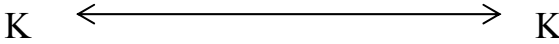
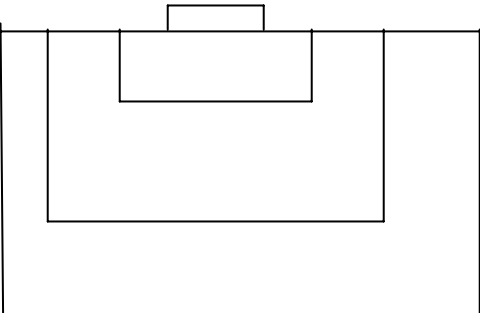




| Activity Name          | Description  | Diagram  | Purpose/Coaching Points  |
|------------------------|--|--|--|
| <b>1 Warm-up</b>       |  |  |  |
|                        | <p>Jogging in different directions with change of speed.<br/>                     Throw the ball up, touch toes (1x, 2x, etc.), catch.<br/>                     Next throw ball up, forward roll, catch.<br/>                     Drop the ball to thigh height from your chest and catch at thighs and bring it to your chest again quickly. A dozen repetitions.</p> | <p>In a reasonable space near the training area to be used for the remainder of the session.</p> | <p>Physical &amp; mental preparation for training. Accept only perfect technique at this stage.</p>                                      |
| <b>2 Match Related</b> |  |  |  |
|                        | <p>Throwing technique with a partner, roll and throw to one another (bowl, side arm and over arm). Start fifteen yards apart and increase to your maximum distance. Do the same with drop kicks and punts.</p>   |               | <p>How can you throw the ball to come in at the right height and speed for a field player to receive it?</p>                             |
| <b>3 Match Related</b> |  |  |  |
|                        | <p>Keeper in the goal, five field players, two players on each post to challenge the keeper and try to score, two wingers on the touch lines to send in crosses of varied height. The keeper saves the cross or shot and then distributes to the wingers or center half, who passes out to the wings and repeat for twenty minutes.</p>                                |              | <p>How can you avoid giving bouncing balls to your teammates?<br/>                     When is the best time to distribute the ball?</p> |

**4 Match Condition**

Field sixty yards by forty yards with two full size goals. A keeper in each goal, a striker in front of each goal, two wings attacking both ways. Center half attacking both ways, two defenders in front of each goal. Keeper starts play with a distribution to either winger, his/her two defenders, the center half or his/her striker. An attack is made on the opposite goal and then counter-attack. Concentrate on accurate distribution and communication with the player to whom you distribute. Play for thirty minutes.



Is the way you distribute the ball making it easier or harder for your teammate to play? What do you think is the best place for you to send the ball to get our team's attack going? Can you disguise where you send the ball?

**5**



**Launching the attack**

All goalkeepers are the last line of defense. The great ones are also the first line of attack. When the ball is in their hands, they think like a super midfielder player, taking advantage of any opportunity to initiate an attack. The keeper who can begin an attack with every clearance can be an enormous asset to his team. The keeper who kicks or throws aimlessly is wasting good openings.

**Tactical considerations**

The problem is when to throw, when to hold, and when to kick. Tactical considerations may delay the clearance. The keeper may want to give his teammates time to move into attacking positions or to relax and regain the composure they need to operate as a unit. The keeper's use of the ball depends largely on the situation. A throw and a kick can be used to various advantages. As a rule, however, the keeper must know how to use the ball to initiate attacks. Once he has made the save, he should not play the ball aimlessly downfield. He must think of using it to the best advantage. How and where should he send the ball? Speed is of great importance. How can the goalkeeper satisfy this tactical requirement? By immediately sending the ball to the teammate who is in the most favorable position. Many keepers err in unnecessarily bouncing the ball before making the throw or clearance. Others tend to lie on the ground too long after making a diving save. They should regain their feet immediately. Unnecessary movement or slowness in returning to the basic position can lose valuable split seconds that may cost an opportunity for a successful counterattack. The two commonly used throwing techniques are rolling the ball underhand as in bowling or throwing overhand as in baseball. The throw should never go to a player who is likely to face an immediate challenge, and it should be kept low whenever possible to make it easier for the receiver to control. Generally the goalkeeper should throw to the side opposite from which the attack was made, as this side will be less congested.