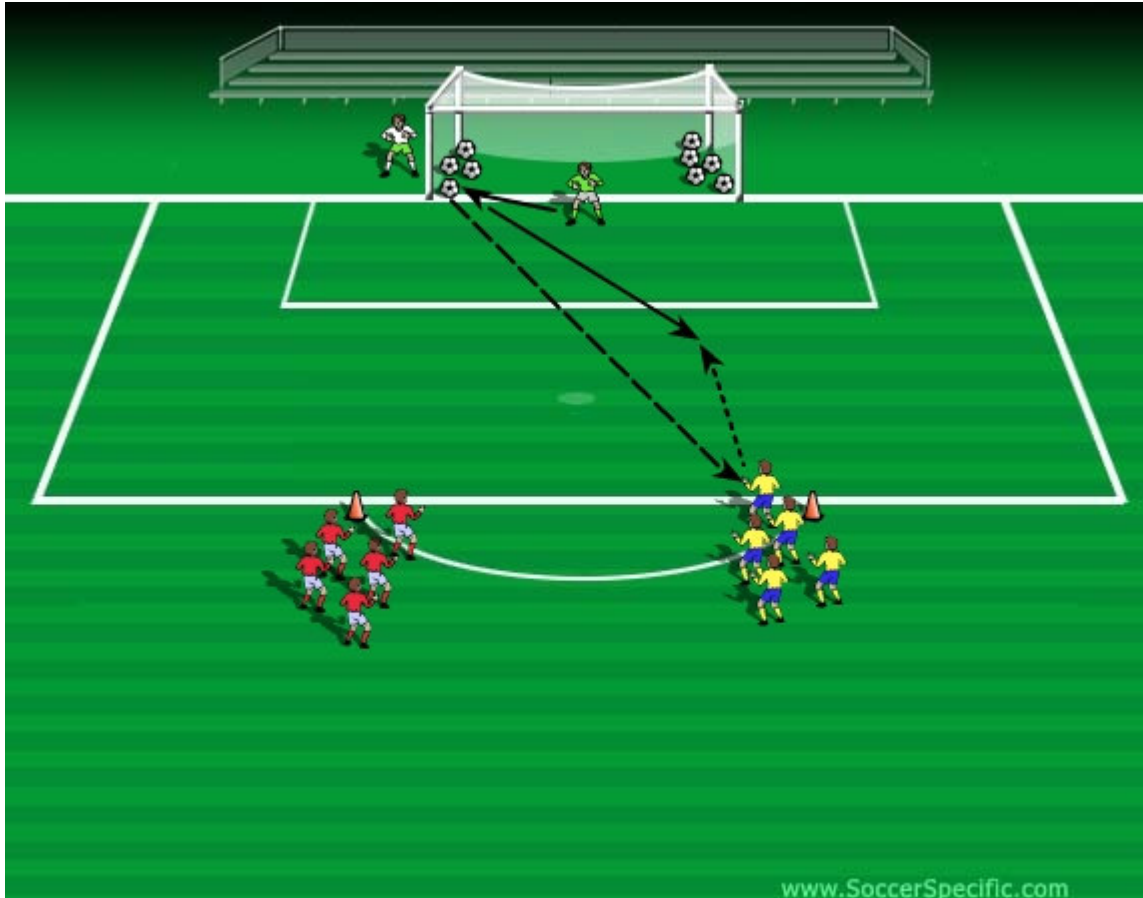


1 V GK To Goal

Emphasis: Breakaways



Set-up:
Use the penalty area. The balls are placed in the side of the net and easily accessible for the goalkeepers. All players are at the top of box on either side of the D.

Objective:

The goalkeeper starts the exercise by distributing the ball to the first person in line at the top of the box. The attacker must control the ball and immediately breakaway to goal. As soon as the ball has touched the attacker for the first time, the goalkeeper can leave his/her goal line and close down the shooter. The attacker has five seconds to score. The goalkeeper allowing the fewest amounts of goals wins. Keep track of the goals. The team or individual with the most goals wins. Alternate the goalkeepers every time.

Progression:

1. The goalkeeper must find the attackers chest.
2. The attacker has three seconds to score.

Coaching Points:

- The goalkeeper must react to an errant touch by the attacker.
- Come off the line quickly, slow down when approaching the shooter.
- Stay on your feet as long as possible. Make them beat you.