

## **Miles Glynn**

**Session Topic:** Goalkeeper distribution and attacking play

**Session Objective:** The goalkeeper will train distribution techniques and tactical decision making within the context of the team.

**Equipment Needs:** 18 players, 16 cones, 8 bibs, two goals

Warm Up: team dynamic warm up

### Activity 1: Repetition of goalkeeper distribution (1/2 field)

- One goalkeeper is positioned in the goal box and the other at the half line. Each will execute various distribution techniques between the two of them (ie, kick, punt, and throw back and forth). Techniques to be executed may include: punting, side volleying, drop kicking, throwing, kicking a still ball from the ground, kicking a moving ball from the ground.
- GK Coaching Points
  - Technical corrections
  - Specific emphasis placed on the trajectory, pace, and height of the service
- Field players play 5v3 possession in two groups of 8

Activity 2: 5v3 to goal and counter targets. (1/2 field, played between end line and half line and the width of the penalty box. One target player is positioned in a 10X10 grid in each corner where the half line meets the side line.)

- A team of 5 attackers attacks the large goal which is defended by a team of 3 defenders and a goalkeeper. Attackers must score on the large goal. Defenders and the goalkeeper must play to the target players located wide at the half line. Upon receiving the ball, target players play back in to the attackers to repeat the process.
- Coaching points:
  - Technical execution by the goalkeeper
  - Tactical decisions by the goalkeeper (i.e. active role as supporting player, distributing to the opposite side from which the ball came, etc.)

Activity 3: 7v7 + 4 with free channels and end line bumpers (played in the same space at Activity 2, with 10 yard channels on each side)

- Two teams of 6 and a goalkeeper play to two large goals. Players who are played into the free channels by the goalkeeper can not be defended. Each team has two players positioned just off the field on either side of the goal they're attacking. These "bumper" players serve as targets and can move anywhere on the end line to receive a ball. Goals which originated from the goalkeeper and went through either a free channel or an end line bumper are worth two.
- The free channels should promote wide support and goalkeeper distribution to the wide areas. End line bumpers should promote direct distribution by the goalkeeper and immediate support from the team.
- Coaching Points:
  - Goalkeeper engagement as an active supporting player (2<sup>nd</sup> and 3<sup>rd</sup> attacker responsibilities)

- Technical selection (high punt vs driven drop kick or side volley, roll vs throw, throw vs kick, etc.)
- Goalkeeper tactical decisions (direct distribution, switching the point of attack, playing to space vs playing to feet, etc)
- Goalkeeper instruction and communication as an attacking player

Activity 4: 9v 9 game (played between the two penalty boxes and the full width of the field)

- Regular soccer game with standard rules
- May include incentives for attacking moves initiated by the goalkeeper

Additional Considerations:

- Tactical stipulations may be placed upon one team or both teams (play to possess, play to counter attack, play off a target player, etc.)
- Time restraints or situational training can be used to promote a particular tactical plan and corresponding mentality (ie. In activities 3 or 4, the score can start at 2-1 with a limited time to play. The trailing team must play quickly and directly while the leading team will play to hold on and “take the air out of the game”)