

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:

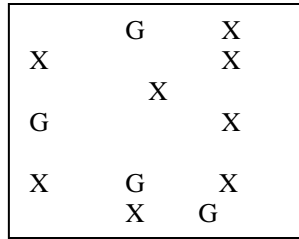
Introduce 'BA' position
Keep eyes on ball
Hands in 'W' – save/protect

Warm-Up

Dribbling/Diving Game:

Ball each dribbling. Dive on ball on coach's command.

- 1) Passing and Moving – opening body to play away from pressure
- 2) 4 GK's intercept passes by diving



Quick reactions to commands
Quick feet
Focus on technique before speed

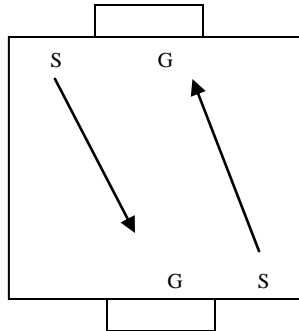
GK as extra defender:

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



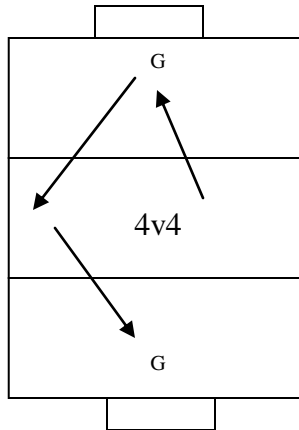
Breakaways:

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 6v6 Scrimmage

All of the above