



Small sided games to improve the Goalkeeper

Category: Goalkeeping: General

Difficulty: Moderate

Reseller-Club: GkNexus

Gk Nexus, www.gknexus.com, United Kingdom

Small side games (40 mins)

Organisation

- A. Place the goals 30 yards apart, placing cones along the outside 18 yard box to restrict width of game.
- B. Players are divided into two teams, to play against each other.
- C. One player must be on each side, to serve the ball when relating to the theme
- C. Players play in a normal game, with the following restrictions to relate to a theme.

Shot stopping

1. Play must begin with a shot from Server A/B to the Goalkeeper

Crossing

1. Play must begin with a cross from Server A/B into the box, both outswing and inswing.

Distribution

1. Play must begin with the Goalkeeper receiving a backpass from Server A/B, to then distribute the ball to start an attack.
2. When coach shouts 'recycle' the team with possession must play back to the Goalkeeper, to begin the attacking process again.

Key Points:

1. The Goalkeeper must include relevant information within their communication
2. Goalkeeper must always be moving in relation to the ball
3. Set position down the line of the ball
4. Use attacking starting position to attack the cross
5. Look to counter when possible
6. Be creative and forward thinking when in possession of the ball
7. Create angles and space to receive the ball

