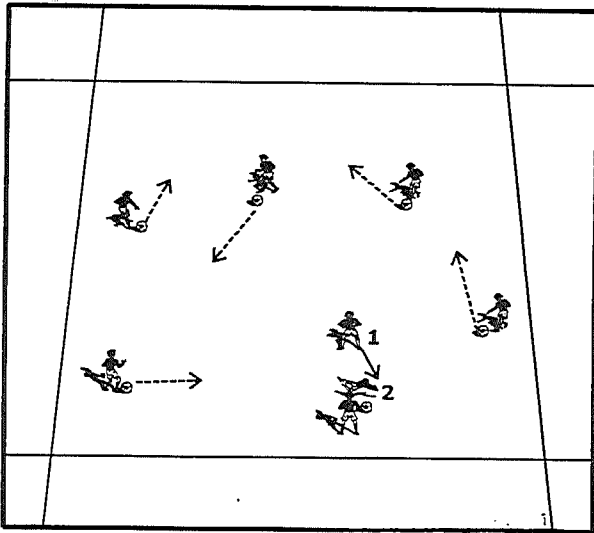


Breakaways



COACH GK IN BREAKAWAY SITUATIONS: INTRO

In a grid or specified area, 6 players dribble around grid. GK dives at the Ball.

Instructions: Play for certain amount of time or until the GK has claimed all 6 balls

Progression: Add more GK's

Coaching Points:

Angles of Body

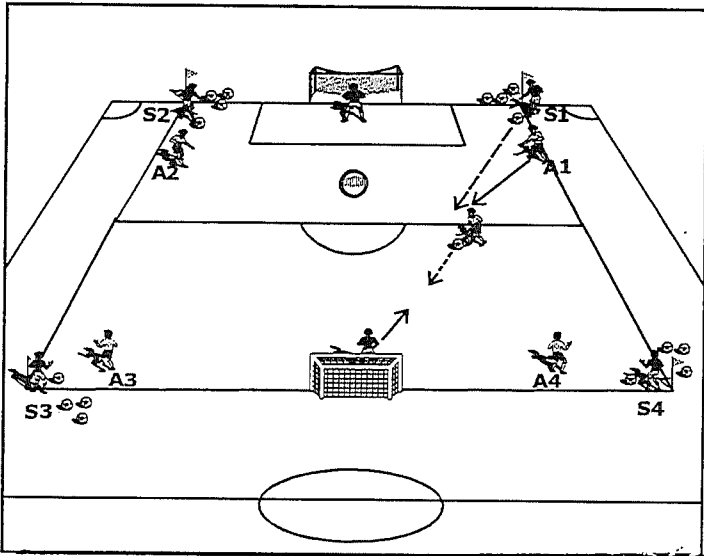
Diving at Feet

Catching

Set Position

Footwork- Speed of closing down, stealing of space

Eye on Ball



COACH GK IN BREAKAWAY SITUATIONS:

EXERCISE

In a 44 x 36 yard grid, players are set up as in the diagram
2 GK's, 4 servers, 4 attackers

Instructions: Server plays a through ball and attacker follows the ball into a 1 v 1 situation with the GK

Alternate service to GK's from both sides

Coaching Points:

Angles of Body

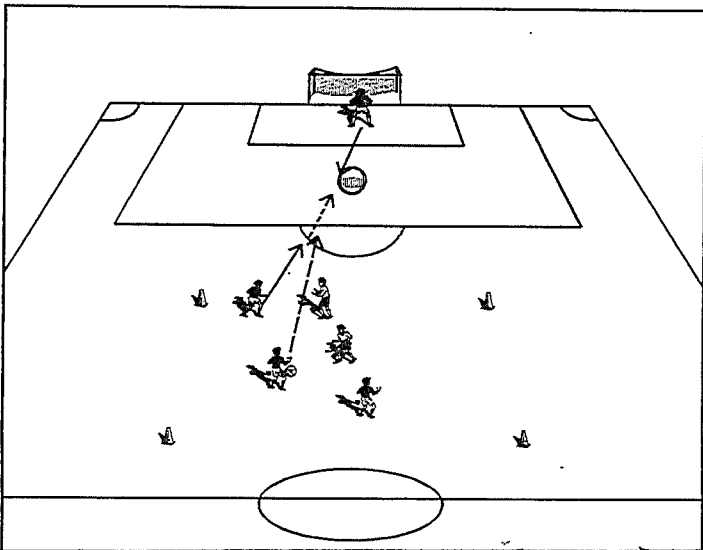
Diving at Feet

Catching

Set Position

Footwork- Speed of closing down, stealing of space

Eye on Ball



COACH GK IN BREAKAWAY SITUATIONS: SSG

2 GK's, 5 to 7 players

Instructions: Play 3 v 2 or 4 v 3 in central 20 x 20 grid

Attackers must take on defender and enter into the GK zone for a 1 v 1 with the GK

Coaching Points:

Angles of Body

Diving at Feet

Catching

Set Position

Footwork- Speed of closing down, stealing of space

Eye on Ball