



LFC GK Department - 1v1 Technical Session - Phase I (Optional training plan)

Category: Goalkeeping: 1 v 1
Difficulty: Beginner

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Description

1v1 breakaways with technical and tactical undertones to them..

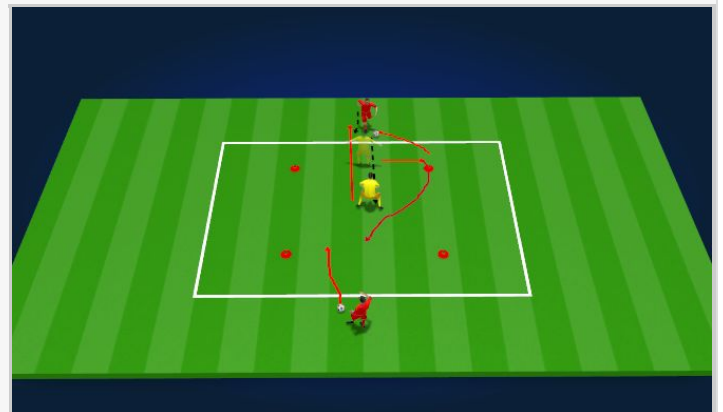
Hands to - Warm up 1



Hands to - Progression 2



Touches into a Breakaway



Cobra Block/Rebound

GK Cobra Block/rebound Drill

1. GK Shuffles to blue cone
 2. GK then steps and dive to stationary ball
 3. S1 attempts to strike the ball as GK saves
 4. GK gets over to 2nd ball as if it rebounded to S2
 5. S2 attempts to strike the ball as GK dives.
- *** Once you have gone to your left, switch to your right side ***



50/50 hands to drill

Dribble to create a 50/50 ball

1. S1 plays a ball to S2
2. S2 receives the ball and begins to dribble
3. S1 engages (Passively) as S2 dribbles towards goal
4. GK should begin to creep out for better angle and prepare for a loose ball
5. S2 simulates pushing the ball by the defender (s1) creating a 50/50 ball
6. GK comes out and dives at ball before S2 can get it or will step out and save a shot if needed.

