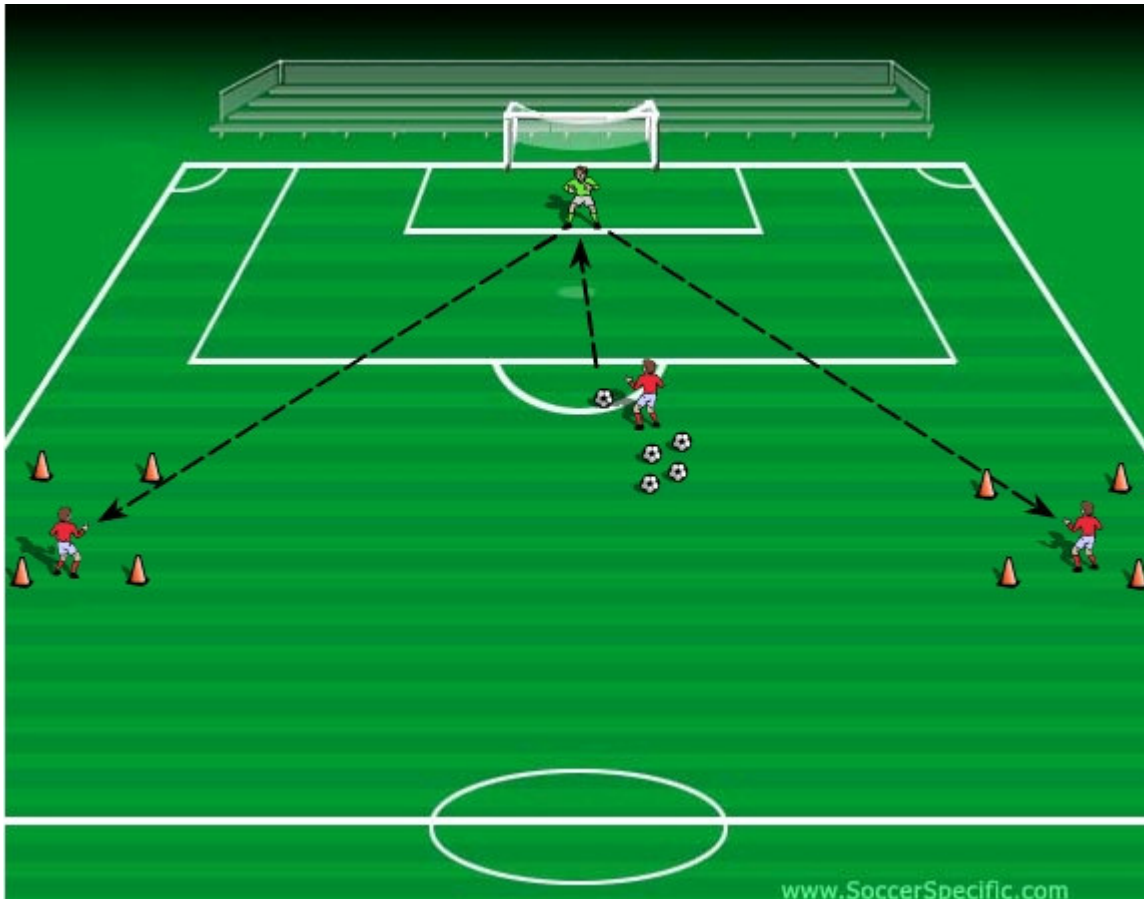


Back Pass Game

Emphasis: One time clearances



Set-up:

The goalkeeper starts in the middle of the six yard line and the server is placed just outside the penalty box. Two targets are placed forty yards from goal in a 10x10 yard grid.

Objective:

The server plays a ball on the ground off center to either side of the goalkeeper. The goalkeeper performs a one time clearance to the targets in the 10x10 yard grids. If the ball hits the targets in the air, the goalkeeper gets a point. Play a game to five and then switch the roles.

Progressions:

1. Two touch clearances.
2. First time clearances.
3. Clearing bouncing balls.
4. Reduce the size of the grids to 5x5 yards and move them to half field.

Coaching Points:

- Use a short leg swing.
- Height and distance on the clearances.
- Don't clear the ball across the goal mouth.