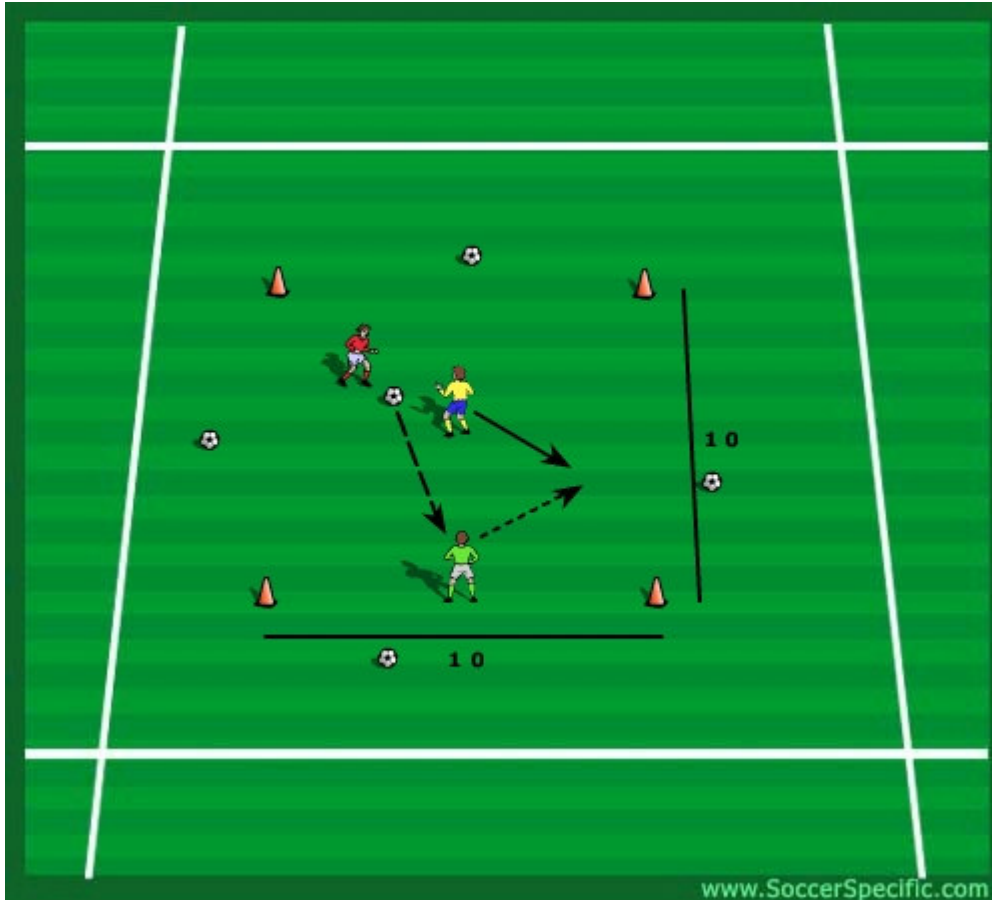


Grid Of Pain

Emphasis: Dealing with a 2 v 1 possession



Set-up:

Set up a 10 x 10 yard grid.

Place extra balls around the perimeter of the grid.

Two goalkeepers and 1 field player starts in the grid.

Objective:

One goalkeeper and the field player try and play keep away from the other goalkeeper. The field player plays with who ever has possession. The goalkeeper with the ball can only use his/her feet. The defending goalkeeper attempts to win the ball using the breakaway technique. Upon winning the ball, that goalkeeper now becomes the score field player and combines with the other field player. Play for 1 minute.

Progressions:

1. Make it directional, a goalkeeper always defends the same side of the grid.
2. The goalkeeper has to defend two sides of the grid.
3. Increase the size of the grid.

Coaching Points:

- Close down the angle of the field player in possession of the ball.
- Closedown the passing angle.
- Wait for an errant touch and then commit yourself to the ball.

“Morale is the state of mind. It is steadfastness and courage and hope” -General George Marshall-