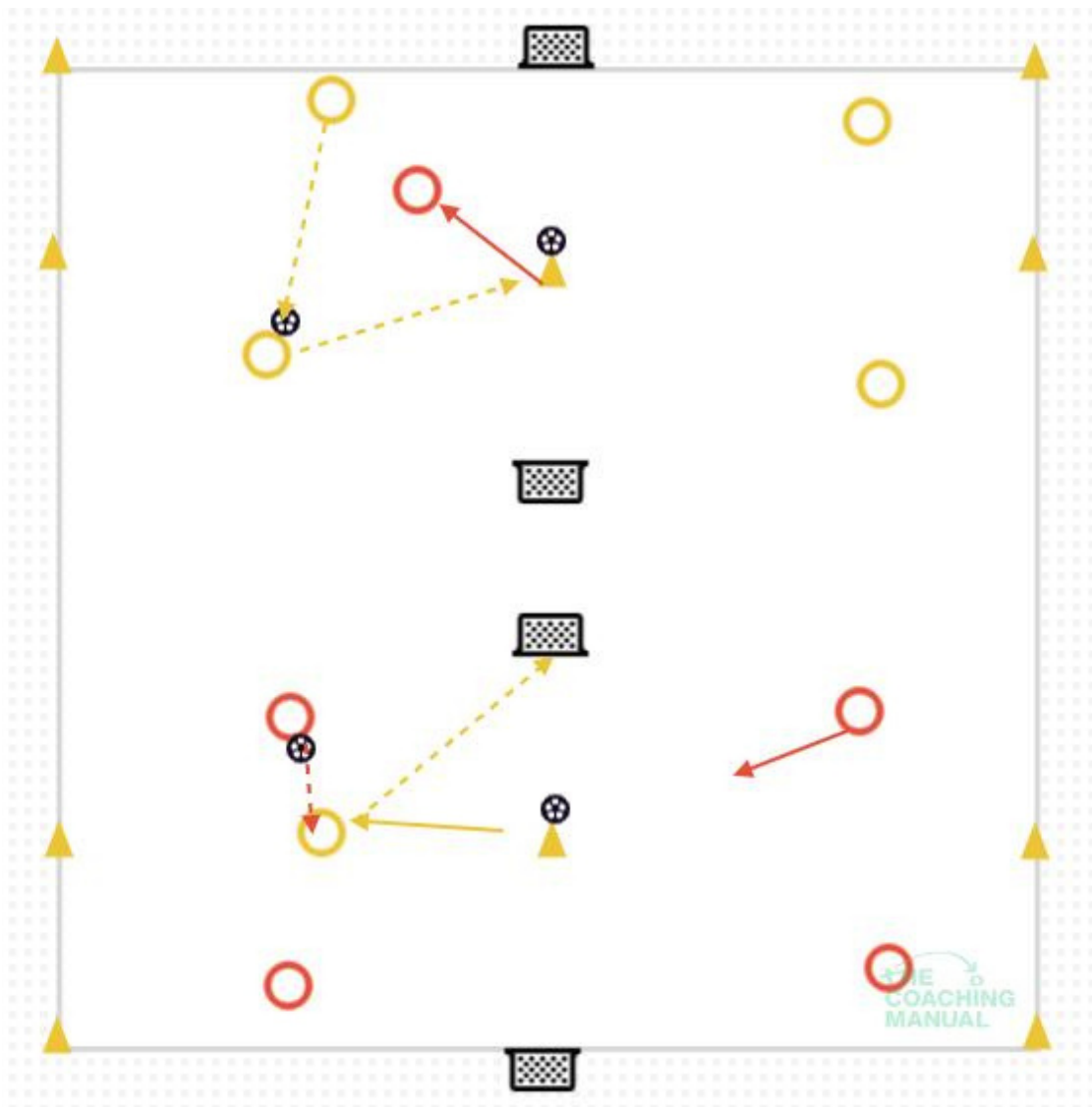


# GOALKEEPER PIGGY IN THE MIDDLE/HOT POTATO - KEEP BALL KEEPER GAME



## TECHNICAL

Throwing  
Catching  
Passing  
Rolling  
Saving

## TACTICAL

Kick/Throw/Roll  
hands/Feet

## PHYSICAL

Walking  
Sprinting  
Jogging  
Kicking  
Jumping  
Diving

## PSYCH/SOCIAL

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

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

- 2 Teams Red & Yellow
- Players can only use their hands to throw or roll the ball
- Field Split in Half - Yellow side & Red Side - 2 goals for each half - A cone with a ball on top
- The team with 4 players aims to play "Keep Away" from the 1 Defender
- Can They Move The Defender Away From Their Goal (ball and cone goal)
- If they can knock the ball off the cone = 1 goal
  - If the defender knocks the ball off, it is an own-goal
  - Teach the defender to destroy spaces, not cover the goal
- The defender aims to intercept or win the ball with feet or hands
  - Can the defenders score the two goals for 3 points?
- Inexperienced players may like to start with the ball in hand
  - No passes over the defender's head.
- Play 4-5 games and keep the score.

### Progressions

- Three outs = goal for the defender
- 3vs2

<b>Coaching Points</b>		
<b><u>Pre-Save</u></b>	<b><u>Post-Save</u></b>	<b><u>Distribution</u></b>
<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><u>Super Power:</u></b> Restart headstart	<b><u>Coaching Spectrum:</u></b> <<<Super Power or Constraint>>>	<b><u>Constraint:</u></b>