



Screen 1

Three Goal Game

Organisation:

A. Three small goals are placed in an equidistant formation approx 8-10 yards apart

B. One goalkeeper in each goal, one colour coded server with two balls, in between each pair of goals.

1. GK's defend their own specific goal
2. On the coaches call of a specific colour, that particular player attempts to score in any one of the three goals with one of the two balls in their possession
3. GK's quickly take up a position relative to that particular ball and react accordingly to defend their goal by choosing and using the relevant save technique.

4. If the ball rebounds off the GK and stays within the area of play then the nearest GK to the ball can rebound the ball 1st time into any of the other three goals

Progression:

1. Add another player into the centre of the playing area and the ball can be played into that player, who can then attempt to score in any of the three goals or can rebound the ball should it rebound off any of the goalkeepers during the practice(See next diagram)
2. If GK secures the ball then they can drop the ball to the ground and strike first time into any goal

Key Points:

1. 'Defend The Goal'
2. GK ready/relative position to the ball
3. Save technique decision - Block/spread, catch, dive etc....
4. Save technique repetition.
5. Hand/Foot saves
6. Multi physical function
7. Awareness: Speed of Thought - Speed of Movement/Action
8. Changes of focus



Screen 2

Three Goal Game - Progression Diagram



Saves from Shots from Within the Red Zone

Organisation:

A. A 20 x 20 area is marked out around a goal area

B. One goalkeeper defends the goal and the players are split into three/four equal teams

C. One team surrounds three sides of the area marked out and the other two teams take their place within the marked out area

1. The GK starts the practice by distributing the ball to one of the outside 'servers'

2. On the coaches call of a specific colour, the server on the outside passes to one of the team in that particular colour within the playing area

3. The individual receiving the pass can either attempt to score directly or can combine with a team mate in an attempt to create a goal scoring opportunity.

4. If the opposing team gain possession of the ball, they must combine with one of the servers on the outside before attempting to score

5. Once the attack is ended by a miss/save/goal, the GK distributes the next ball to an outsider server and the process is repeated

6. Play for 2 min periods

7. Rotate the GK's frequently

Progression:

1. Overload one team to create more goal scoring opportunities

Key Points:

1. 'Defend The Goal'/'Defend The Area'

2. GK ready/relative position to the ball

3. Save technique decision - Block/spread, catch, dive etc....

4. Save technique repetition.

5. Distribution - Throwing

6. Communication/Instruction/Information

7. Multi physical function

8. Awareness: Speed of Thought - Speed of Movement/Action

9. Changes of focus

