



## ***1990 BOYS AND GIRLS ODP GOALKEEPER TRAINING SESSION***

### ***Dealing With the Ball at the Goalkeeper's Feet – A TECHNICAL/TACTICAL/FUNCTIONAL TRAINING SESSION***

***By Fran Kulas, Director of Coach and Player Development, Kentucky Youth Soccer Assn.***

#### **Technical Warm-Up**

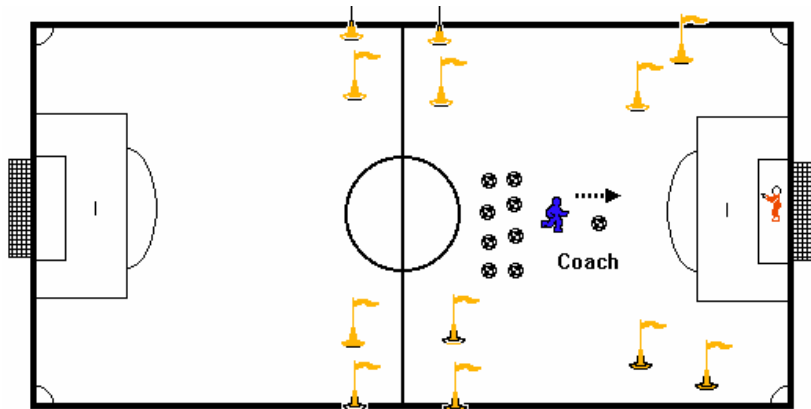
1. Juggling – no restrictions
2. Juggling – alternate above head, below hips  
\*restriction – anytime ball hits ground, goalkeeper must explode 4 yards with ball before resuming juggling
3. Pair Passing – 30 yards apart in the following sequence:
  - a. Drive balls to partner on one bounce, receive with one touch, return pass with second
  - b. Loft balls to partner in air, receive with one touch out of air, return pass with second
4. Pair Passing – alternate between the following sequences:
  - a. Inside of foot – inside of foot
  - b. Outside of foot- inside of same
  - c. Inside of foot – inside of foot – inside of foot\*increase distance as activity progresses – finish 25 yards apart

#### **Technical/Tactical Activity**

1. Coach plays ball into goalkeeper who has the following options:
  - a. 1 of 2 small goals just outside of 18 yard box  
(distribution for possession – small goals signifies space in front of a wide player)
  - b. 1 of 2 large boxes wide at midfield (clearance with purpose – boxes signifies a clearance in a safe area of the field)

#### **Restrictions**

- 2 touch maximum
- when playing on one side, must alternate playing to small goals and large boxes



**Technical/Tactical/Functional Activity**

- same set-up as above with added condition:
  - i. When coach plays ball into goalkeeper, coach plays role of opponent and 1<sup>st</sup> defender (signifies opposing forward) who applies pressure on GK

***GK must recognize and consider the following options with ball at his/ her foot:***

1. At what pace is the opponent closing me down?
2. At what distance is the opponent closing me down?
3. Is the opponent forcing, or channeling me in one way, and if so, why?
4. Can I use the opponent's momentum to beat them?
5. How can I create space for myself?