

GOALKEEPING BACK PASS PRACTICE

Improve dealing with the back pass

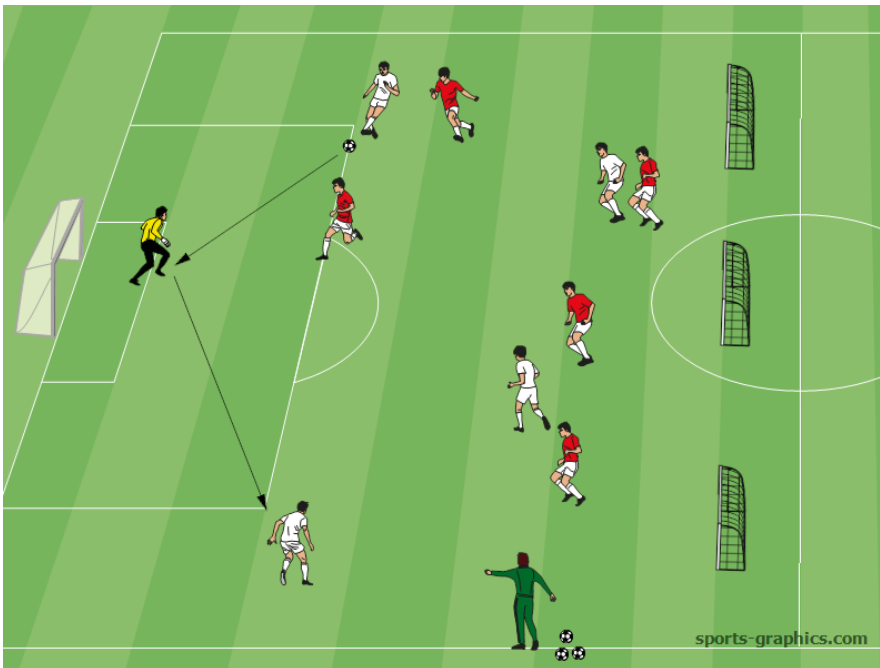
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Goalkeeping

Dealing with Back Passes



Set up a 40x30 practice area with a full size goal at one end and three small target goals at the other.

The size of the playing area can be modified to suit more players.

Arrange five outfield players (red) versus four outfield players (white) plus a goalkeeper.

The goalkeeper must receive a back pass before the white team can attack one of the three target goals.

Encourage players to use the goalkeeper to retain possession and build attacking moves.

The red team attempt to score whenever they get an opportunity to shoot.

After a set period, the teams change direction. The goalkeeper remains in the full size goal.

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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