

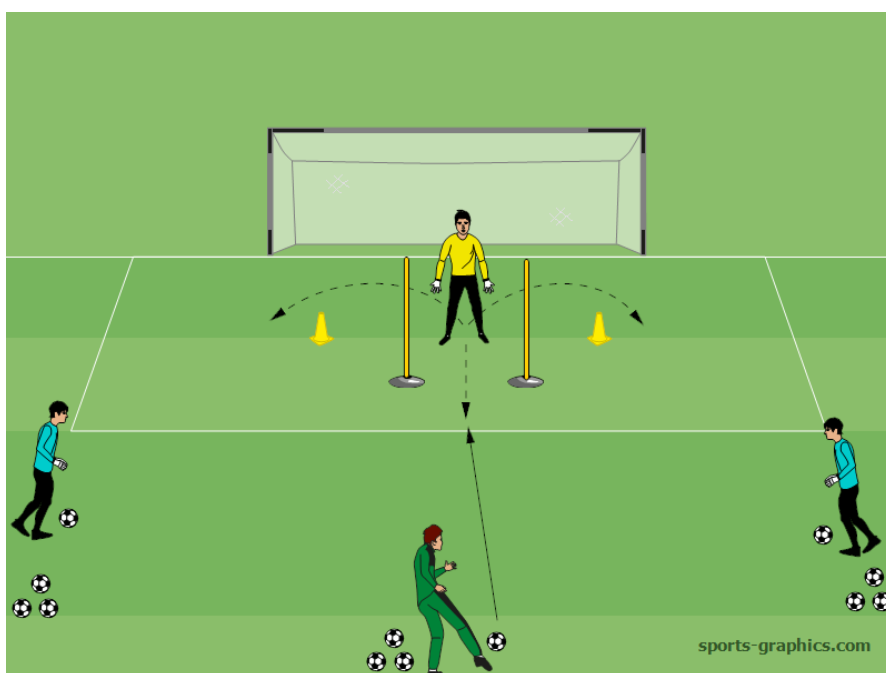
RECEIVING BACK PASSES REPETITION

Improve passing and receiving

TECHNICAL

Goalkeeping

Dealing with Back Passes



Set up a goalkeeper in front of goal with two poles and two cones placed as shown. The coach stands centrally between two (or more) servers. Both coach and servers have a ball each. Distances between the goalkeeper and servers can be increased where required.

The goalkeeper starts between the poles and receives the first service either on the floor or in the air from the coach. They must control the ball without using their hands as if it was a back pass from a teammate and return the pass.

The goalkeeper uses the appropriate or specified footwork to move backwards and laterally to one of the side cones to receive and return a pass from another server. The goalkeeper returns back to the centre to receive the next ball from the coach.

The process continues with the goalkeeper then receiving from the third server. Monitor quality of performance and workload.

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

- Good decision making.
- Improve basic passing technique.
- Improve first touch.

KEY FACTORS

- Approach at a slight angle
- Communication
- Decide early on what course of action to take
- Early decision
- Ensure a good quality pass (accuracy, weight and timing)
- Follow through and stay balanced
- Good first touch to receive
- Good/correct technique
- Positive attitude

FOCUS AREAS

- Correct technical aspects where necessary.
- Does the goalkeeper consider their movements before, during and after releasing the ball?
- Encourage the goalkeeper to relax their touch and to gain the advantage by moving the ball forward and across the body to change the angle.
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Goalkeeper must stay light on their feet when moving into position.
- Is the ball distribution accurate and is the technique selection correct?
- Is the goalkeeper focused and organised?
- Is the transition between receiving the ball and distributing the ball quick?
- Observe the quality of technique.



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