

GOALKEEPER BACK PASS PRACTICE

Improve dealing with the back pass

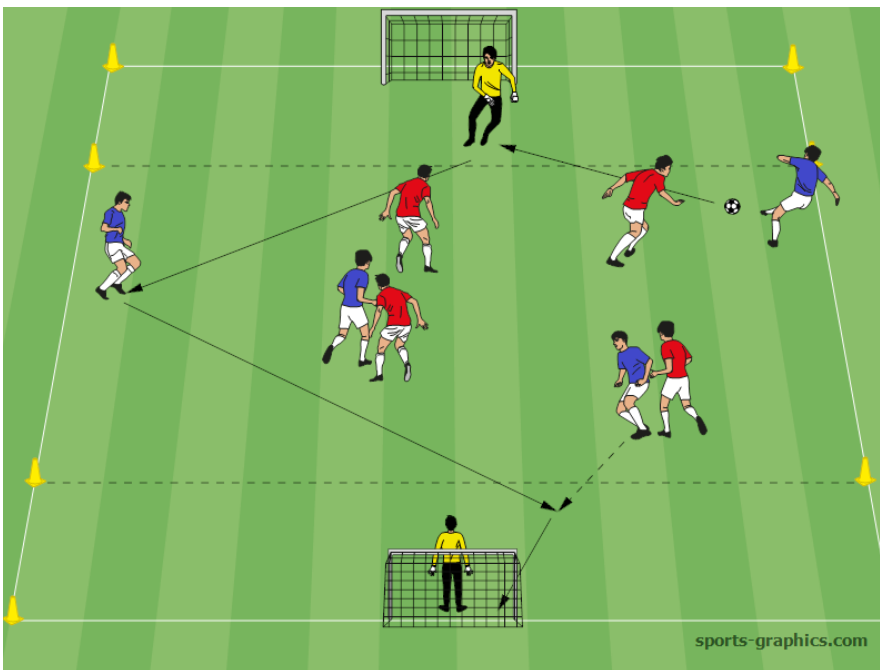
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Goalkeeping

Dealing with Back Passes



Set up a playing area 40x30 with a small goal at each end.
Mark out two 10yd end zones.
Arrange players into a 4v4 plus a goalkeeper at each end.
Players may use the goalkeeper to retain possession and build attacking moves.
Players are not allowed to enter their own defensive zone.
Practice starts with the ball being fed into one of the goalkeepers by the coach.
Attackers must return to the middle zone if the ball goes out of play behind the opposition's goal or the goalkeeper collects.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Improve distribution.
- Improve receiving the ball using the feet.
- Technique when distributing the ball.

KEY FACTORS

- Assess flight and pace of ball
- Communication
- Decision of number of touches to take without causing undue pressure from the opponent
- Distribute the ball quickly with good weight and accuracy
- First touch forward and across body to change the angle
- Good first touch to receive
- Head up looking forward
- Keep the ball low for easy control
- On toes and ready to deal with incoming pass

FOCUS AREAS

- Correct technical aspects where necessary.
- Demand good technique with passing and receiving.
- Demonstrate the correct technique.
- Does the goalkeeper do things quickly?
- Encourage good communication.
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Is the goalkeeper focused and organised?

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