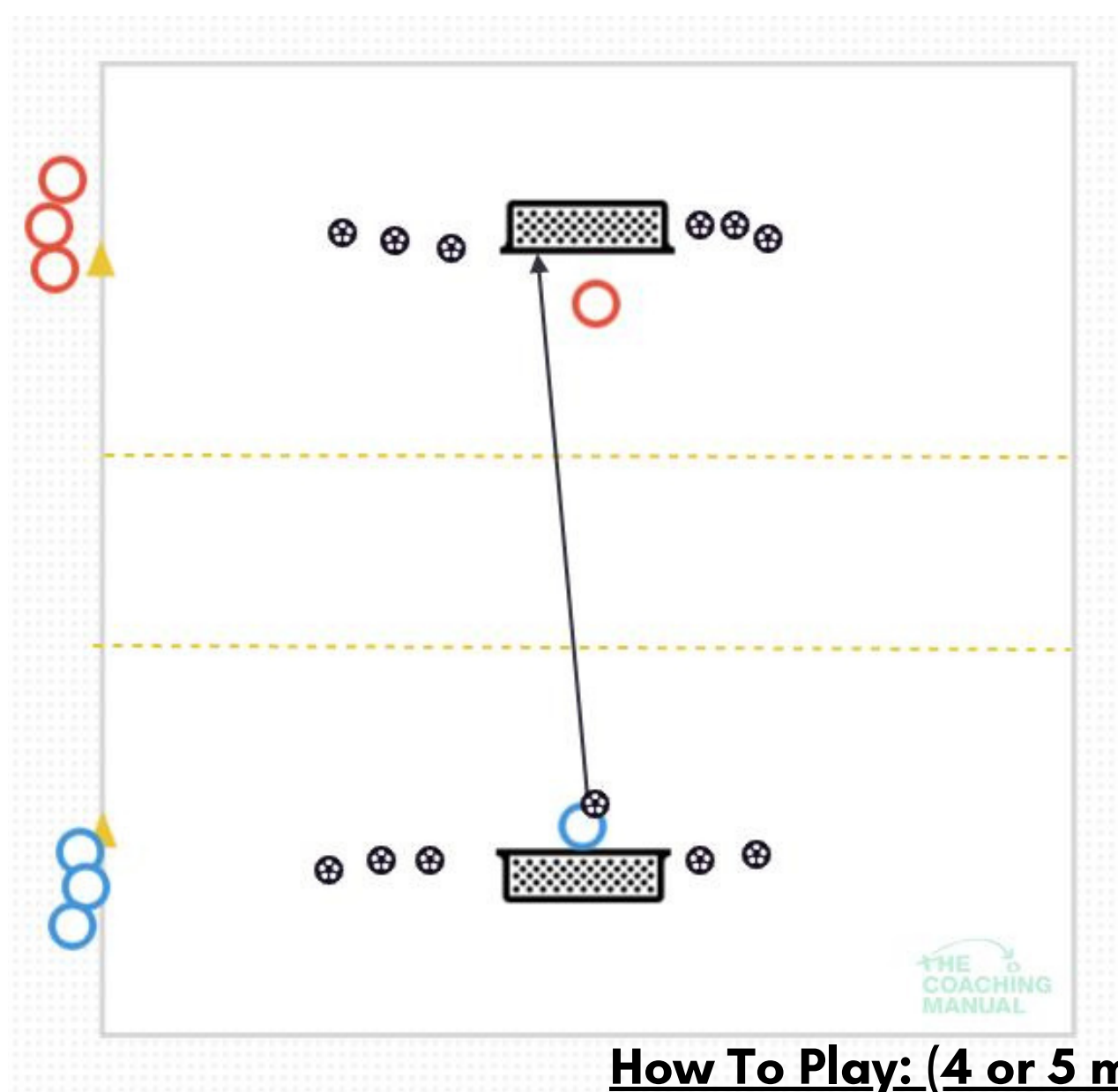


# GOALIE WARS - GOALKEEPER & SHOOTING GAME



## How To Play: (4 or 5 minute games)

### TECHNICAL

Catching  
Teasing  
Saving  
Throwing  
Rollyng  
Shooting

### TACTICAL

Hands/Feet?  
Throw/Roll/Kick?  
Catch/Parry  
Stay on line/Close  
Down

### PHYSICAL

Walking  
Sprinting  
Jogging  
Kicking  
Pushing  
Diving

### PSYCH/SOCIAL

Fail & Try Again  
Teamwork  
Experiment  
How are your friends playing?  
Deal With Pressure  
Up Next Game

- 2 Teams Red & Yellow
- Field Split in Half - Yellow side & Red Side - 1 goals for each half
- First goalkeeper gets a ball out of the goal and tries to score
  - Goalkeepers can score via:
    - Place down and kick = 1 goal
    - Dropkick = 2 goals
    - Throw/Bowl = 3 goals
    - Roll = 5 goals
- Goalkeepers cannot cross the halfway line to score
- If the goalkeeper:
  - Scores - Stay in, get another ball, try to score again
  - Shot Missed/Save - They are out, NEXT KEEPER GETS IN QUICK
  - Saves a shot/shot versus them is missed = GET A BALL AND SHOOT!

### Progressions

- Rebounds - if your shot is saved but not held you can finish on the second attempt
- Poacher - Add a striker/poacher who can be awkward in front of either keeper and finish any miss saved shots/shots of the post or bar.

<b>Coaching Points</b>		
<u>Pre Save</u>	<u>Post Save</u>	<u>Distribution</u>
<ul style="list-style-type: none"> <li>• Set position                             <ul style="list-style-type: none"> <li>◦ Loaded like a spring                                     <ul style="list-style-type: none"> <li>▪ crouched</li> <li>▪ small steps on toes</li> <li>▪ eyes on the ball</li> <li>▪ hands ready</li> </ul> </li> </ul> </li> <li>• Close the angle                             <ul style="list-style-type: none"> <li>◦ cover the side of the goal closest to the ball</li> </ul> </li> <li>• Feet first                             <ul style="list-style-type: none"> <li>◦ Small steps</li> <li>◦ Move feet to get inline with the ball</li> <li>◦ Get body behind the shot</li> <li>◦ Ready to stretch arms and legs if needed</li> </ul> </li> <li>• Catch or Parry</li> </ul>	<ul style="list-style-type: none"> <li>• Recover post save                             <ul style="list-style-type: none"> <li>◦ Get up quickly</li> </ul> </li> <li>• Set to save again</li> </ul>	<ul style="list-style-type: none"> <li>• Make a decision                             <ul style="list-style-type: none"> <li>◦ Place and Kick                                     <ul style="list-style-type: none"> <li>▪ Roll ball out in front</li> <li>▪ Select target</li> <li>▪ Step in</li> <li>▪ Select Surface of foot (Laces/instep)</li> <li>▪ Pick spot on ball to strike</li> <li>▪ Step through the strike</li> </ul> </li> <li>◦ Drop Kick                                     <ul style="list-style-type: none"> <li>▪ Pick target</li> <li>▪ light toss of the ball up</li> <li>▪ Pick spot on the ball</li> <li>▪ strike through the ball</li> </ul> </li> <li>◦ Throw</li> <li>◦ Roll</li> </ul> </li> </ul>
<b>Super Power:</b> Instant Replay	<b>Coaching Spectrum:</b> <<<Super Power or Constraint>>>	<b>Constraint:</b> 2 Keepers