

4v4 Plus A Roaming Goalkeeper

Emphasis: Incorporating the goalkeeper in a team warm up, handling



Set-up:
Place two goals 36 yards apart and the width of the penalty area. Place eight players in the grid as well as an extra goalkeeper. There is a goalkeeper in each goal as well. Place extra ball around the grid.

Objective:

The free goalkeeper is an extra offensive player and uses his/her hands to receive and distribute balls to either team. Each team must use the goalkeeper before they can shoot on goal. Shots on goal must be first time and played into the goalkeepers hands to start.

Progressions:

1. Take away touch stipulation.
2. Players can shoot to score goals.

Coaching Points:

- Stay connected to play and provide passing angles
- Change the point of attack with the ball.
- Don't lose possession.

“Those who risk nothing...do nothing, have nothing...are nothing”