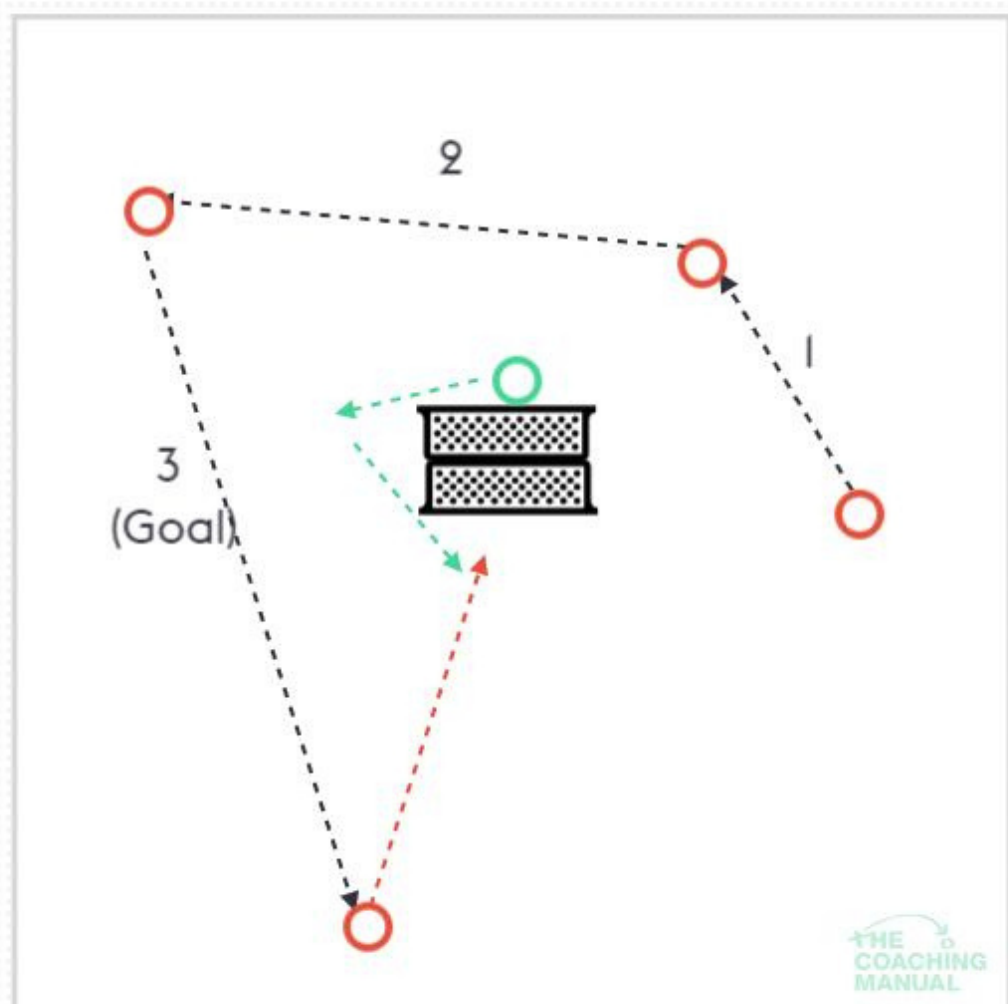


GOALKEEPER RONDO - KEEP BALL

GOALKEEPER GAME



How To Play: (4 or 5 minute games)

- 2 Teams Red & Green
- The team with 4 players aims to play "Keep Away" from the 1 Goalkeeper and set up a chance to score.
- Can They Move The Defender Away From Their Goal & Score
- If they score = 1 point
- If the goalkeeper saves = 3 point
- Play 4-5 games and keep the score.

Progressions

- Add scoring table:
 - Shot = 1
 - 1st time shot = 2
 - Header = 3
 - Volley = 5
 - 1/2 volley = 10
 - Caught save = 6
- 3vs2

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

Coaching Points

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