

TRAINING FOR BREAKTHROUGHS WITH GKs

Warm up:

- Field players in 3/4s pass and move, add 1/2s and 1/3s
- GKs work as partners in shooting from hands or dropping for partner → then sliding balls to go down on in turn

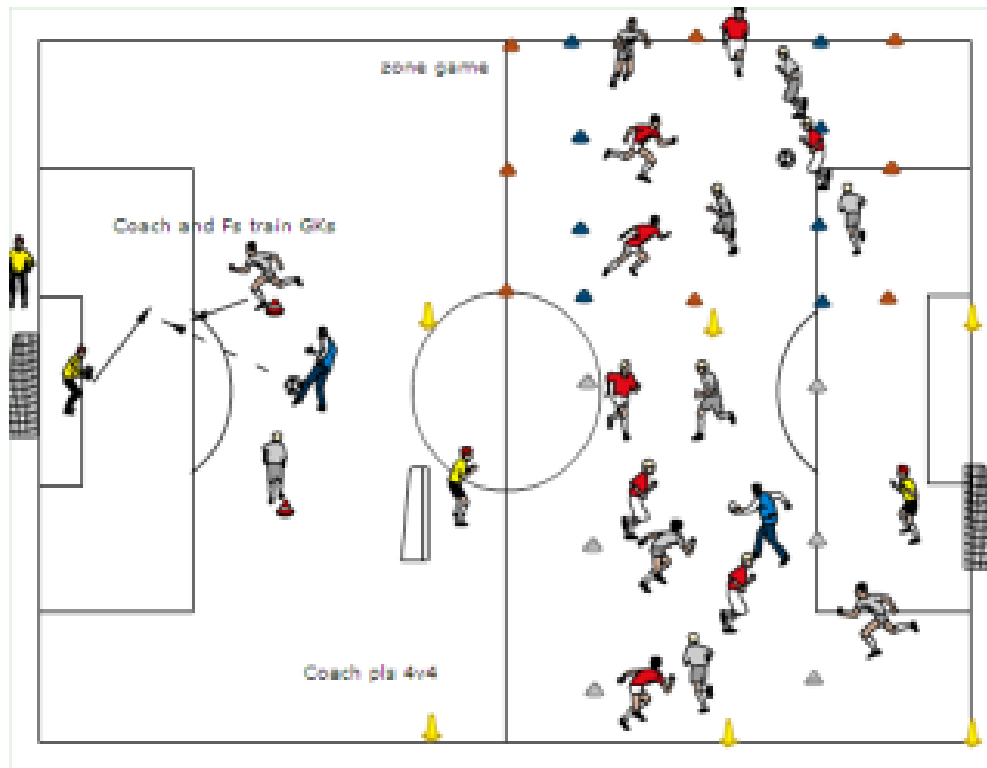
SS Activities:

- Coach & Fs train GKs on functional breakthrough situation
- Thru balls or shots for forwards (add pressure of defender)
 - while other FPs play 4v4 & 1 to zones that they cannot enter until the ball is played)

ESSA:

- 4v4 plus coach/GK in center
- With 3 zones no one may enter the attacking/defending
- Zones until the ball is played in (see diagram)
- Rotate teams

PLAY SEVEN VS SEVEN TO GOALS ON LONG FIELD (85-90 x 50)



Coaching Points:

1. body stance
 - a. relaxed
 - b. on balls of feet
 - c. hands in neutral position
 - d. quick steps (if coming for the ball)