

Old School Shootout Style

Emphasis: Time, space and 1 v1 to goal



Set-up:
Place a cone line 35 yards out from goal. The goalkeeper stands in goal and the field player stands at the cone with a ball.

Objective:

The goalkeeper cannot leave the goal line until the ball has been touched. The field player has 5 seconds to dribble to goal and get the shot off. The goalkeeper must make the save. Form two teams and the team with the most goals after 5 attempts each wins the game. If the score is tied after 5 rounds, it becomes sudden death.

Progressions:

1. Start the field player's on an angle and not in the middle of the field.

Coaching Points:

- The goalkeeper must get off the line quickly.
- Get your feet set and make the shooter beat you.
- If the shooter reaches the top of the 18 yard box, the goalkeeper must commit him/herself to winning the ball.

“You need to play with supreme confidence, or else you'll lose again, and then losing becomes a habit”

-Joe Paterno-