

MYSA THROW-INS: December 2009

Question: How do you integrate your goalkeeper(s) into your team training session to provide them the specific training they need?

Peter Rivard

In a possession activity you can use the GK as field players when their team is in possession of the ball and act as GK using their hands when their team is defending. This enables the GK to develop their field player skills and then when they are defending get reps picking balls out of the air or smothering the ball at player's feet. You can use this with all age groups but with U9-U12 players you can change who the GKs are in the activity to help unsure players develop confidence in being GK without the ominous presence of a goal behind them and if they make a mistake it costs their team a goal.

Jason Engedal

For a warm-up, split up into 2 teams, each with a goalie. 2 Balls per team, the goal is to play the goalie either a ball on the ground or a flighted ball. The goalie then distributes the ball to a teammate and gets ready to receive the next ball. For an activity you can split into 2 teams of 4-6 players in a 40x30 grid and have the goalies as target players on the endline. Your goal is to have your team's keeper catch the ball in the air. You can also use the other team's goalie as a support player to relieve pressure or switch the point of attack. That way both keepers are using their feet and catching flighted balls.

Anonymous

In a variety of ways depending on the focus of the training session. They may be used as a target player (ball is played to them in a variety of ways), a restart player (activity is restarted by a punt, goal kick or throw from the keeper) or in the case of an attacking or defending activity they are coached to play the position as a shot stopper and ball distributor.

Tyler Seidel

Warm-up (circle passing): 5-6 players each w/a ball in a circle (servers). 2-3 players start without the ball in the middle of the circle (working 30-40 sec). Sequence(goal keepers use HANDS): 1 touch back to server, 2 touch back to server, receive out of the air back to server and receive and turn and play new server. Activity 2 (possession 36x24): 4v4+GK's-teams must complete 4 passes for a point. One of those passes must be to a GK. Activity 3 (36x24): 4v4 to targets- GK's are the target players. Goal keepers (targets) can be a support option. Big Game (36x24): 5v5 or 6v6 to goal- play regular soccer!

Andy Coutts

In addition to activities that integrate the GK, consider the question in reverse. Sometimes run team sessions designed for your GK that integrate all your field players. Or designate a portion of most practices to the GK's needs where all the field players are involved in helping provide the technical repetitions and tactical situations. Field players then work on valuable skills as well, such as crossing, finishing, through balls, breakaways, set pieces, and collecting restarts from the GK. If you do a GK-focused session and don't have much expertise, try to find a GK trainer or older GK to attend to help out.

Ted Zingman

I almost always incorporate my GK's into my field session even if we're not going to goal. I think GK footskills are generally weak across the board, so I try to give them as much work with their feet as possible. As far as GK technical training, we're fortunate to have a GK coach at the college level. However, when I didn't have a GK coach, I would often try to create games where lots of shooting would naturally occur (goals close together, attackers outnumber defenders, etc.). Then, if I'm focusing on the GK's, I'll stand behind the goal to see the game from their perspective and offer my advice during the run of play.