

Goalkeeper Modules

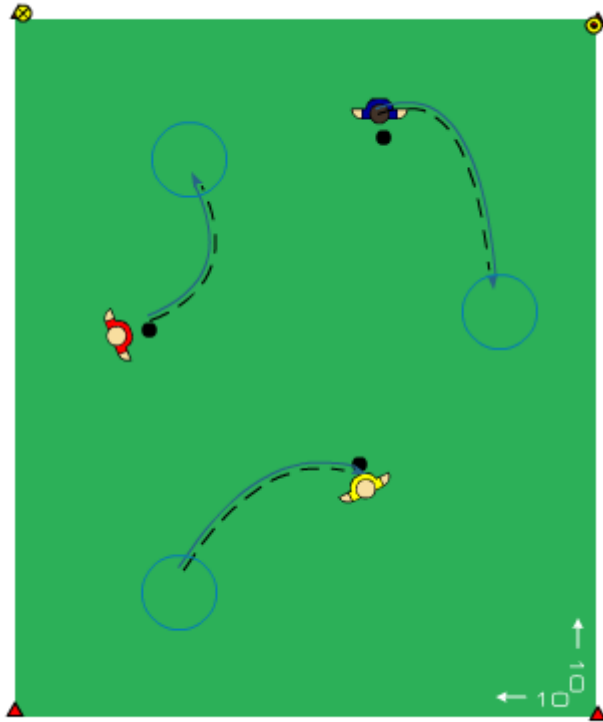
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FFA National Coaching Conference

Brisbane 2010



WARM UP



Key Factors:

- Co ordination
- Movement patterns for Goalkeepers
- Flexibility
- Ball Familiarization
- Increase Heart rate

Organisation:

10 x 10 grid

3 Goalkeepers

3 balls

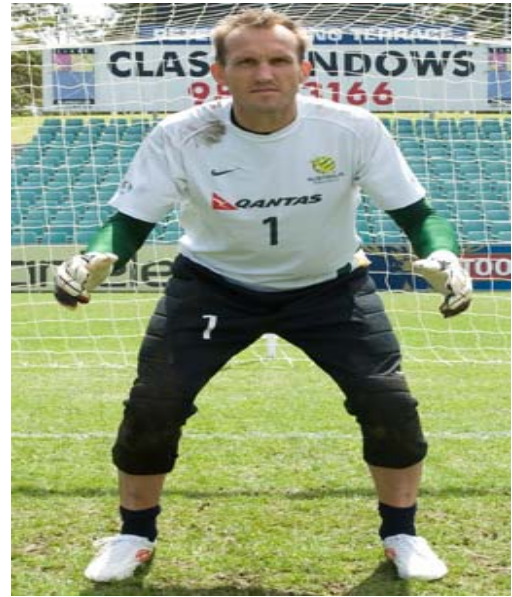
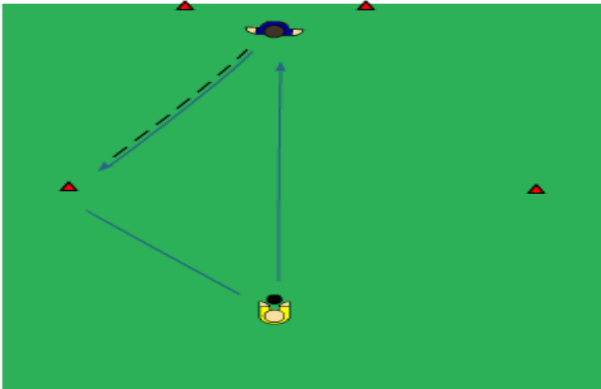
4 different coloured cones

3 Goalkeepers jog in area and at coaches command either jump for high ball or bounce

Progressions

- Coach calls coloured cone for keepers to sprint around
- Coach changes movements to collapse dive or jump for high ball
- Keepers play one touch in grid
- Keepers play two touch on ground in grid
- Keepers keep ball in air on coaches command one touch or two

SET POSITION



Key Factors:

- Feet approximately shoulder width apart.
- Weight on Balls of Feet, ensuring balanced position.
- Body weight slightly forward.
- Knees slightly flex, with hips square to ball.
- Keep head still "nose in front of Toes"
- Elbows need to narrow, with chest facing ball.
- The Hands/arms need to be parallel and in front of the body line, and approximately ball width apart.
- Hand position " Thumbs facing upwards"
- Remain still when ball is kicked.

Organisation:

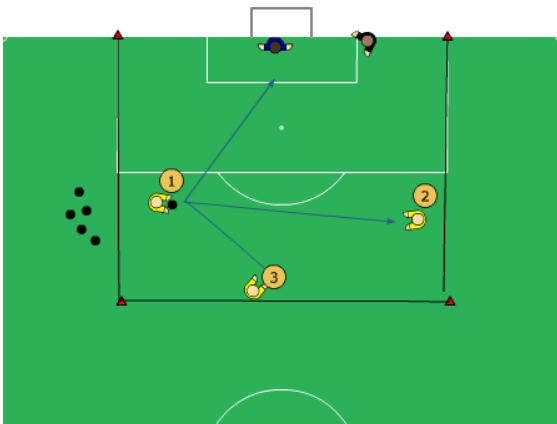
- 1 GK
- 1 Player
- 20 x 10 yd Grid
- Goal 3m wide, 2 cones 3 on a diagonal.

Server throws to GK and Coach observes the Set Position.

Progressions

- Gk moves diagonal forward to Cone, gets set to receive thrown service. Then retreats to start point.
- GK moves laterally to Goal cone, to set and receive thrown service, and return to Start point.
- Server throws ball to GK at varying heights.
- Server Volley serves the above practices.

Set Position in General Play



- **Key Factors**

- - The right foot is placed forward of the left, or vice versa depending of position of the ball. (i.e. ball is to right of goalkeeper)
- - As the ball is played GK must assess the position of play/ direction ball has travelled.
- - Once assessed, move forwards, backwards, sideward's depending on decision.
- - Set position in general play subject ball position on the field i.e. high up field or edge of penalty area.

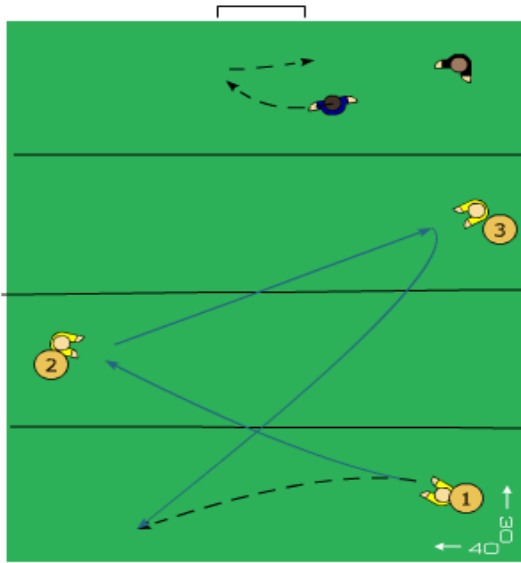
- **Organisation:**

- - Width of penalty area
- - Coaching area zoned off
- - 1 GK
- - 3 Players
- Player 1 passes to Player 2 (view set position)

- **Progressions**

- - Player 1 passes to Player 3 (view set position)
- - Player 1 passes ball forward for GK to collect.
- - Players pass amongst each other for any player to pass forward into penalty area for GK to collect.

Positional Awareness



- **Key Factors**

- - Keep sight of ball.
- - Move into position whilst the ball is moving.
- - Set position in relation to the ball. (i.e. Front foot for ball in Zones A and B)
- - Use of all of penalty area.

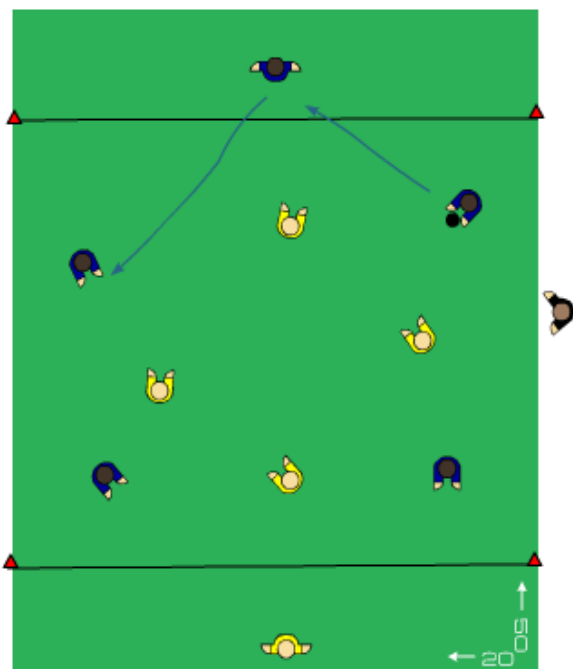
- **Organisation:**

- - 40m by 30m Grid.
- - 1 GK, 3 Servers.
- - Playing areas coned off.
- GK stands in stands/positions in relation to ball of Server 1

- **Progressions**

- - Server 1 passes to Server 2
- - Server 2 passes to Server 3
- - Server 3 passes to Server 1
- - Servers move within grid, Server 1 passes to either Server.

Goalkeeper Linking with the Back 4



Key Factors

- Movement to receive the Ball
- Good first touch.
- Look fwd to pass ball.
- Correct choice and Technique used to make pass.
- Support of the pass.

Organisation

50 x 20 Yd Grid

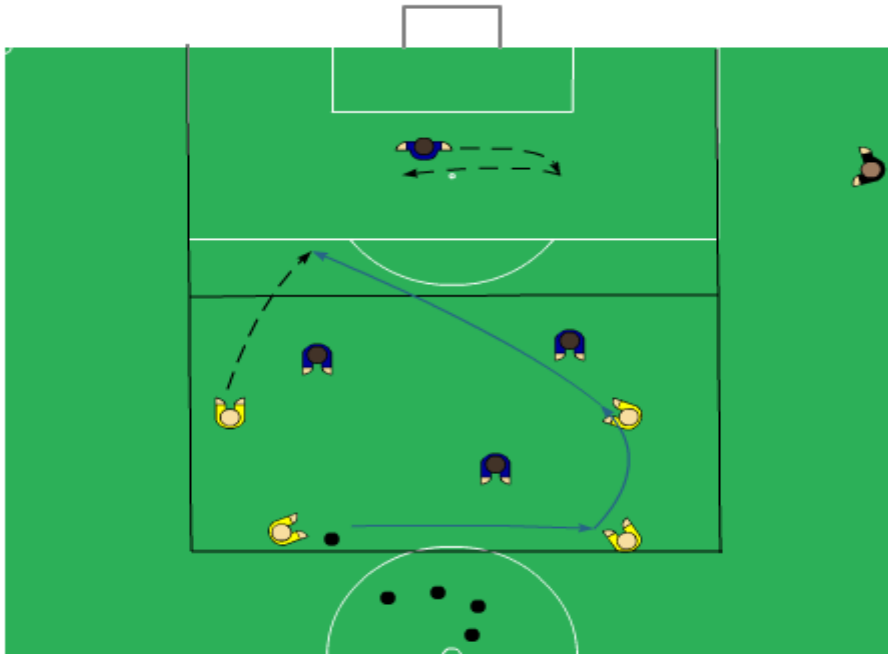
Two end Zones (10 x 20) coned off. Gk in each End zone

4 v 4 in middle Zone, a goal is scored by stopping the ball on the end line of middle zone. Gk may be used as required- Player 1 passes to Player 2, Gk moves in relation to ball movement.

Progressions

- Ball must be played through the GK at least once before an attempt to score.
- On possession GK may enter the middles zone to make a 5v4 overload.

Final Game covering all Coaching Points



Key Factors

All Coaching points from previous sessions are addressed including Set Position, Shot Stopping, Positional awareness and playing out from the back, linking with Defenders.

Organisation:

40 x 30 grid, with a 20 x 30 playing Zone coned off.

- 4 v 3 in middle Zone

Blue must play a 2-1 formation

Yellow must play a 2-2 formation.

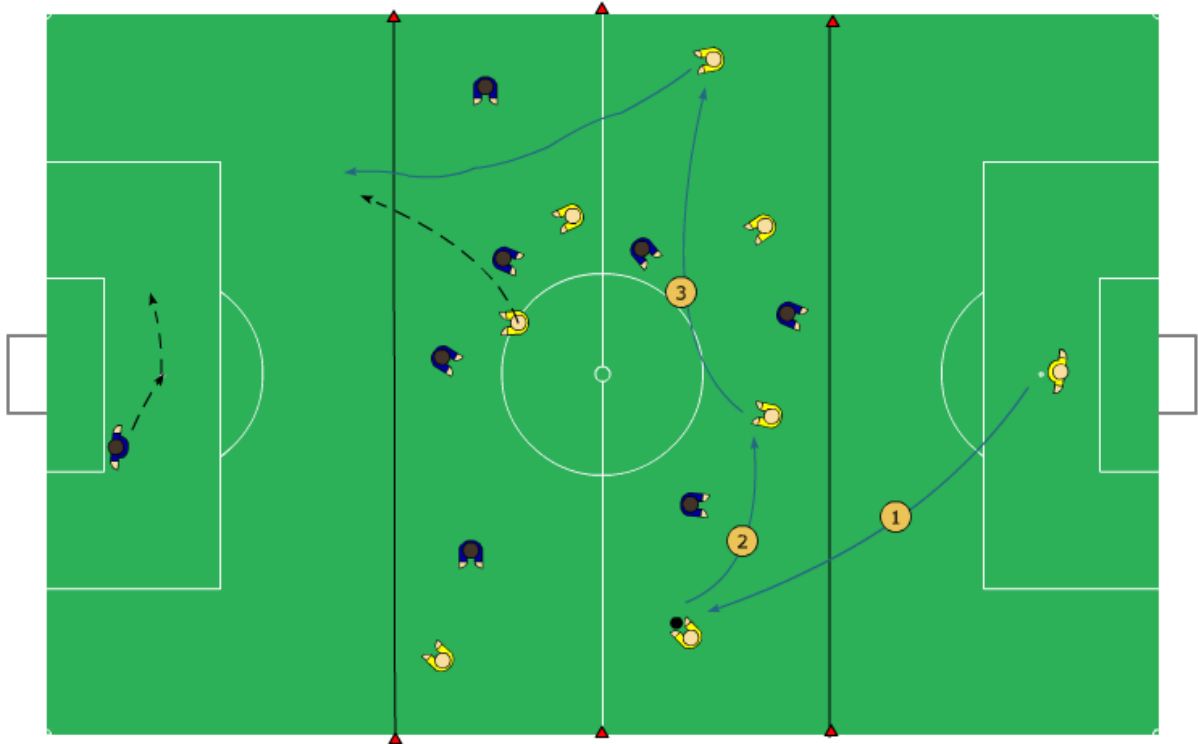
Yellows Attackers must link 2 passes before a through ball can be played through the attacking Zone, for a Forward Player to run on to. Forward players cannot leave their zones until ball is past them. Once in Possession the forward player must release a shot within 3 touches

If Blue team win ball then they look to score by stopping ball under control on end line.

Progression

After 2 passes, attacking team may also dribble ball out of attacking zone.

Full Pitch



Key Factors

All Coaching points from previous sessions are addressed including Set Position, Shot Stopping, Positional awareness and playing out from the back, linking with Defenders.

Organisation:

Full Pitch

- 4 v 3 in middle zones

- Defender can come short to receive ball from GK. Defenders must then link 2 passes before a through ball can be played through the attacking Zone, for a Forward Player to run on to. Forward players cannot leave their zones until ball is past them.

Progressions

- Defenders must link in with their attackers at least once prior to through ball being played.

- **Free Play** – Attacking team (yellow) attempt to score into Full size Goal. Defending team (blue) try to win ball and attempt to stop ball on end zone line to score. If successful then blue become the attacking team.

