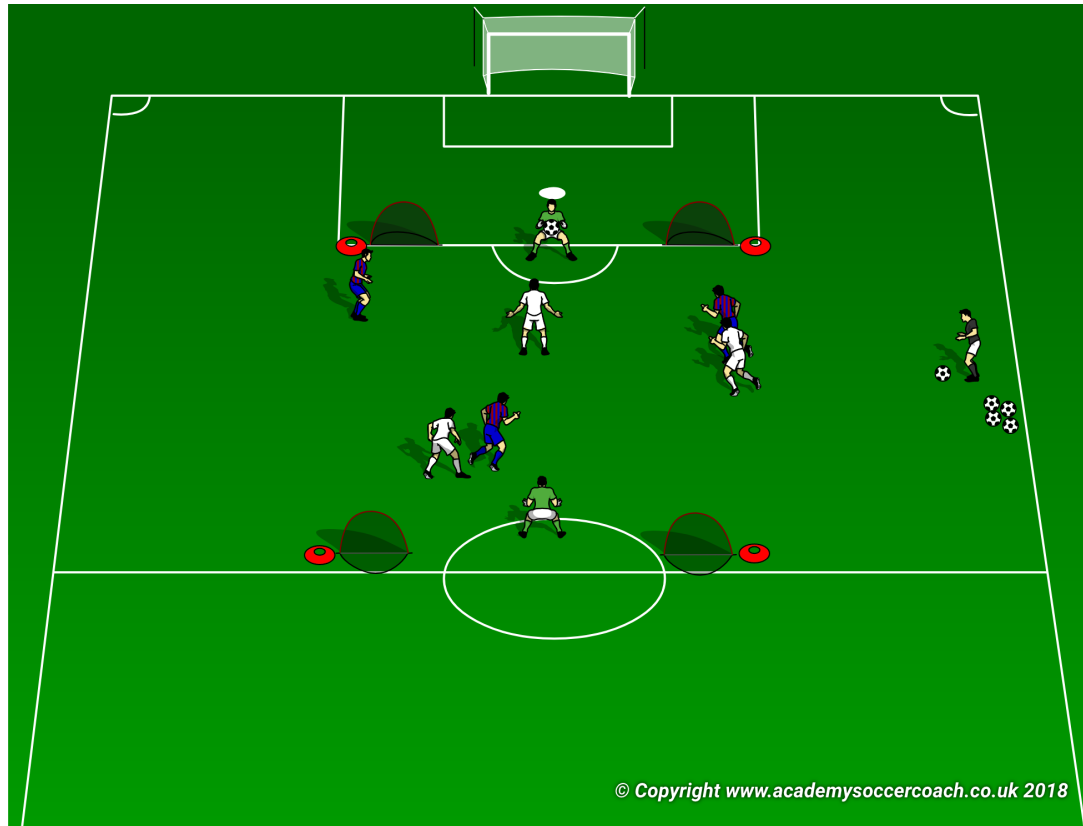
5v2/6v3 with Attacking:

- Ball always starts with goalkeeper
- Keep-away from white defenders
- All passes must go thru the box
- If white wins the ball, immediately go to goal
- If ball goes out of play, coach rolls new ball to white who immediately goes to goal

Main Coaching Points:

- Move with the ball to stay involved in possession
- Communicate with teammates to keep the ball
- If possession is lost, immediately recover to defend goal

Small-sided Game



3v3/4v4/5v5 SSG:

- Ball always starts with goalkeeper
- Goalkeeper must use feet in possession, but can use hands to defend both small goals
- If ball goes out of play, coach rolls to the goalkeeper to restart

Main Coaching Points:

- Move with the flow of play, you cannot stay central
- Support your teammates in possession
- Read the game to see which side of the field the ball is going to