

# LOUDOUN SOCCER



**Session Theme**

Team Goalkeeping – Breakaways and the GK as an extra defender

**Objectives**

To develop the basics of handling, footwork and diving

**Age Group:**

U9-U10

**Demonstrate safe breakaway diving technique:**

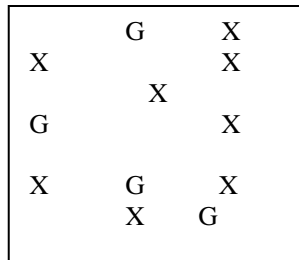
1. GK lies in dive position and striker gently plays ball into GK's hands
2. GK starts on knees and 'dives' to ball hands first as striker gently plays ball
3. GK starts in BA position and dives at ball as striker attempts to play it

Breakaways:

Introduce 'BA' position  
Keep eyes on ball  
Hands in 'W' – save/protect

**Warm-Up**

- 1) Dribbling/Diving Game: Ball each dribbling. Dive on ball on coach's command.
- 2) Passing and Moving – opening body to play away from pressure
- 3) 4 GK's intercept passes by diving



Quick reactions to commands  
Quick feet  
Focus on technique before speed

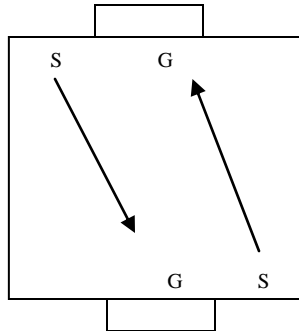
GK as extra defender:

Supporting angles  
Awareness – check shoulder  
Quality of first touch and pass  
Switch/Play away from pressure

**1v1 to Goal**

Striker must beat GK with:

- a) Dribble
- b) Shot
- c) No restrictions



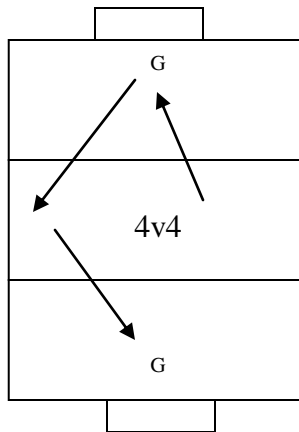
Breakaways:

Head forward  
Set feet early, stay low  
Adjust to ball  
Stay on feet as long as possible  
Lead with hands

**4v4 in central zone**

Team cannot score until all players have touched the ball, including the GK. Attacking team penetrates into final third and plays 1v1 with GK:

1. Must dribble around GK
2. Must shoot
3. No restrictions



GK as extra defender:

Depth of support  
Communication

Breakaways:

Positioning and supporting angles  
Communication  
Approach to ball

**Regular Scrimmage 6v6**

All of the above