

4v4 WITH TWO GK TARGET PLAYERS

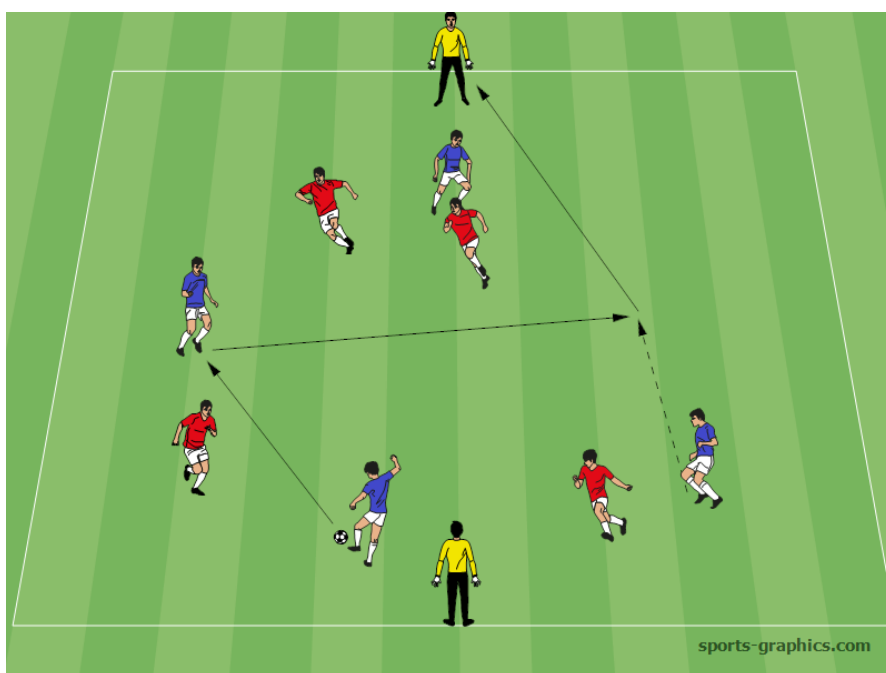
Improve handling in a modified small sided game

TECHNICAL

TACTICAL

Goalkeeping

Handling



Set up a 40x40 area or modify the size depending on the number of players. Divide teams equally with two neutral goalkeepers as target players positioned on the outside.

Place as many balls as possible around the area for quick restarts.

Teams play and attempt to pass into the target goalkeepers as often as possible.

Should the ball go out the side of the area, it is passed back into play by the opposing team.

When the ball is either caught or controlled by a goalkeeper, it is passed back out to the same team to continue keeping possession.

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 ball handling consistency.
- Improve receiving the ball using the feet.
- Improve technical aspect of catching the high ball.

KEY FACTORS

- Assess flight and pace of ball
- Distribute the ball quickly with good weight and accuracy
- Get into line ready to receive
- Good/correct technique
- Keep chest square to ball
- Prepare hands - fingers spread, hands in W shape
- Take the ball at the highest point

FOCUS AREAS

- Clear communication when collecting the ball.
- 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.
- Positive take off and collection.
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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