



LFC GKS - 1v1 Control and no Control scenarios - Phase III

Category: Goalkeeping: 1 v 1

Difficulty: Moderate

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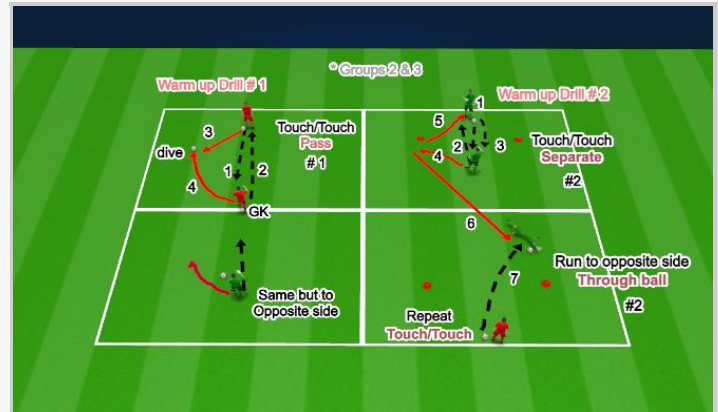
Warm up 1 & 2

Warm up Drill 1 - Through balls Prep (For group 2 and 3 only)

1. S touches to GK
 2. GK touches it back to S
 3. S Lays it off as a through ball
 4. GK takes off and dives for ball
 5. GK then goes to opposite server and repeats from that side
- ***3 reps each side and switch goalkeepers/Servers **

WARM UP DRILL # 2

1. S touches ball to GK
 2. GK plays it back to S
 3. S Plays ball again to GK
 4. GK comes forward and separates the pass
 5. GK plays the ball back to S
 6. GK Turns around and runs towards opposite server
 7. S plays a through ball for GK to dive onto.
- ** Repeat to opposite side, 6 times/total and switch GKs/Servers **



Technical Phase 1 & 2

Activation Drill 1 (For group 2 and Group 3)

Getting the touches in to be able to play balls with the feet.
Do each task 20 touches per group (10 each)

** Focus on the weight of the pass **

** Focus on creating enough separation for a new passing lane**



Sm Group- 1v1 phase I

1. S1 Plays a cutback pass to the slot player, GK transitions for the angle
2. S2 takes a bad touch, so GK engages and dives on loose ball.
3. GK then gets up and prepares for an Up, Back, through from the red servers
4. Once the ball is played the GK decides to engage and deal with the situation.



Sm Groups- Ajax 1v1 Drill

1. Red F checks away and checks to the ball
2. Red S1 plays a 1-2 ball to F, F plays it back
3. F curls away and Red S1 plays a through ball for F to run onto
4. GK engages onto the through ball and makes a decision on how to deal with the situation

****Variation****

Once S1 plays the ball, they make a run down the middle to receive it back for a 1v1 to goal



Tactical progression - 1v1 decision making

Tactical Breakaways - Through balls with no control (For all groups with support coaches)

Option 1

S can catch the GK out too far by shooting on goal

Option 2

S can play a through ball between the blue cones to create a 50/50 scenario for the GK and Attacker

Option 3

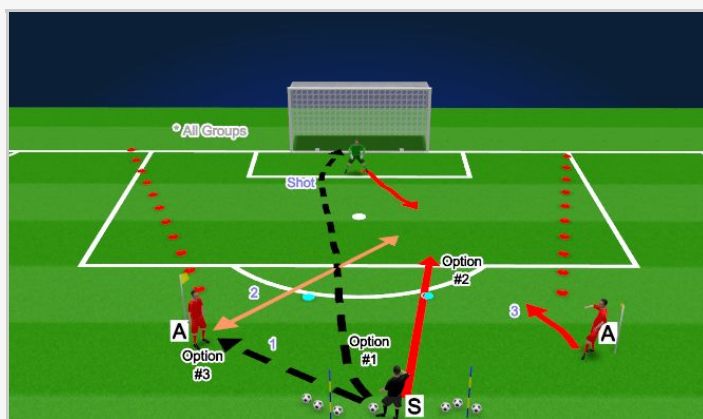
S can play the ball to A1 who can then turn and play a through ball for A2 to run onto and attempt to score.

Coaching Points:

- * GK steps high off their line to have an angle for the shot but also be able to deal with a through ball into the 18 yard box.
- * If a through ball happens, GK must engage right away if the ball is entering the 18. Assessing as the move closer
- * If a pass goes to A's feet, GK must move to the angle of the shot and then engage if the through ball happens

Progression:

1. If the through ball goes wide of the line of red cones, the GK must make a decision if they will be able to get there first or regroup and prepare for a possible cross or reload for a Total control breakaway.



Learning Objectives



Technical (24%)

Tactical (34%)

Physical (12%)

Psychological (21%)

Social (9%)

Economic game scenario - 1v1s (15 mins)

Crossing Situations- Option 3 ~ Cutback Cross

SET UP: Set up serving players in a **crossing angle** situation and create a pass that will become a **cutback**.

- 1 S2 takes the ball wide.
2. S2 takes ball toward bi-line for a **cutback cross** to Runners 1
3. GK saves the cross ball
4. GK Throws to Red MF1
5. MF1 plays a ball up to MF2
6. MF2 plays the ball back to MF3
7. MF1 runs through
8. MF 3 plays a though ball onto MF1
9. GK comes out to engage the breakaway

Repeat from opposite side

