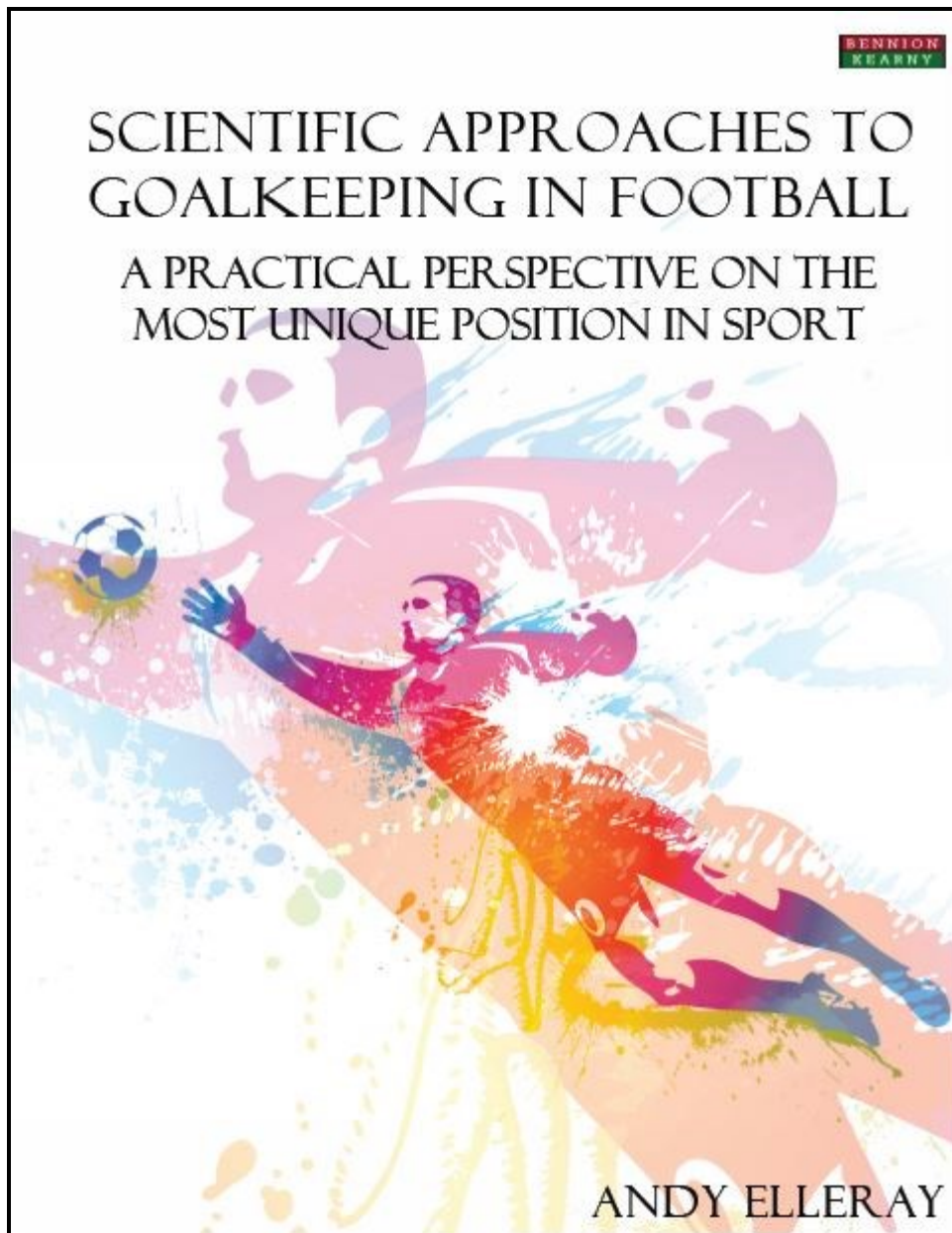


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Chapter 11

Structure of the session

I will offer you a simple session now with three 16 year old male goalies. I like informing my players about the content of any session and I put a note on the wall detailing what we will do tomorrow. On the day of training players come better prepared. Concisely, we start as usual with:

- Dynamic warm up: having the ball at the goalkeeper's feet, adding the ball to the feet, some passing, movement, and communication.
- Technical work, i.e. catching balls in the grid, lots of catches and we gradually build the tempo up (12-15 minutes).
- Adding more tactical actions to this, let's say if a rebound is on offer one goalkeeper tries to win the ball. The main part of the session is a designed game for goalies, and lasts for 20-30 minutes. With three keepers and me we set up some 2v1s in one part of the field or various 1v1 attacks from various angles, usually central.

If I notice some recurring pattern, for instance the goalie (in the goal) makes wrong decisions by jumping backwards before the shot is made I will stop the action and correct it either by discussing the matter (because I am unsure whether the keeper is doing it on purpose as he responds to the particular dynamics of the play) or by applying some kind of rule on him (any jump backwards gives one point to the opposition). If I only have 30 minutes to prepare these goalkeepers I focus on technical parts for a short period of time and a specially designed game that matches the content further. We talk a lot about tactics, how a goalkeeper can take advantage of the space, etc.

You can measure intensity by applying technologies that are available but simple. The RPE (Rate of Perceived Exertion) method is reliable.

Conclusions

As we can notice, the position of the goalkeeper is changing; Frans Hoek put their development on one scale with two ends – anticipating and reacting. We have to design special practices to match their changing roles, responsibilities and match actions. That's it. The game is different to the sum of its parts.

Example 1

1. Description:

The goals and players are set up as per the picture. Goalkeepers (C, D), are standing next to the posts as they cover their near post area. Player (B) does a movement; this is a signal for (A) to pass the ball (1) towards him. (C) and (D) change their positions quickly and cover as much of the goal as possible. (B) Has to shoot first touch on whatever goal he wants, and he always goes for any rebound. If the goalkeeper catches the ball he plays it back to (A). No corners. (B) At the beginning must not shoot full power onto goal (60-70% of power). He can go full power after hitting around 20 shots. Change goalkeepers after 6-8 shots.

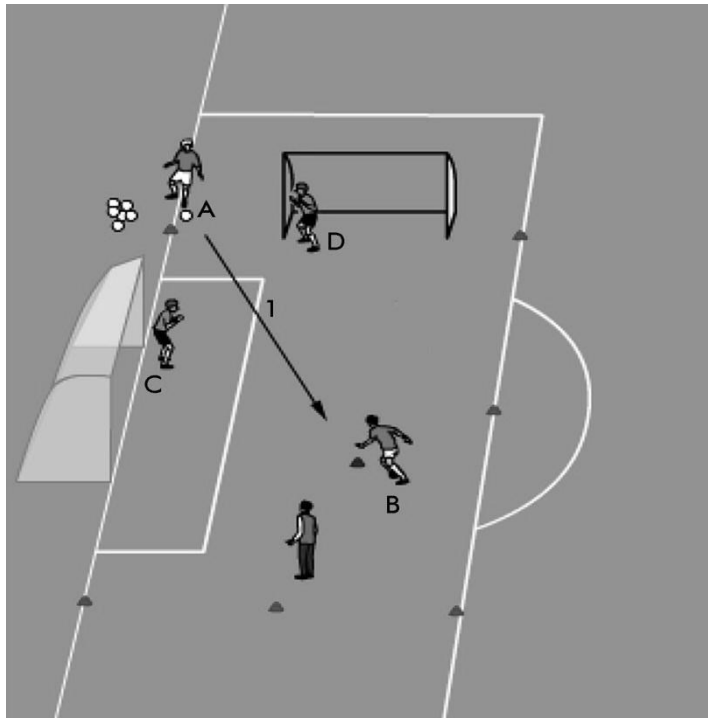
2. Coaching points:

- (A) has to play a solid pass on the ground.
- Goalkeepers have to react very quickly, move in straight lines, their first step will be crossover.
- Goalkeepers have to be in the set position before the shot is made, however they can read body movements of the striker and react to them.
- (B) can shoot by using any part of his foot.
- The Coach only looks at one keeper at time.

3. Modifications:

- (B) holds two cones (for instance: blue and white), he puts one in the air. Two goalkeepers have to turn their head and shout the visible colour of the cone. After that, (A) continues to pass the ball.
- Coach tells (A) that he can shoot on the goal but goalkeepers must not hear it thus they do not know when it might happen; they have to be constantly alert.
- Coach can go for a rebound as well.
- Coach plays as the defender standing at the back of (B), (B) has to make proper decisions based on how the defender (Coach) moves,
- (B) can change his starting position (going wide or short), and goalkeepers have to make appropriate decisions.

Chapter 11



Example 2 – Progression

1. Description:

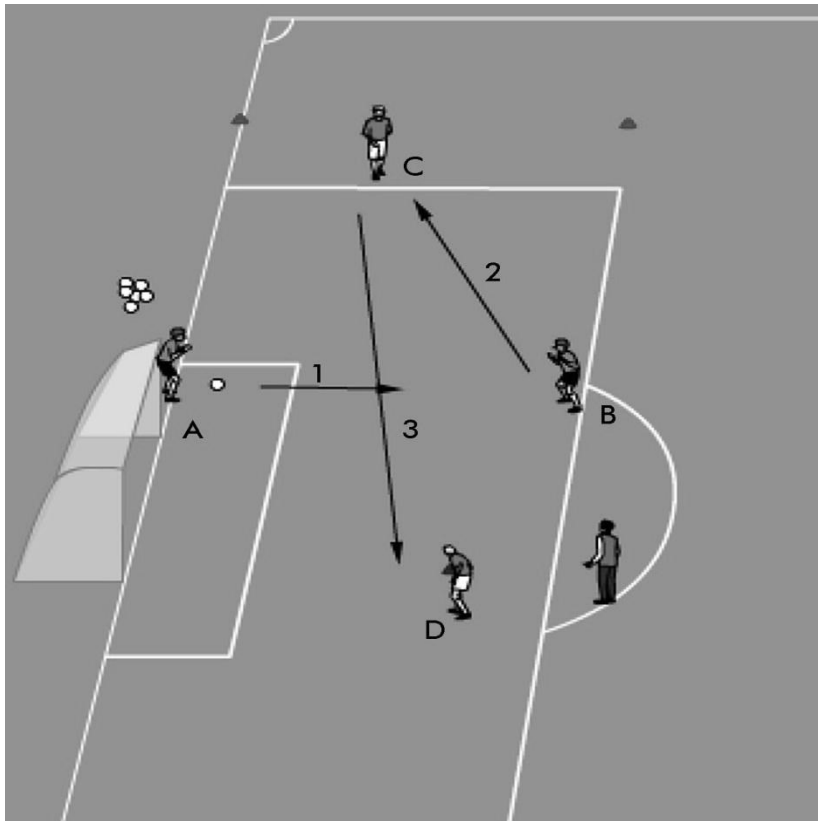
Goalkeeper (A) passes the ball to (B), he takes two touches and plays wide to (C), who takes two touches and plays a solid pass on the ground, across the goal for (D) who shoots on the goal (100% power); he goes for any rebound. No corners. Change the goalkeepers after 6-8 reps. Change the side after having done all reps. Full concentration.

2. Coaching points:

- (B) and (C) ask for the ball, just like in a back-pass scenario.
- Appropriate, fluid touches of the ball.
- First touch finish.
- Goalkeeper (A) has to move quickly and in straight lines, getting into the set position before the shot is going to be made.
- Goalkeeper reads the body language of the players.
- (A) has to decide in advance where to parry/block the ball if the striker (D) attacks from a particular angle.

3. Modifications:

- Coach tells only (B) to shoot on goal, goalkeeper has to be alert.
- Coach tells (C) that he can shoot on goal too, goalkeeper has to be alert.
- (B) Works as the defender for (D) after passing the ball to (C).
- As the defender (B) moves to cover (D), (C) after passing the ball towards (D) can go up the corner of the penalty area and (D) can pass the ball towards him for a shot.



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