



Screen 1

Playing Out From The Goalkeeper - Practice 1

5 v 2 game with transition (playing out/round/through/into)

Notes:

Easy for keepers to play out when:

- No attackers/opposition/pressure
- One attacker/opponent

Becomes more difficult when:

- More than one attacker/opponent applying pressure
- No passing angles/options available

We will focus on:

- Angles/options
- Opposition pressure/numbers

Organisation:

A. An area is marked out just inside the width of the 18 yard box and up to 25 yards out with a 3 yard zone at the top of the area is also marked out

B. Two teams are organised into 5 v 2, the team of five having one goalkeeper, one player inside the 3 yard zone and three players elsewhere in the area marked out

C. A supply of balls are placed at the side of the goal and behind the 3 yard zone

1. Game starts with GK attempting to play to one of three players in the playing area, who in turn attempt to get the ball into the player in the 3 yard zone
2. If successful, possession is kept and the three players attempt to get the ball back to the goalkeeper to repeat the process
3. If the reds win the ball in transition then they can attempt to counter attack and score

Progressions:

1. Add an extra red player to make the decision making process more challenging for the blue team

Key Points:

1. GK angles to receive - movement in relation to where the ball is both before and after receiving
2. GK body angle
3. Control/First Touch
4. Pass decision
5. Weight of pass/Pass Accuracy
6. Passing with both feet
7. Passing with different parts of the foot
8. In transition, reorganise and set up defensively
9. Communication/Information/Instruction



Screen 2

Playing Out From The Goalkeeper - Practice 2

5 v 5 Distribution Game with Target Zones - GK Paying out/round/through/into/onto/beyond

Notes:

Organisation:

A. An area is marked out up to the halfway line and just inside the full width of the pitch. There is also marked out a central 'no go zone'

B. Two teams are organised into 5 v 5 with a goalkeeper and two defenders in one half and two attackers in the other half

C. A supply of balls are placed at the side of the goals and also in the central no go zone where a server stands ready to start the practice

1. The server in the no go zone starts the practice by trying to play into the goalkeeper to create a 3 v 2. The goalkeeper can then attempt to play out to one of the defenders in his own half or if unable to, they can play into one of the attackers who is allowed to go into the no go zone unopposed to receive the ball
2. The team then attempt to score from the attack
3. If pass out from GK misses target then central server plays to two attackers who attempt to score in transition
4. 5 second transition after each attack
5. Teams switch roles

Key Points:

1. GK angles to receive - movement in relation to where the ball is both before and after receiving
2. GK body angle - GK check/scan before receiving (GK show speed of thought)
3. Control/First Touch



4. Pass decision - side foot/drill/wedge/drive
5. Weight of pass/Pass Accuracy
6. Passing with both feet
7. Passing with different parts of the foot
8. In transition, reorganise and set up defensively
9. Communication/Information/Instruction

Screen 3

8 v 8 Zone Game (Distribution into 3 Forwards) - Box to Box Game - GK playing out/round/through/into/onto/beyond

Every possession starts at GK's feet

GK and back 4 must find a way to play into front three

GK recognise pressure from opposition

Can GK find team mate over bigger distances

GK look for player in most space

GK change point of attack and switch play

GK range of passing

