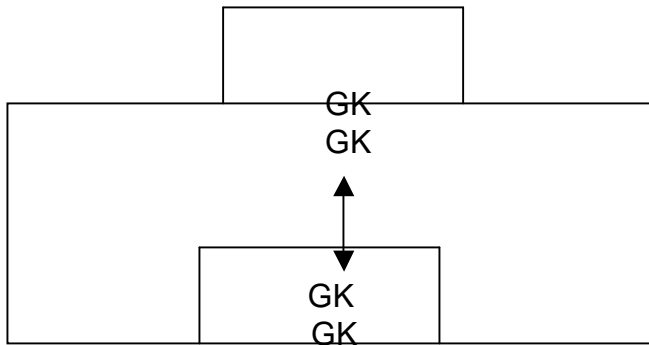


Basics On the Field Warm-Up



- GK's are organized as shown, in a space 18-20 yards apart.
- GK's use hands to serve opposite line with rolled, and service in the air (as specified)
- Following each serve, GK that serves, sprints to the other line.
- Each "set" is 90 seconds in length.

To Develop:

Good catching technique—service on ground, basket catch, contour and high contour catching. Work on good ready and "set" position—posture is important.

Use footwork to get to the ball and deal with momentum following catch.

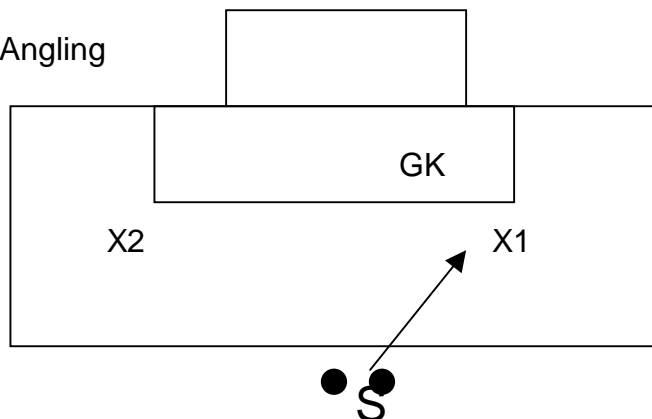
Absorb ball into body.

Make activity competitive: set "x" number of good catches.

Diving Demo

- Knees, squatting, Standing
- Good step forward and side-ways; land on side, use ground to help hands cushion ball; land with bottom leg straight and top leg raised upward to help hands cushion ball.
- Serve 8 and then change with a partner.
- Develop diving with footwork (side-to-side and side-to side with a change).

Angling



Server plays to X1 or X2; GK takes up good angle to cover (in priority) near post, mid goal and then far post)
X1 can play to X2 who finishes

Angling To Develop:

- GK works to develop balanced near post position; moving to position in an “over and up” fashion.
- Gk must take responsibility for covering N.Post based on where ball is—deal with where ball actually is, not to where it might go.
- Create competition between Goalkeepers or between goalkeeper and outfield players.

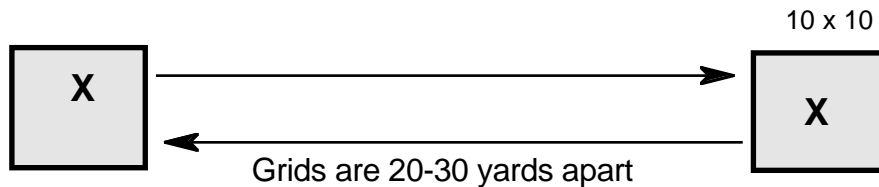
Get Kickin' into the New Year: Sharpen Up the Kicking!

The end of the league season hails the start of 2-3 state tournaments in Washington State after the first of the year. To be "tournament sharp," the goalkeeper should take advantage before and during the holiday weeks to work on their kicking: goal kicks, back-passes and the punting parts of the game. Along with these practices the goalkeeper should set goals around improving first touch and playing with "the weak foot."

Before taking part in any kicking practice, a goalkeeper should warm-up with some easy running, stretching, and short passing (with a partner or against a wall). Once physically ready, some practice in one of the two (or other favorite practices) should take place. Once a goalkeeper has had a reasonable amount of technique work, the practices shown below should go into "high gear." Partners should compete against each other or work together cooperatively to achieve a certain number of kicks / punts in a given time period. When a practice is competitive, goalkeepers can hone their techniques in an environment that is stimulating and related to the real game.

SUGGESTED PRACTICES

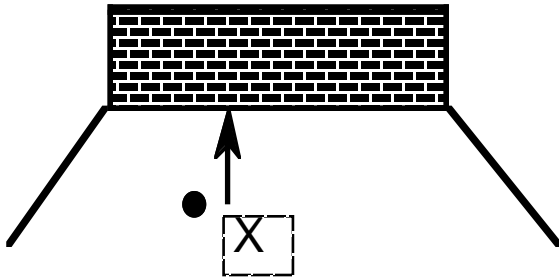
Square Pegs



With a partner, compete in the following manner:

- Start with balls driven on the ground.
- Then, the activity should change to flighted service.
- Each serve should be played in two touches (one to control / one to play--the bounce is optional).
- Or, move the grids to 40-60 yards and punt or drop-kick into the opposite grid.
- Scoring should be similar to volleyball (you must serve in order to score).
- This practice is great when played to a final score of 7 or 9, playing the "best 2 out of 3 games."

The Ball and a Wall



Target kicking against a wall:

- * Pick a low , middle and high target to aim for.
- * Hit moving balls--10 low, 10 middle and 10 high.
- * Keep track of the # of success on the target. Can the goalkeeper get to 80-90% accuracy?
- * This activity can be played in pairs, similar to raquet-ball.
- * Games in pairs should be played to 11, 15 or 21 points.

Many schools and parks have play sheds and ball courts with solid walls. Using a wall and creating games can be a great way to get out of the rain or snow and still work on kicking techniques.

Groove, But Don't Burrow

When goalkeepers feel that their kicking techniques are losing their sharpness, the two practices described in this article can be helpful in bringing the kicking and punting skill back to form. Getting in a good technical groove comes from practice. In some cases though, too much practice kicking a ball into a grid or against a wall can make a goalkeeper, or any player, a little stale. The cure then: get back into playing the game! Good luck and good kicking.

Making Sure the 'Warm' in Warm-up Is a Pre-game Ritual

As the weather turns chilly, with the weatherperson talking about rain, snow levels and breezy winds on television and with important state cup tournaments underway, I thought a reminder about warming up might be an important element in getting ready for the next big game.

In planning the warm-up, there should be a conversation between the coaching staff and the goalkeeper(s). As goalkeepers mature, license should be given to the routine that the starting goalkeeper feels will most benefit them. Some goalkeepers like to warm-up with their feet before they catch a ball, other goalkeepers prefer catching before dynamic movement. The basic element that should be considered is this: what does it take to be ready when the whistle blows? Sometimes, there needs to be adjustments made and other times the warm-up should be shortened or lengthened because of how the goalkeeper might feel on the day.

Sample Game Day Warm-Up Routine

Depending on the weather conditions, a goalkeeper's warm-up time might vary between 30-50 minutes. In hot weather, a short warm-up should suffice. In a February rainstorm, a longer, more gradual warm-up might be necessary. In all cases, the following routine parts should be in place.

- Jogging/skipping/side-shuffling/leg swings etc -- in and around penalty area (survey ground for problem areas) for 5-8 minutes. Over the years, the dynamic warm-up has replaced the jog and stretch of the past. A well rounded beginning phase of gradually more dynamic work should get the ball rolling.
- Easy Catching -- with a partner, the goalkeeper should catch some easy service from a partner (player or coach). After 20 or 30 easier balls, the goalkeeper should receive service from a greater distance (18 yards, with very little diving).
- Diving -- a sensible diving routine should follow the catching above. Perhaps a kneeling, squatting, standing routine could be used. Or, for more experienced goalkeepers, 4-6 collapsed dives, "1" step dives and extended dives could make up this part of the warm-up. The goalkeeper should rest in between each set.
- Crosses/Through-balls -- older goalkeepers should receive 8-10 crosses that are un-pressured and another 10 that are pressured by opposition. It is always wise to have the goalkeeper face several through ball situations as well. The important thing to remember is that this is very demanding work and may need to be cut down if the goalkeeper is fatigued or if the total warm-up time does not allow for this particular component.

- Punting/Throwing -- most goalkeepers like to punt a half dozen or so balls before a game starts. Warm-up offers a good chance to get a feel for the surface. The goalkeeper can ask the question: "Am I going to fall down? Do I need to change my shoes"? When playing at home, it is always a good idea to punt the game ball once or twice before it goes to the referee.
- Team Participation -- This component generally ends the warm-up. The starting goalkeeper should be involved in this part of warm-up initially, but should then be excused so that he/she can change their gear, get water, go to the restroom, focus on the game, etc. It is easy to have the starting goalkeeper "over do" this part of warm-up and not be fully prepared for the start of the match.

Management Ideas

Some teams utilize two goalkeepers in each game. If this is the case, the following considerations might need to be put into place:

- Both goalkeepers should get repetitions, with the "starting goalkeeper" doing slightly more work. Both goalkeepers should get ample work in the catching and diving phases, but the main amount of attention should go to the starting goalkeeper.
- In the crossing and through-ball portion of the warm-up, the starting goalkeeper should get more service. The goalkeeper coming on at half time can be "re-warmed" and given their share of crosses and through balls at half time.
- Referees need to be notified of the change before the second half begins!

In cases where the first half goalkeeper is not going to play "in the field" during the second half, he/she should put on dry clothes (whether in hot, sweaty conditions or in damp, rainy weather).

The Bottom Line

All coaches realize that the first five minutes of a soccer match are critical. A good warm-up can make goalkeeping easier during this time and every moment afterward. Goalkeepers need to be reminded to keep moving and stay "in contact" with their team throughout the game. A good warm-up can help make a "hot" performance in goal, even in the cold of winter.

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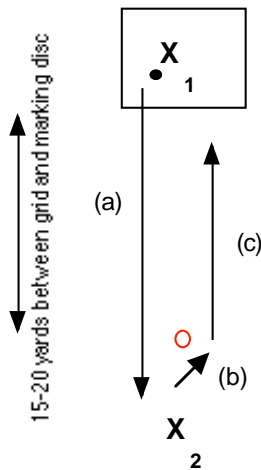
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Technique Practice: Long Passing and First Touch



Pairs are matched with one player (X1) in an 8 x 8 yard grid and a partner (X2) behind a marking disc (in red). Set up multiple spaces so that all players are involved.

X1 begins with ball and drives the ball with the instep to X2. In the diagram, the pass (a) is going to the left of the disc. X2's first touch (b) puts the ball on the player's right foot. X2 then passes (c) with same instep drive back to X1.

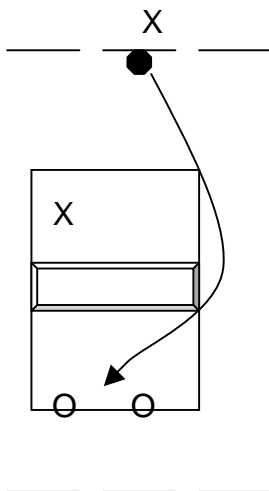
Parameters:

- * Each player should play to the "back" of their area to give room for a positive first touch forward and away from the passer.
- * Every pass must be played with proper technique (look at the non-kicking or balance leg...is it too straight, is the toe of the balancing leg pointing at the target?
- * Is the striking foot locked at making contact in the center and upper half of the ball?
- * Does the striking toe remain down and locked with the head and the head over the ball upon the follow through?
- * The pass should have some "top-spin" as it travels to target.
- * The pass should have pace..."too slow, no go."
- * Every ball is played in 2 touches, won't count if first touch is to the side or behind passer.
- * If a pass is received by X2's right, the pass must be pulled across body and passed with the left (or vice-versa).

Compete

- * In 3 minutes, how many sequences (starting in the grid and ending in the grid) can each group get. Average with GK's (many of whom play in the field) was 6.
- * Have high quality in counting sequenced passes.
- * Great practice for developing both feet.
- * Move marking disc back and have player in grid loft ball to X2, who then drives ball back on ground....stay with 2 touch.

Soccer Tennis With Deep Serve



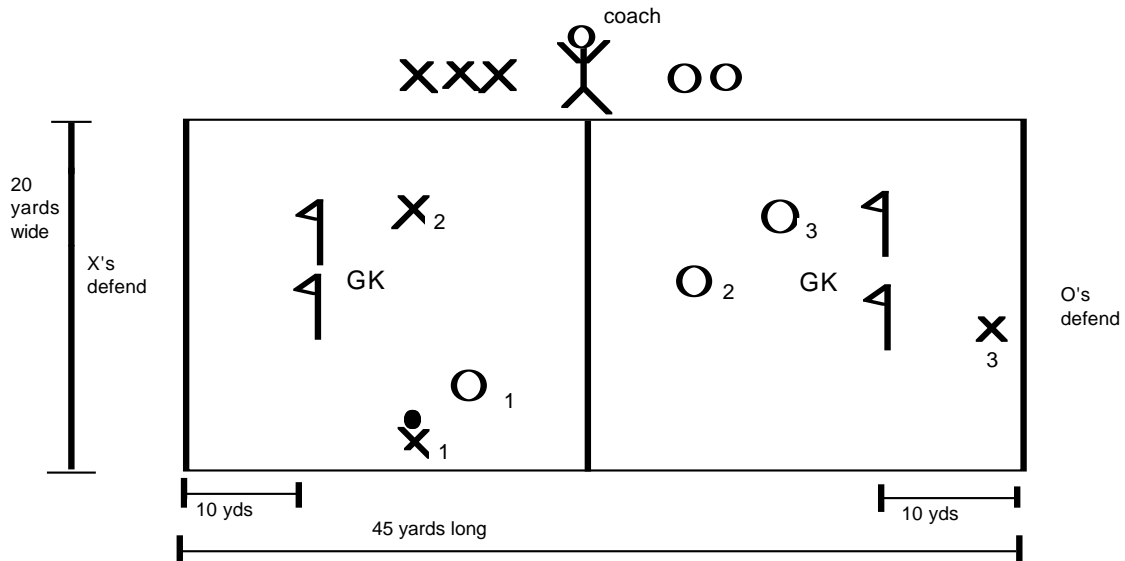
This soccer tennis game has a twist:

Teams of 2 play each other, but the serve comes from a line, 8-10 yards behind the "court." After serving the X player moves into courts with his / her partner.

- Service can be out of the hand or off the ground.
- Ball can bounce once per side.
- Players can play 1 or two touch.
- Receiving players can play ball to partner and then over net if they choose.

Games played to 11 or for "x" amount of time in a tournament format.

2 Goal Shooting Game



Description

The 2 goal shooting game is laid out on a long, but narrow area. A halfway line marks the center of the field. In the diagram, the X's start with the ball in their own half. O's can have 1 defender in that half at a time. The X's should shoot the ball from their own half for this reason. However, the ball can be brought in to the O's half and shot as well. If the ball is shot and goes into the space behind the O's goal, it can be shot by the X player who has run behind the goal. When the ball is caught by the goalkeeper, the O's start in attack.

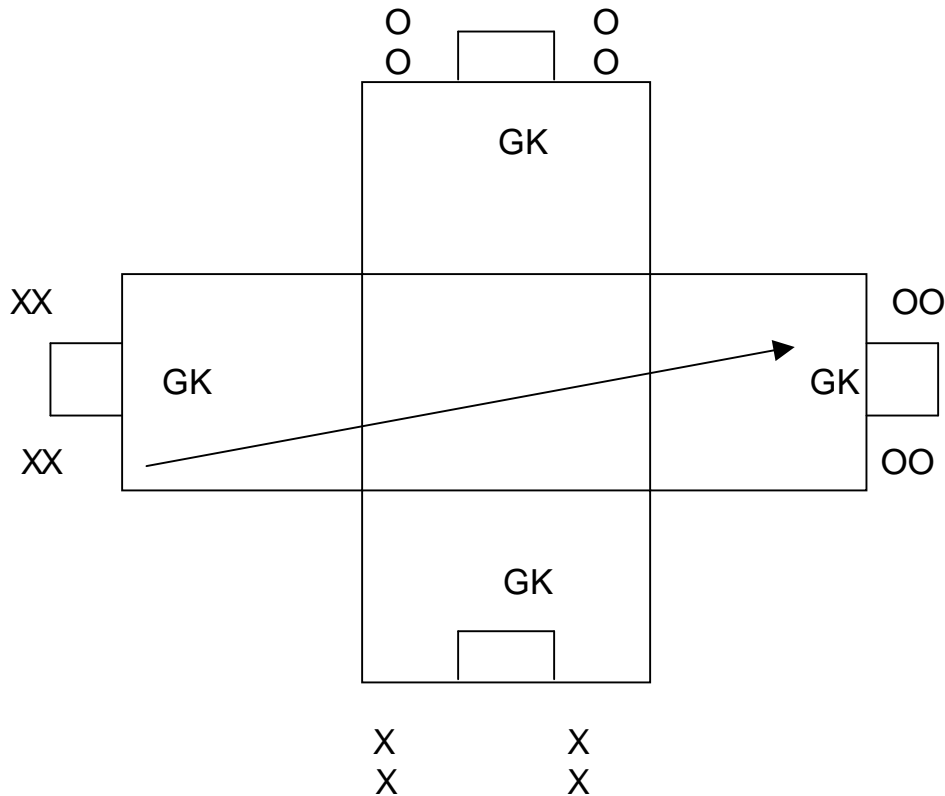
Organization

It's important to provide enough length in this game. Make sure the markings are proportionate to the length and width of the field, it's easy to set the halfway line somewhere other than in the middle of the field. Play for two and one-half minutes, then rotate players.

Coaching Points

Players should shoot from their own half. One player on the offensive team should run in behind the goal so that a shooting option from that end is available as well.

Swiss Flag Game



- X's and O's are divided into two groups as shown.
- X's play against 2 O's 2 v 2. O's try to score by attacking X goal.
- X's close down and defend; if X's win ball, they attack O goal and O's must recover and defend properly.
- When X / O group each has a possession, other X group serves to O's.
- Coach first, then play 4:00 games of 2 v 2.

Coaching points:

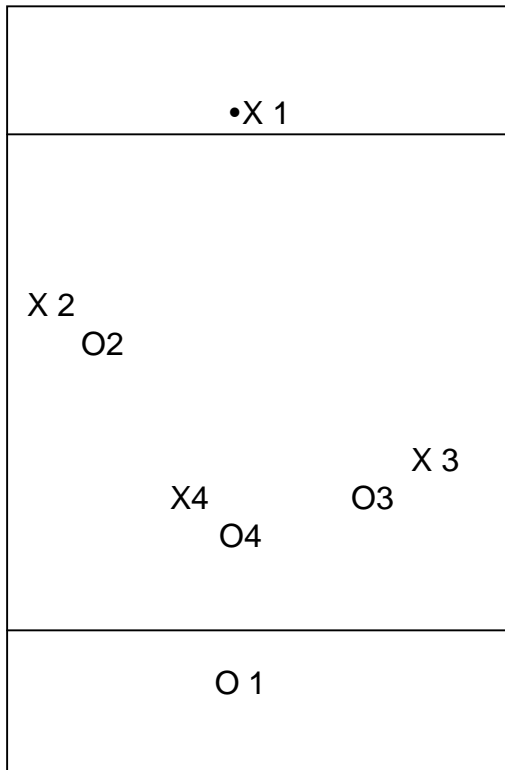
- Coach key points in attack and defense
- Goalkeeper can handle ball in rectangle in front of goal.
- Work on transitions and counter-attack

Note:

This game is great for combining as well as defending: you can get 1-2's, take-overs, overlaps in this game. It is a good idea to make the spaces bigger (10 x 10 yard grids for defending; 12 x 12 yard grids for combining) when focusing on

attacking play. Additionally, putting a 4-5 yard goal and a GK at the end of each line can also make this game even more lively.

Zone Game with Targets



- X 1 starts with ball in zone, plays out to teammate.
- X team tries to play ball to endzone; O's must close down and cover to prevent penetration.
- Each team's endzone player (X 1, O 1 must stay in zone and play 2 touch out to teammates.
- Teams may play back to end zone player.
- O's must defend properly.

Coaching Points:

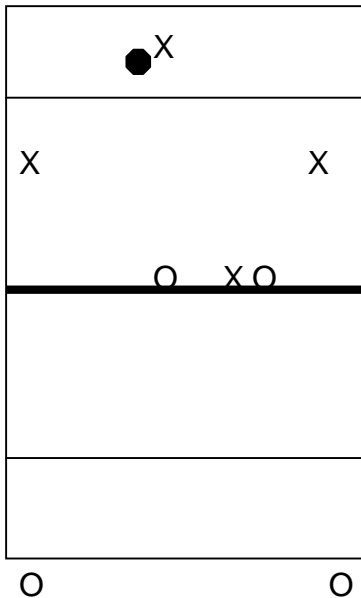
Coaching the 1st and 2nd defender as above

Coaching the 3rd (and 4th defender, not shown) off the ball—achieve balance and work on shifting as the ball moves.

Add half-way line and use as a reference (low pressure / high pressure) in to how to defend as a group (movement, decision making communication)

Winning the ball and counter-attacking.

4 v 2 + 2



Two teams oppose each other on a 25 x 35 (or 25 x 40) field. There is an endzone, 10 yards from each endline and a half-way line marked on the field.

- The X's start with 4 players in attack.
- The O's defend with 2 players and 2 players are resting.
- Offsides is determined at the $\frac{1}{2}$ line.
- Each team must defend their endzone (as with other zone games)
- The O's must defend properly to create a 2 v 2 situation with the X's.
- The X's must keep possession and then penetrate with a pass or via combination play.
- When the O's win the ball, they can immediately counter-attack into the X's zone or play the ball back to their resting players who add themselves to the game.
- The X's drop two players and then defend in the same way as the O's in the beginning.

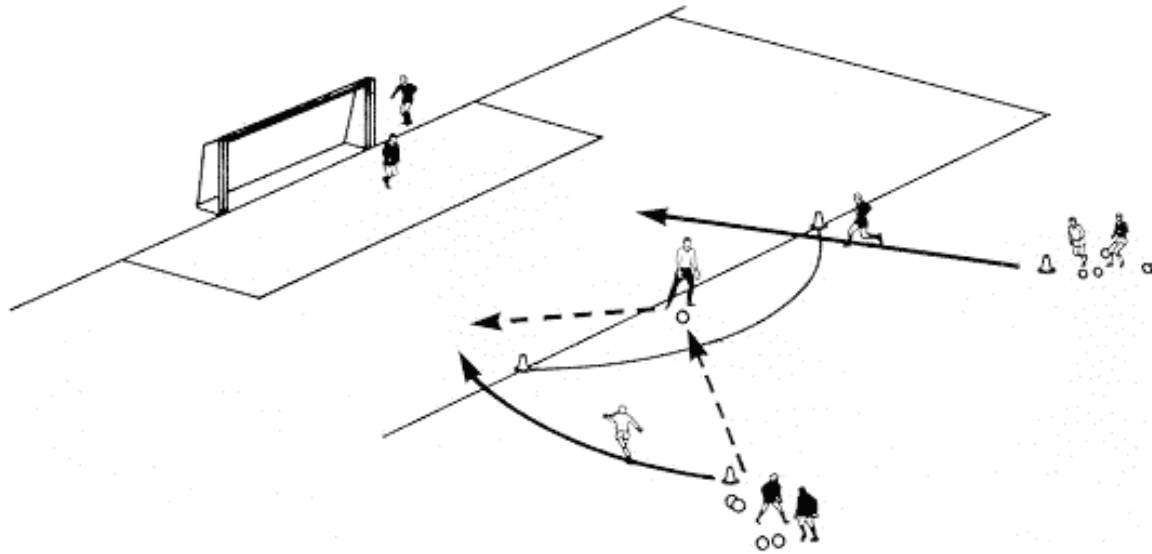
The team of 4 can play with restricted touches (1 or 2 touch) or be asked to perform a specific movement (wall-pass, 3rd man run etc)

Field can be made larger and more numbers added (5 v 3, 6 v 4 etc).

Gone Fishing

Objectives

To gain an understanding of the timing and movement out of goal, and the angles required when advancing off the goal line to deal with an impending shot.



Organization

- * Place markers as shown in the illustration.
- * Make sure the markers on the penalty box are no more than goal width apart.
- * One goalkeeper in goal, the other(s) waiting their turn. Change the goalkeeper every four to five shots.
- * Field players equally divided between the two far markers. Field players should alternate their starting position left/right).
- * One player with a ball (does not matter from which side) plays into server, and ball is set up for shot either side.
- * If played back outside the outside the penalty area, two touches on the ball only; if inside the penalty area, ball must be shot first time.
- * The shooter must always move into penalty area outside of the marker. The non-shooting player can make any type of run inside the marker to look for rebound goal.

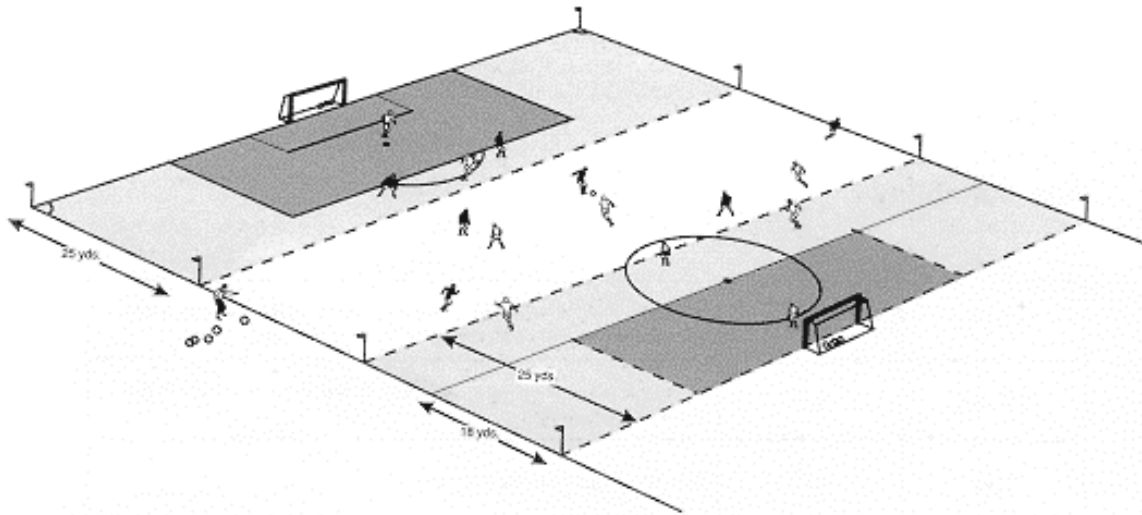
Coaching Points

- * Goalkeeper must make quick decisions: to go all the way, or simply to narrow the angle.
- * Encourage the goalkeeper to get set and stay on his or her feet just before the shot (if not diving at feet).
- * Good body shape and not falling backwards are the two most important factors.
- * Encourage shooter to shoot low across the goalkeeper and towards far post.
- * Rebound player must time run to arrive as ball comes off the goalkeeper.

Super 8's

Objectives

To produce a fast-changing soccer game with most of the critical decision-making ingredients of 11-a-side play, including offside; to produce realistic game development opportunities for goalkeepers.



Organization

- * Set up a line and regulation-sized goal 18 yards beyond center line. If a portable goal is not available use corner flags.
- * Mark in two 25-yard lines with coaching disks - if available use corner flags to emphasize 25-yard lines.
- * If available use two people (assistant coaches, parents, etc.) to act as linesmen, stationed on opposite sides of field to coach at the 25-yard lines.
- * Normal rules of soccer, except that each team can only be offside beyond attacking 25-yard lines.
- * Consider narrowing field by 5 to 10 yards on each side if regulation width (i.e., 74 yards).

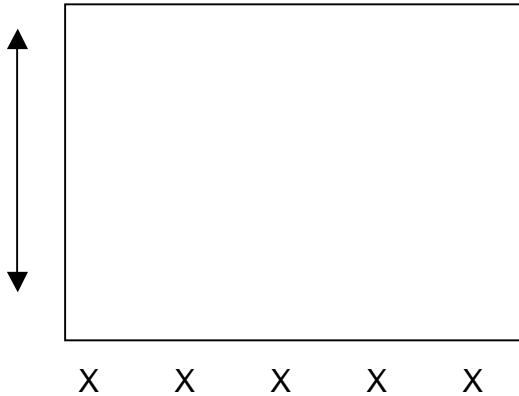
Coaching Points

- * Encourage goalkeepers to organize rear players to "utilize" offside, keeping opponents away from goal.
- * Encourage "total soccer" with players moving up and down field with no set positions - playing "both ways."
- * Good communication from the keepers is important. Encourage keepers to be on their toes as situations rapidly change and develop.
- * Encourage awareness, attacking support, width and defensive cover.
- * Encourage goalkeepers to help organize the team.

Fitness “Staples”

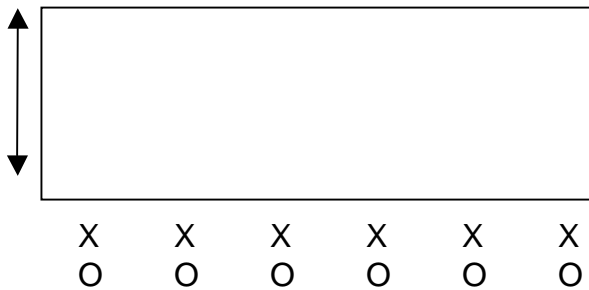
Speed and Agility Examples

Generic Agility Across a Grid



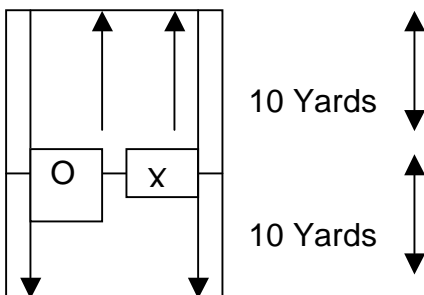
Players line up along one end of a 30 x 40 yard grid as shown. Using a variety of starting positions (“Soccer Start,” Side-on, Backwards “Drop step and Pivot” etc) players move across the grid, running, sideshuffling, grapevine etc. Along the way, Coach shouts “reverse” or “change” and players either reverse their direction or turn (on “change”) 180° and continue across grid. Acceleration and deacceleration can be added to this activity. Players should go for 60 seconds and then rest for at least 120 before repeating.

Acceleration / De-acceleration



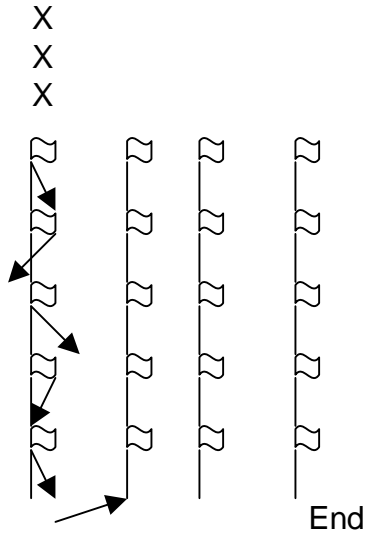
Players pair up (X’s and O’s as shown) Using a variety of starting positions, players accelerate across a grid (40 yards in width and 12 yards in length). When players approach opposite end line, the de-accelerate and sprint back to starting point. Then their partner completes their sprint. A ball can be added (O, who is resting plays ball forward to X partner, who must get to ball before it crosses end, turn and sprint back to starting point.

Agility Races: Going One Way, and Then Another



Two players (X & O) race in a 40 yard shuttle (start in the middle of a marked grid and sprint 10 yards to the outside of the grid, across the grid to the other side (20 yards) and back to the middle. The team is divided into groups and race against each other. Coach determines the winner of each race. Players need to be reminded of acceleration / de-acceleration issues, turning etc. A variety of starting positions can be used.

Illinois Speed & Agility Course

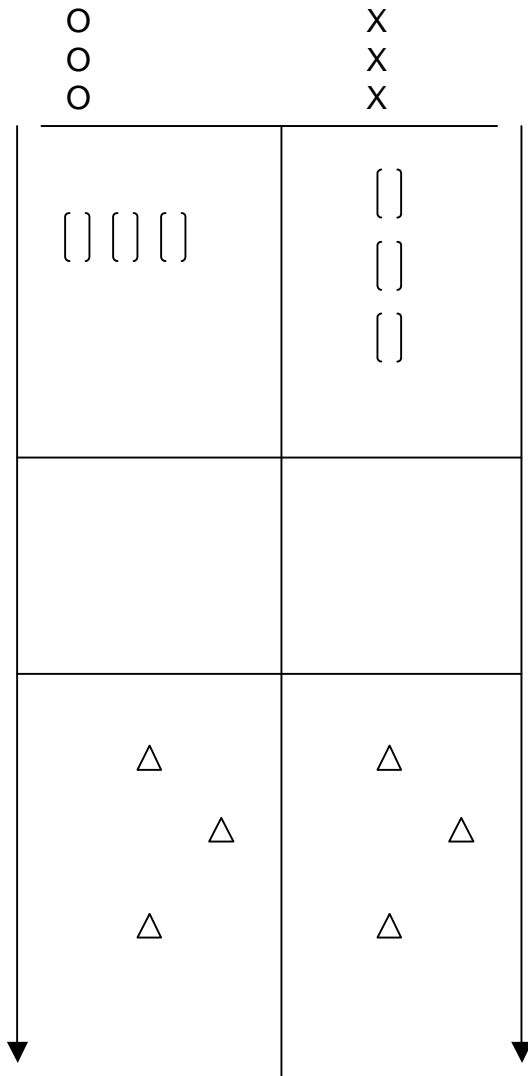


Flags are positioned in 4 rows (each flag is 2 yards apart in a row of 5 flags, each row is 4 yards apart). Players start from a prone position at one end of the course and serpentine way through each row.

Players must move forward through each row...the second person begins when the first person finishes the first row.

Coach can time players from start through the end.

Speed & Agility Run (Multiple Changes)



Two Teams line up at start line of speed and agility run. There are 3 different sections of the run that will demand that the player change from one specific movement to another.

From a prescribed starting position ("Soccer Start, Side-on Start, Prone Start, Backwards Drop-Step etc) the player must negotiate several hurdles (cones, speed ladder etc.). The player may have to "side-step, figure 8, hop around or over the hurdles and then accelerate out of area to the next section.

When the player enters the second section, they must "power skip" (or diagonal plyometrics etc) through the section.

When getting to the final section, the player must turn and backpeddle (weaving through the cones) and then turn and sprint forward through the end of the grid.

The Player then "recovery jogs back to the starting point, rests and repeats.

The player second in line begins when the first player exits the first section of the run.