



Session Date

Season

Age Group

Players

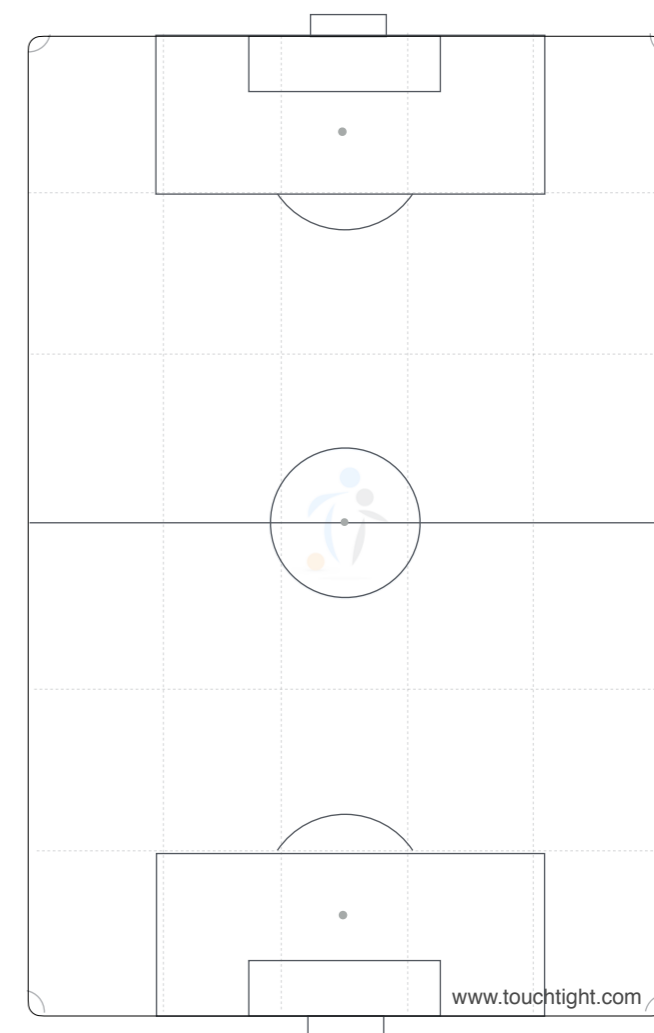
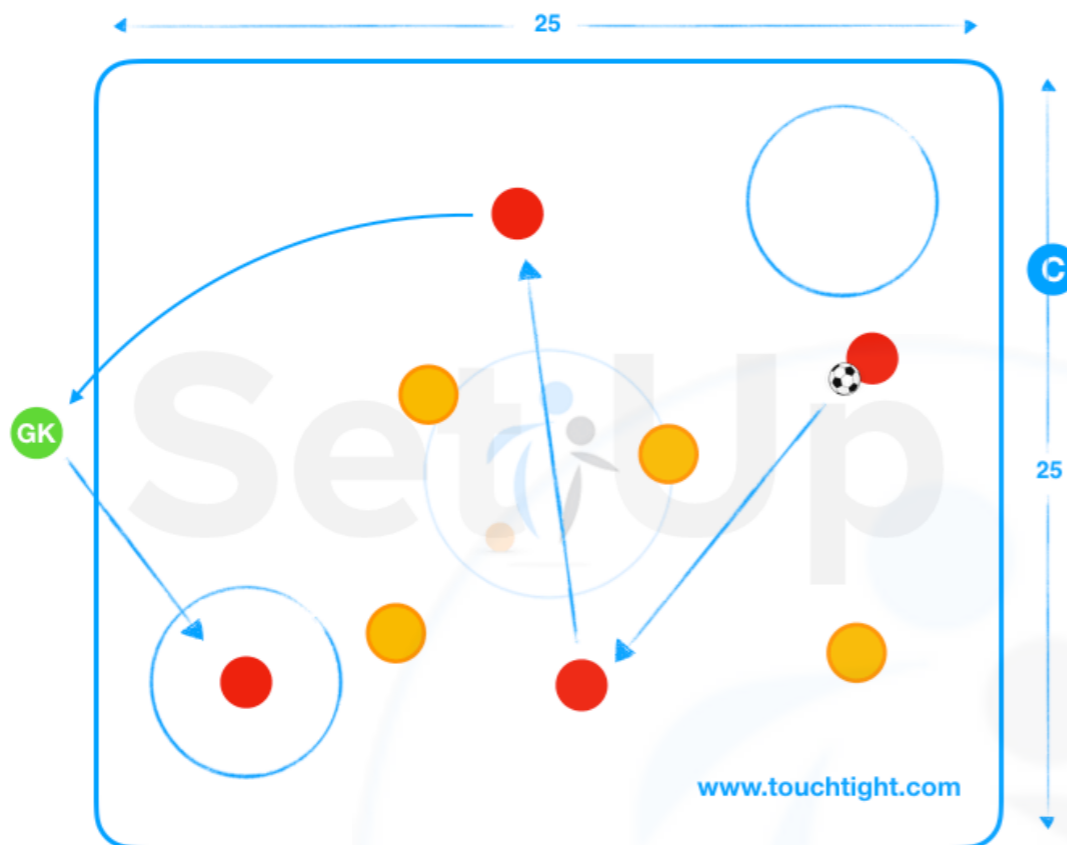
Duration

2

Type: Opposed Skill Practice

Area:

Team Objectives:



Theme 26-P5 | Goalkeeping Handling

This practice is played in a 25 x 25 Yard area with the objective for possession players to recognise the best moment to play into the goalkeeper on the outside who must catch and deliver to another player in areas show.

Set Up & Organisation:

- 4 v 4 or more (Coach choice and numbers) with a Goalkeeper on the outside for player to play into. Players must move into area to then play GK hands or feet, or vice versa play GK and then move into area for GK to play into to maintain possession.

Progressions & Constraints:

- **GK Float** | GK can float inside or outside to use feet more in opposed situations.
- **Add 2** | GK can play long ball to outside players to encourage longer distribution.
- **GK In** | With GK now inside, players must get into GK hands to get ball out to floaters.

Key Coaching Points:

- **Space** | Discuss dispersal in possession to create space to play through and use of outside area for support if under pressure.
- **Time** | Outside players (GK + Floaters) have 3 seconds to play quickly or 2 touch. Change floaters every 2-4 minutes. Discuss creating time by looking for space.
- **Equipment** | Simple practice with 2 areas in central with flat discs, have supply of balls available. Could add goals either side for directional practice, GK work shots.
- **Players** | Select numbers and area size based on number of players. Focus on specific players as well as GK, in terms of movement off the ball and passing quality.

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

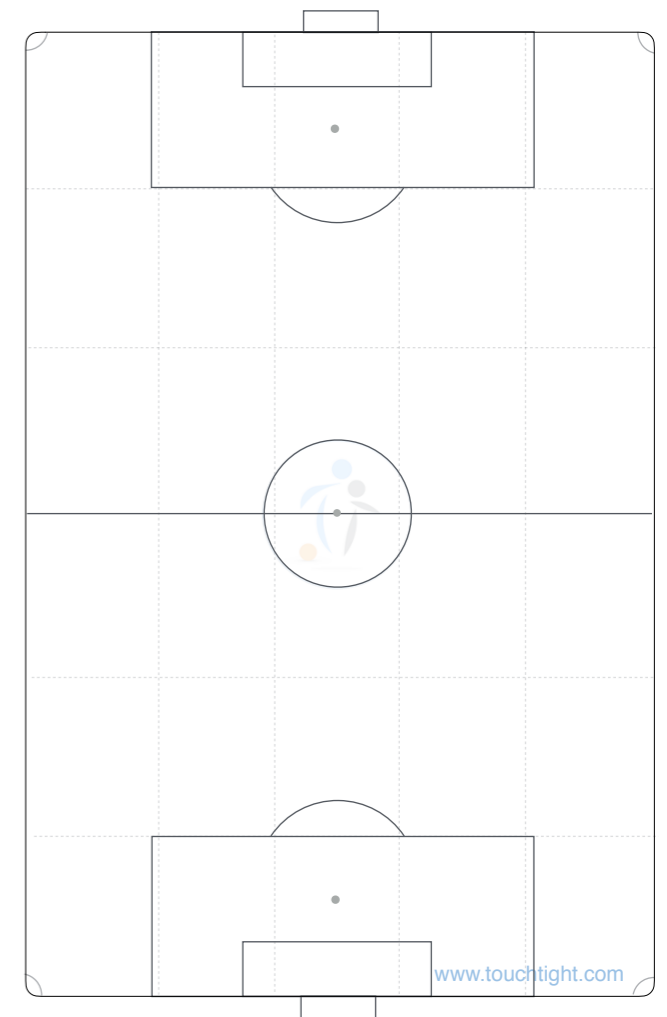
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?



