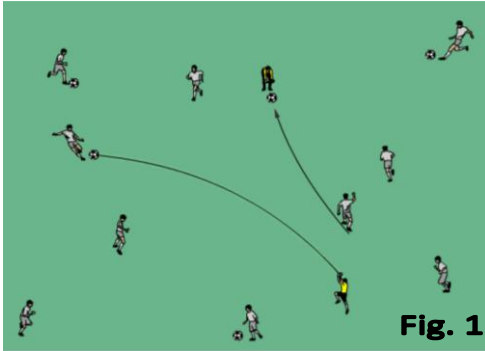


Integrating the Goalkeeper in a Team Training Session

By: Giovanni Pacini, NSCAA National Goalkeeper Academy Staff

Not every team is blessed with a goalkeeper coach, however armed with some fundamental knowledge, not only can the coach work with the goalkeeper on a one on one basis, but can do so in the realm of integrating other the players. Outlined below is but one session that illustrates training both the team and the goalkeeper. It is designed to focus on passing and receiving, but shows how the goalkeeper can be effectively involved without compromising the integrity of the session as a whole.



Warm Up (Fig. 1)

Here, the players move about within a grid passing the ball about. The goalkeepers are allowed to either use their feet or make an appropriate save given the ball played to them. Periodically, the coach will instruct the players to perform various types of passes as well as those receiving to handle the ball in a particular way.

In fig. 2, one group of players dribbles about looking to pass (accurately) to those situated within the cones which are 2 yards wide (wider with younger players). Upon receiving the pass, the players within the cones one touch the ball back. When the goal- keeper is within the cones, a shot is taken. Next, players switch positions; i.e. when the ball is passed within the cones, the receiving player now enters the grid to dribble and the passing player takes the spot within the cones.



Fig. 2

When a dribbling player goes to a goalkeeper within the cones, the “pass” is now made either inside or outside the cones, forcing the ‘keeper to now execute the appropriate save.

Players are now paired off forming a circle around the goalkeepers and are asked to pass the ball back and forth. The receiving player makes a short run away from the passer. Upon checking, the pass is made. The coach instructs the receiving player the various methods by which the ball is to be played (first touch) and straight versus angled checking.

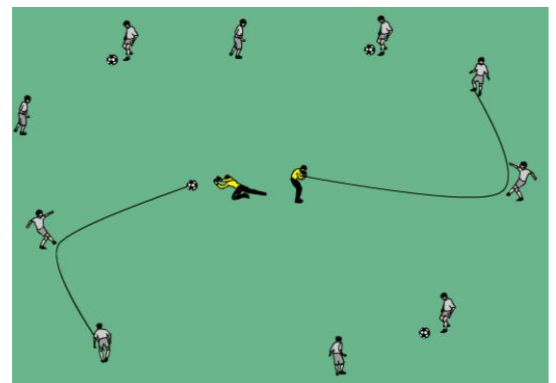
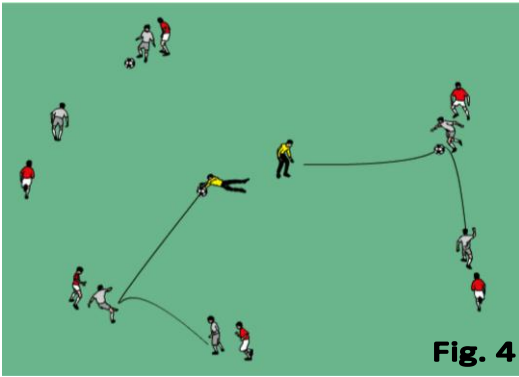


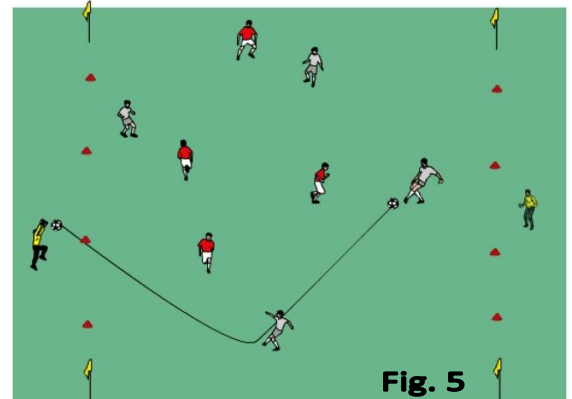
Fig. 3

Each group has a number; once that number is called by the goalkeeper, the receiving player takes a touch and shoots on the goalkeeper. The ‘keeper then distributes to the other player. Players are asked to take specific types of shots as dictated by the coach.

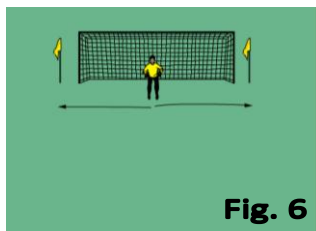


In fig. 4, players are grouped into four. The phase is the same as that noted in fig.3, but now with pressure. The passing player must now read the defending player's pressure and then make the appropriate pass. Coach must insure that both straight and angled checks take place. As was the case in fig.3, the groups are given a number. When a group's number is called, the player receiving the ball now dribbles in on the goalkeeper simulating a breakaway situation. Over the course of several repetitions, attacking players may either shoot or dribble in.

In this 4 v 4 game, players are directed to recognize appropriate attacking shape (diamond) and to understand the importance of fluid movement in support of the ball. The objective of the game is to find the goalkeeper. The keeper plays the ball with either their feet or hands depending upon the ball played. In fig. 5, the goalkeeper saves the ball and releases to the red team.



The session concludes in a 6 v 6 game using full goals. At the coach's discretion, restrictions can be made on the players (2



touch, 5 passes before shooting...), so as to heighten the pressure of executing quality passes and necessity of being able to receive the ball so as to set up the subsequent pass. The goalkeeper is allowed to play freely, however a training flag is placed 1-2 feet beyond the posts. The keeper is expected to defend "flag to flag," as this will assist in enhancing the goalkeeper's range. (fig.6)



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