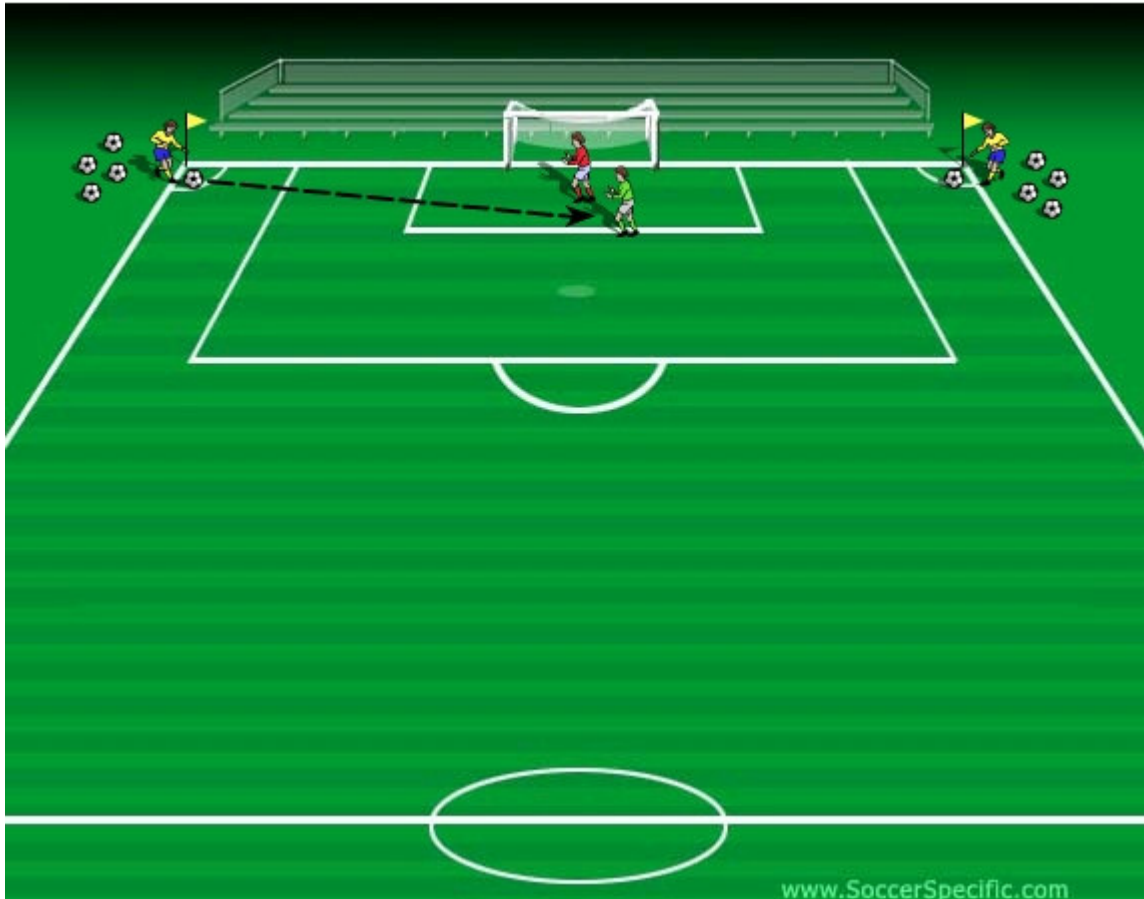


1 V 1 Corner Kick Game

Emphasis: Attacking the ball, aggression, timing, competitiveness



Set-up:
Have two goalkeepers start in the goal mouth. Place a server at each corner flag with a group of balls.

Objective:

The server strikes a cross into the goal mouth. Both goalkeepers compete for the same ball. Who ever catches the ball in the air gets 2 points. If the ball drops to the ground, the goalkeeper who gains possession gets 1 point. Alternate sides and the goalkeeper who reaches 10 points wins the game.

Progressions:

1. Move the server into the junction of the penalty box and the end line.
2. The goalkeepers must start on their stomachs, backs, sitting....

Coaching Points:

- Attack the ball and catch it at the highest possible catching point.
- Drive your knee up to protect yourself from the other goalkeeper.
- Decide early and arrive on time.

“Even if you are on the right track, you’ll get run over if you just sit there” -Will Rogers-