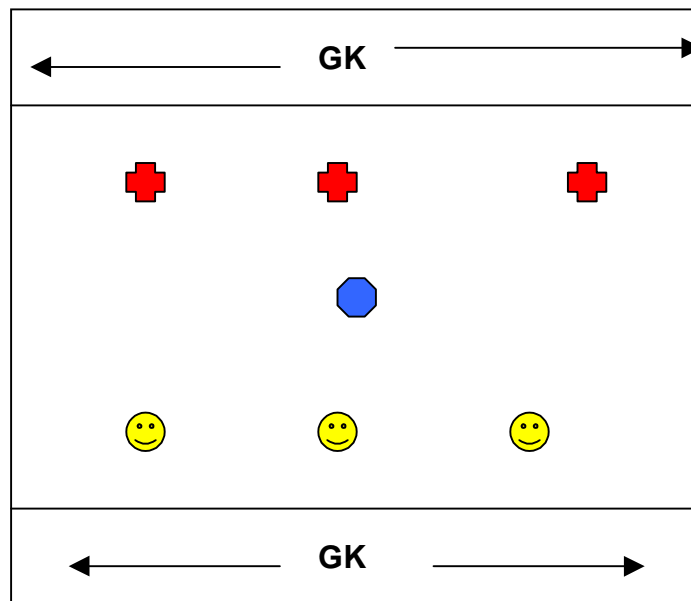


Implementing Goal Keepers in Team Training

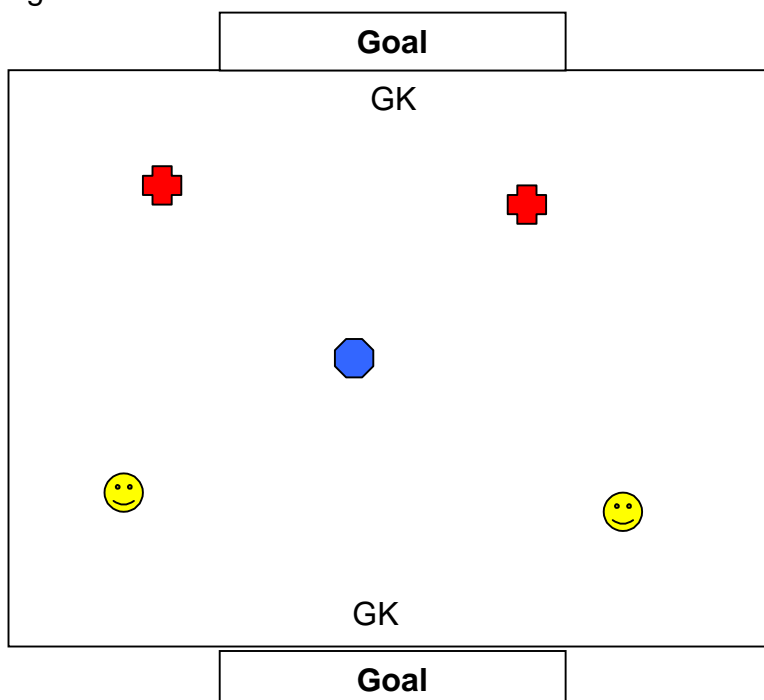
The following is a simple progression of team training wherein the goalkeeper is an integral part of the effort

3 v 3 +1



Goalkeepers run the end line. Players quickly try to get the ball into the goalkeeper, **at his feet**. The object is not to beat the goal keeper but use him as a fifth player. GK plays ball back to team that gave him the pass. Neutral player plays for whomever is on offense. This is a keep away type game.

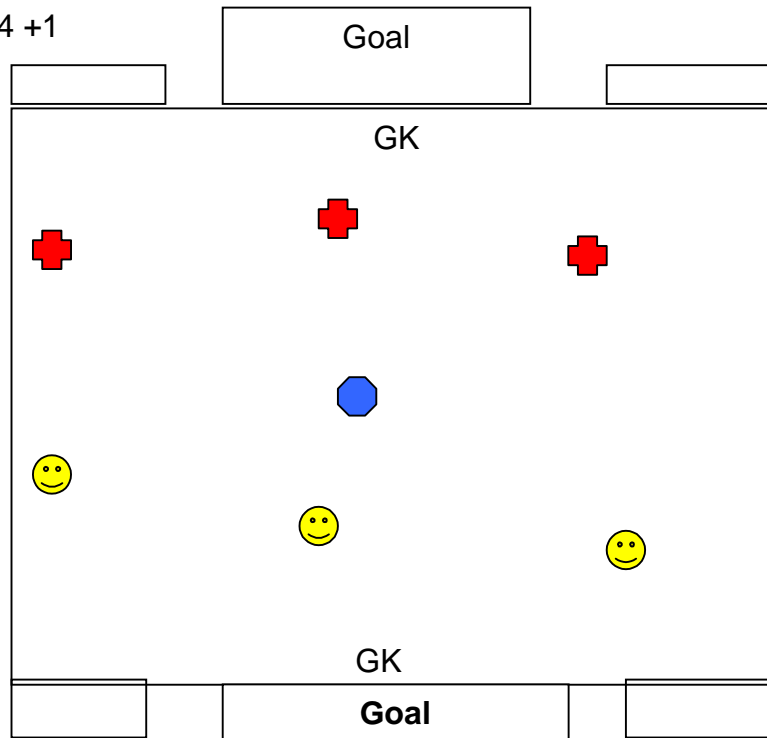
2 v 2 + 1 Going to Goal



In this game the object is to score. Neutral player again plays offense for whichever team possesses the ball. Play two goals wins. Stress quick movements and shoot at every opportunity. Keeper must transition ball quickly to offense. Don't let them kick the ball away.

Run two games on two fields simultaneously and switch the teams often.

3 v 3 or 4 v 4 +1



In this game the players are trying to score on one of three goals. The team gets one point for scoring in the large goal and two points for scoring in either of the two small goals.

Emphasize the goal keeper's mobility, quickness, speed and shot stopping.

1 v 1 with Two Keepers

Set Up and Execution

Set up a short field with two goals and two keepers. Two lines of players are at the right side of each goal each with a set of balls at their feet. Designate one line to go first (line 1). Player 1 dribbles out with a ball. Player 2 (on the opposite line) comes out without a ball to defend 1 v 1 .

Have the defenders play 50% to start so that the keepers get some shots on them. Once the player has made her move and taken her shot she must **immediately** recover and play defense.

Her opponent is the next player in line 2 who dribbles out with a ball and plays for a shot on keeper #1. Process is then repeated

