



LFC GKS - 1v1s Technical Session - Phase I

Category: Goalkeeping: 1 v 1

Difficulty: Beginner

Jeff Tackett -SCSG, UPLAND, United States of America



Description

Technical Breakaways - No control from the attacker - Hands to, long barrier, and cobra saves

Beginners warm up 1 & 2

Warm up Drill 1 - Through balls ~ Prep ~ (For Group one)

SET UP

Create a Triangle with 3 cones and put 1 ball on each point and the GK stands on the lone point.

Progression one:

* GK dives diagonally forward from a knee position to make sure the upper body is bending down correctly and the hands are shooting to the ball

Progression Two:

* GK dives diagonally forward from a Squatting position to make sure lower body steps towards the ball and the upper body is bending down correctly and the hands are shooting to the ball

Progression Three:

* GK dives diagonally forward from a standing position to make sure the lower body bends down, steps and upper body is bending down correctly and the hands are shooting to the ball



Through ball _Movement 1 & 2

Through Ball - Hands to warm up - Through balls Prep

Drill # 1

1. 2 cones are set up with equal distance away from each GK and each other
 2. When coaches yells out GO the 2 gks race to dive to their own ball
 3. GKs must dive in a Hands to technique to get to the ball first
 4. Losing GK must do 2 push ups. Tie and nobody does them.
- ***3 reps each side and switch sides **

WARM UP DRILL # 2

1. Same set up as Drill #1
2. Bottom cones are the GK and Top cones are the Shooter
3. Shooters can trick which way they are going to the ball and try to kick it before the GK can save it
3. GK must use the hands to technique to block the ball or prepare for a simultaneous shot that they must use a long barrier
4. Go a few rounds and then switch roles of GK/Shooter.



Hands to - Warm up 1



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 ***



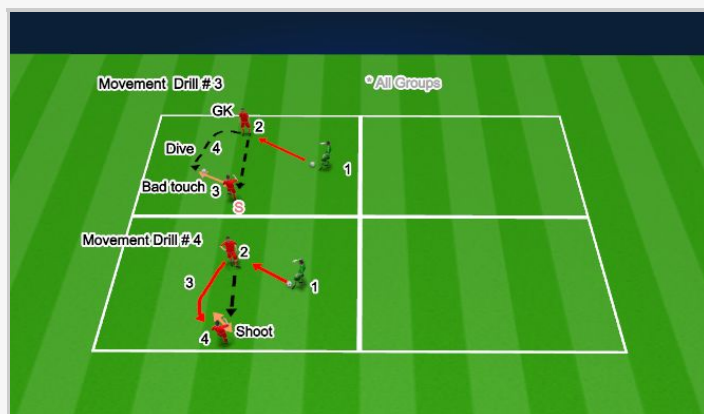
Movement 3

Drill 3 - Through balls Prep (For all groups with coaching support)

1. S1 touches to GK
2. GK touches it back to S2
3. S2 takes a bad touch
4. GK takes off and dives for ball

Drill # 4

1. S1 touches to GK
2. GK touches it back to S2
3. S2 Shoots
4. GK takes off and dives for ball



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.

