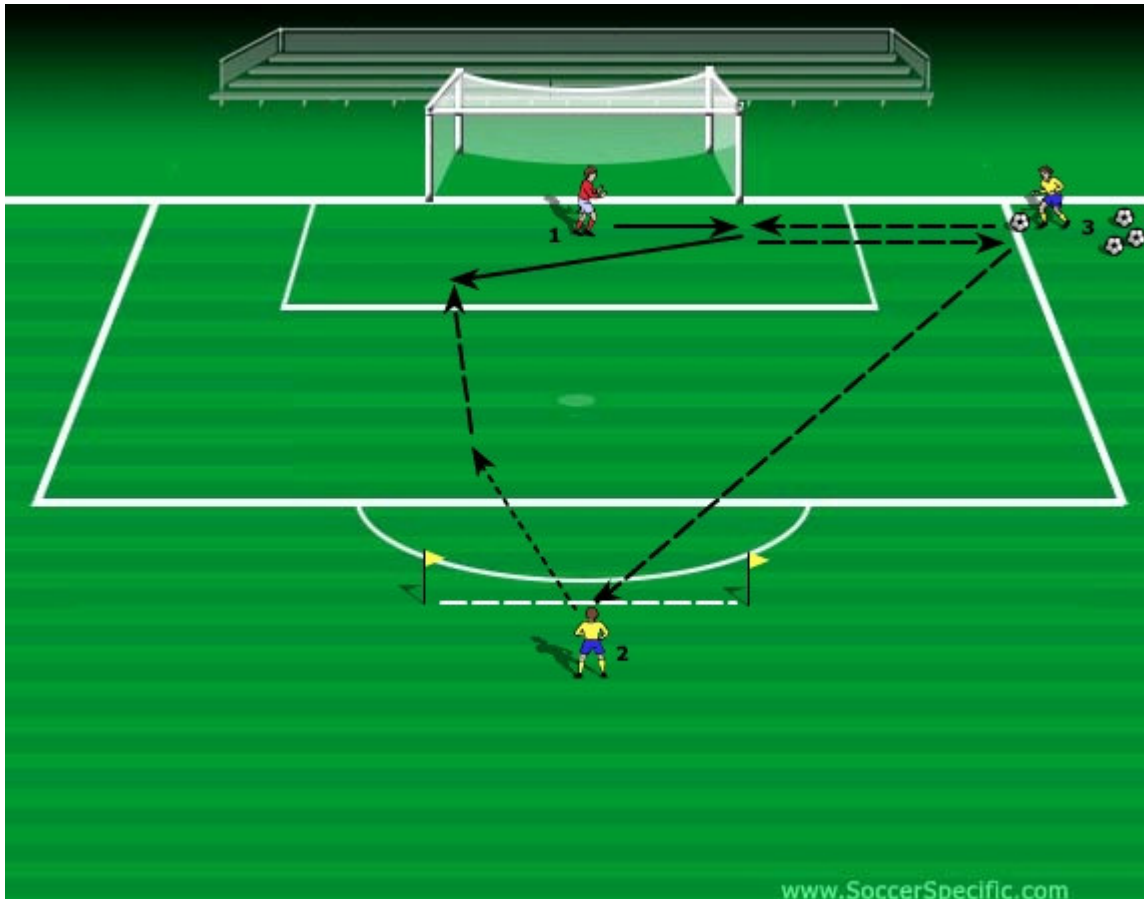


Control Game

Emphasis: Dealing with the back pass



Set-up:

Goalkeeper 1 stands in the goal facing the sideline and goalkeeper 3. Goalkeeper 2 stands in front of a goal that is positioned 20 yards away from the standard goal. Goalkeeper 3 stands just inside the junction of the penalty box and the end line.

Objective:

Goalkeeper 3 passes the ball on the ground to goalkeeper 1 who touches it back. Goalkeeper 3 hits a first time ball in the air to goalkeeper 2. Goalkeeper 2 controls the ball as quickly as possible and shoots with his/her instep accurately on the goal. If the shot goes in, the goalkeepers must switch roles. Play until the goalkeeper gives up a goal.

Progressions:

1. Goalkeeper 1 starts off on his/her stomach.
2. The serve from goalkeeper 3 can be in the air.

Coaching Points:

- Accuracy before pace.
- Get set for the shot from goalkeeper 2.

“He that will not apply new remedies must expect new evils” -Francis Bacon-