

GKS AS TARGET PLAYERS 4v4

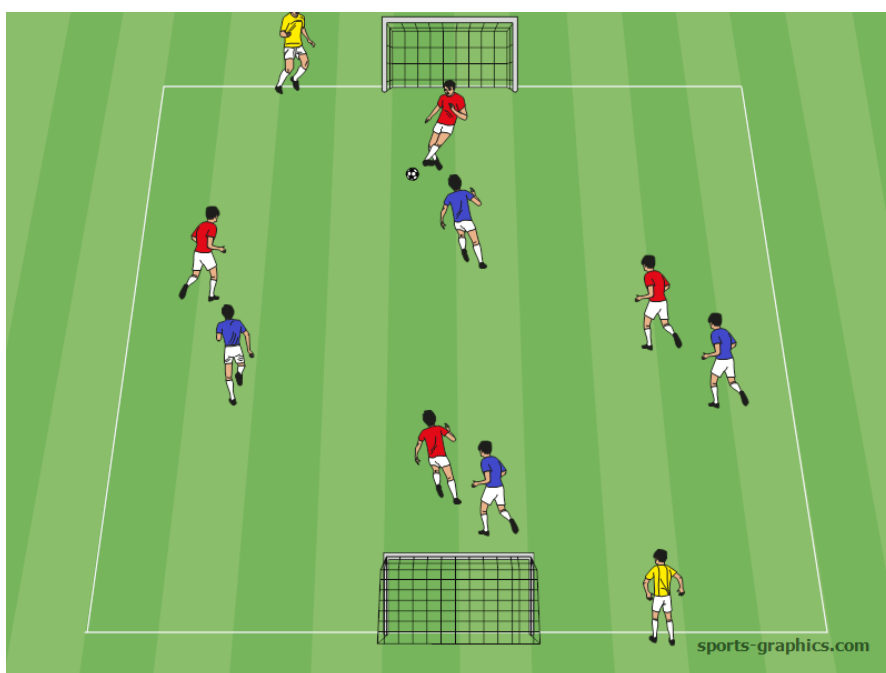
Improve handling in a modified small sided game

TECHNICAL

TACTICAL

Goalkeeping

Handling



Set up a 25x35 playing area (adjust if necessary) with small goals at each end. Divide players into two even teams plus place two goalkeepers on the outside of the area next to the goal.

Teams attempt to score into an unguarded net but must use one of the goalkeepers on the outside by playing a ball in the air for the GK to catch. Once this has happened the GK throws to an outfield player to shoot first time.

The GKs (yellow) can travel anywhere across the end line to support the team in possession, but must stay on the outside. .

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.



Modified Small Sided Game

LEARNING OUTCOMES

- Improve technical aspect of catching the high ball.
- Players learn basic handling skills.

KEY FACTORS

- Assess flight of ball
- Catch the ball with the hands first
- Get into line ready to receive
- Look up and select the desired target
- Position of feet and hands

FOCUS AREAS

- Correct technical aspects where necessary.
- 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.
- Goalkeeper must stay light on their feet when moving into position.
- Observe the quality of technique.

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