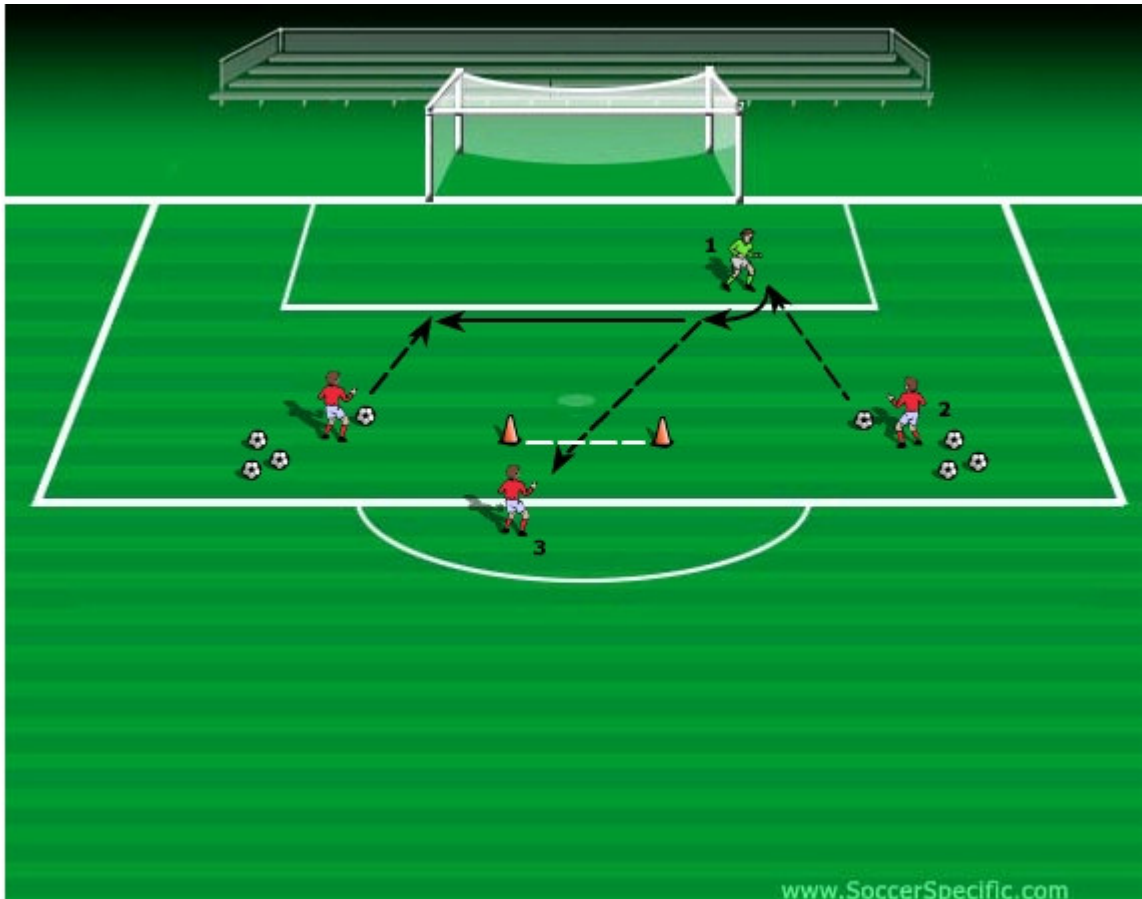


Back Pass Circuit

Emphasis: Dealing with the back pass



Set-up:

The goalkeeper working stands at the left corner of the goal box and goalkeeper stands five yards away with a ball. Goalkeeper 3 stands in a four yard goal just behind the penalty spot. The coach stand opposite of goalkeeper 2 roughly seven yards away from goal.

Objective:

Goalkeeper 2 passes on the ground to goalkeeper 1's left foot. Goal keeper 1 prepares the ball at a 45 degree angle and then strikes a well aimed pass through the small goal. Goalkeeper 1 quickly works his way across the goal and makes a diving save from the coaches' service. After the completion of four repetitions, switch the roles of the goalkeepers.

Progressions:

1. Coach serves a collapse dive.
2. Coach serves a cutback shot to the back post.

Coaching Points:

- Get the preparation touch out of the feet.
- Connect the pass first and then worry about the save.

“It’s what you learn after you know it all that counts” -John Wooden-

