

St. Mary's Youth Soccer Training Series

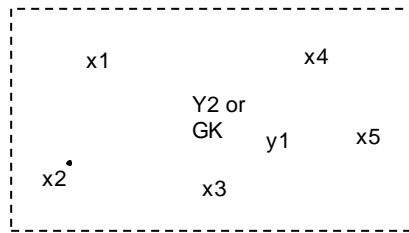
Topic: GK in the Team 1 of 2
Age/Level: 10 ↑
Type: Functional/Technical

→ Run → Pass ●→ Dribble - - - - - Shot



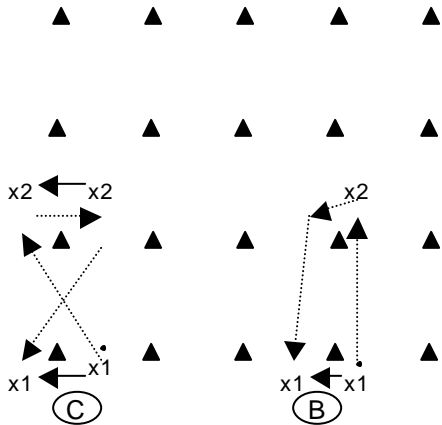
Notes: Including the GK in all aspects of your training sessions is vital to their individual and team level development. The GK's need to have as solid a technical level of development as a field player with specialized training within their own position. Having a GK that can use their feet and pass the ball accurately is a major plus. This session is designed to help in that area.

Progression: 1
 Exercise: 5v2 w/Gk's Warm-up
 Time: 10 Minutes



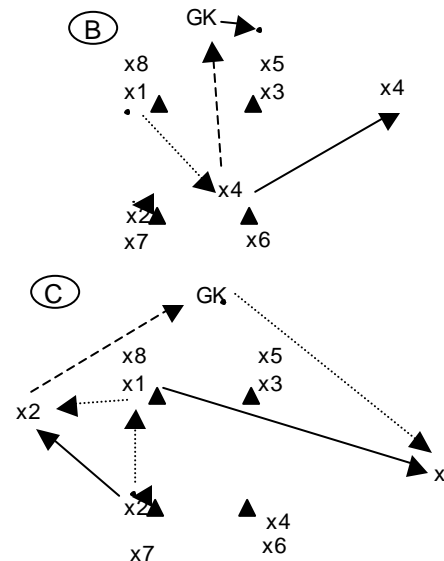
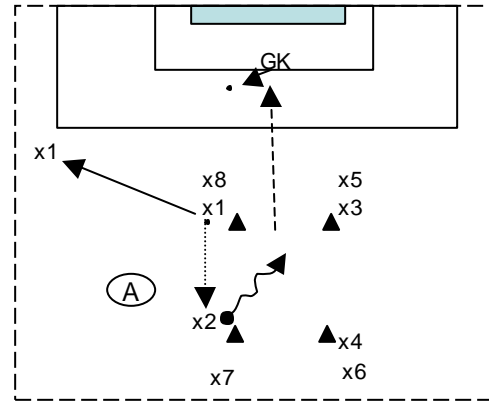
We use a grid 20x10 and play 5v2 with GK as defender and GK as attacking player. Just a warm up.
Variations/points to consider: Can add restriction that GK can only use feet, can allow GK to use hands, when GK is attacking player restriction that attacking must play balls in air to GK hands.

Progression: 2
 Exercise: Passing/Technical footwork
 Time: 10 Minutes



A. 1. Passing back & forth rt. Foot to rt. Foot, then switch to lt. foot. A. 2. Have them always receive the ball in front of the cone. B. 1. pass w/rt foot, receive with left ft. Must start from rt. Side of cone. Take ball w/first touch to other side of cone & pass back to x1 with lt. foot. X1 will receive with lt. and play back to other side of cone to pass with rt. Foot diagonal for x2 to receive with rt. Foot, x2 then plays touch back to other side of cone and plays back to x1 with lt. foot. X1 will receive with lt. and play back to other side of cone to pass with rt. Foot.
Variations/points to consider: Use inside of foot, exaggerate follow thru. Can use outside of rt. Or left foot to move ball past cone on option B or C.

Progression: 3
 Exercise: Back 4 + GK Defend goal
 Time: 10 Minutes



Using ½ a field, use 4 cones between 18 yd. box and midfield to set up passing lane. This aspect of the progression will allow both GK to be involved and work around the box for attacking players.

Variations/points to consider:

Encourage GK to be off of line to create cushion in case of mistakes. Also encourage GK to come to the ball, don't let the ball play him/her.

Passing patterns as follows: **A** x1 passes to x2 then x1 rolls off wide as target, w/1st touch inside passes ball to GK who use outside of foot to take ball away at angle, finds target wide plays ball to x1. Cycle goes to x3 & x4 next in rotation. Add ball played in air to GK after 10 min. or so. X players should switch lines. Also, x2 can pass into GK and make run out wide, this helps with counter attack for x players. **B** x1 passes to x4, x4 shoots at GK and opens up wide for GK. GK 1st touch away crucial! **C** x2 passes to x1, then x2 opens up with wide run fro x1 to pass back to x2, x1 then makes wide run opposite side for GK, x2 shoots the ball on floor 1st, then in air later, GK plays ball out opposite side. Don't be afraid to add other runs, combination passes, and shots.

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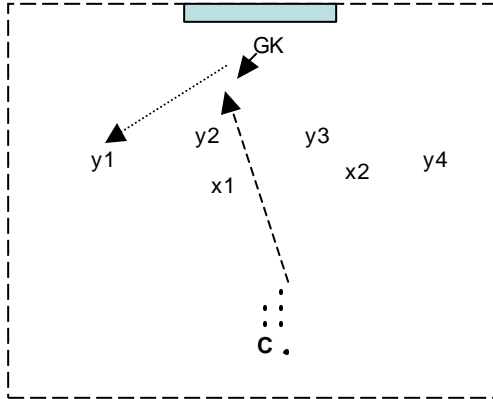
Topic: GK in the Team 2 of 2
Age/Level: 10 ↑
Type: Functional/Technical

→ Run → Pass ●→ Dribble - - - - -> Shot



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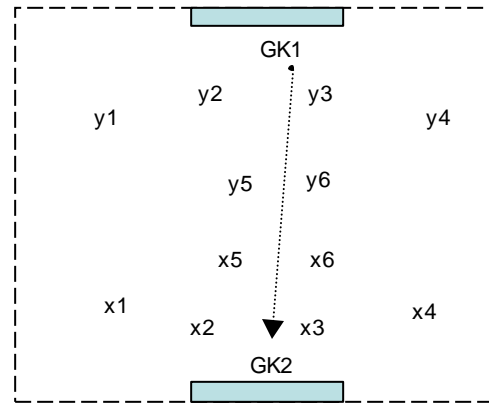
Progression: 4
 Exercise: Thru balls to goal
 Time: 10 Minutes



Using 1/2 field, we now play four in back w/GK. Coach knocks balls thru back four so GK has to play ball, use varied balls, on ground & in air. X players apply pressure to GK to make him/her make quick decisions and play balls quickly

Variations/points to consider: Add additional pressure if necessary, session is for GK, not so much attack. Some emphasis can be made on back four defending and helping counter attack, but focus should be on GK and what he/she does with ball.

Progression: 5
 Exercise: 6v6 Game
 Time: 10 Minutes



Using 1/2 field, we now play 6v6 to two goals w/GK's. Balls played out from GK's.

Variations/points to consider: Game starts by GK1 throwing ball to GK2. GK should be communicating to team, making themselves available for back passing, and switching the ball. Focus on the technical ability of the GK and finding the right targets quickly. Narrow the field if you want the GK to get more action in closed space.