
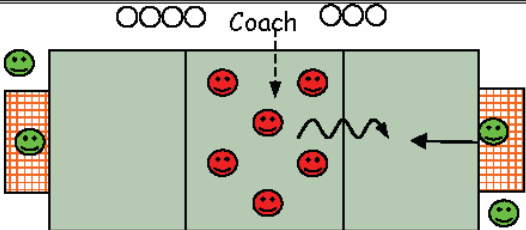
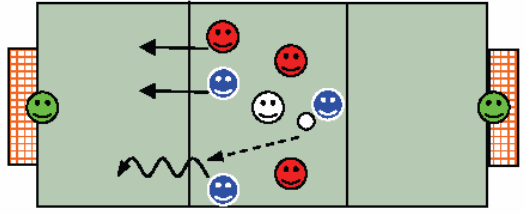
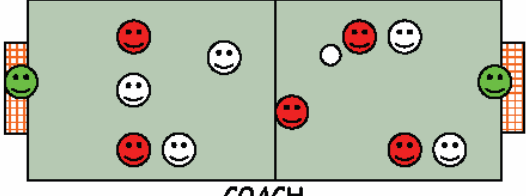


Theme: Goalkeeper 1 v 1

U-14

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Two players per ball</li> <li>* Distance depends on save</li> <li>* Play across to touch or save</li> <li>* Alternate each service</li> </ul>	<ul style="list-style-type: none"> <li>* Explode to steal ground.</li> <li>* Read cue to stalk, low, compact, under control, small steps.</li> <li>* Explode to save, hands from low position, forward to ball first.</li> <li>* Call KEEPER each save</li> </ul>
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> <li>* 6 players in middle moving randomly</li> <li>* Server plays to checking runner.</li> <li>* Server plays the ball to feet or to space</li> <li>* GK comes out to create a 1 v1 situation</li> <li>* If GK wins they play back to Coach</li> <li>* Runner becomes GK on deck</li> <li>* GK goes to the middle</li> </ul>	<ul style="list-style-type: none"> <li>* Cues to steal ground; pace, distance first touch. Cheat when possible.</li> <li>* Stalking; small steps, moving forward, low hands out front.</li> <li>* Cue to attack ball, save as far from goal as possible.</li> </ul>
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> <li>* 3 v3 with one neutral player in the middle zone</li> <li>* Teams break out to end zones and create a 2 v1</li> <li>* If Goalkeeper wins the ball, they look to play to Def, or back into the middle zone</li> <li>* If ball goes out of bounds, coach restarts the play back in the middle zone</li> </ul>	<ul style="list-style-type: none"> <li>* Patience to read and time play.</li> <li>* Visual cues to attack or hold.</li> <li>* Communication with defenders</li> <li>* Starting position not too aggressive, no chips, avoid getting caught in middle.</li> </ul>
<p>MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> <li>* 6 v 6 game with no restrictions</li> </ul>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li> = Goalkeeper</li> <li>   = Outfield Players</li> <li> = Goal</li> <li> = Cone</li> <li> = Dribble</li> <li> = Pass</li> <li> = Movement</li> <li> = Ball</li> </ul>
<p>COOL DOWN</p>	<p>Players throw and catch the ball in pairs. Stretch</p>	