

Active for Life: GAG Activity

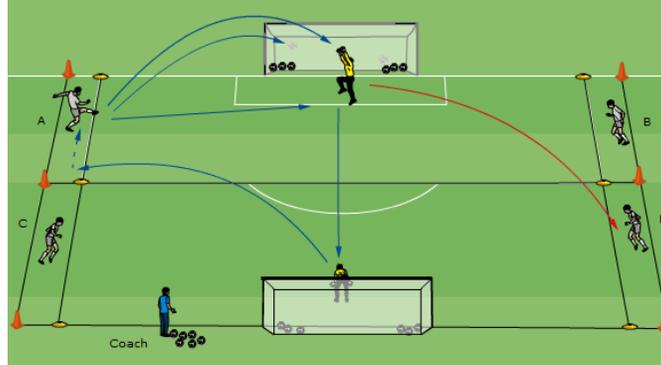
Technical/Tactical:

Goalkeeper Dealing with Crosses-1a

20 minutes

Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball-good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 1 Goalkeeper 1 throws the ball to the goalkeeper in the opposite goal. He/she catches it and throws it to the crosser/server A. Crosser A has three touches in which to control and cross the ball for Goalkeeper 1. If the Goalkeeper catches the ball he/she distributes it to crosser D and the move progresses. If the cross doesn't land in the immediate area around the goalkeeper, or it goes behind, he/she must shout "away" and cover the goal. If this happens Goalkeeper 1 throws another ball to crosser D to re-run the move. On the next rotation the ball is thrown to crossers B and C respectively, so that the Goalkeepers get practice with crosses from the left and right.

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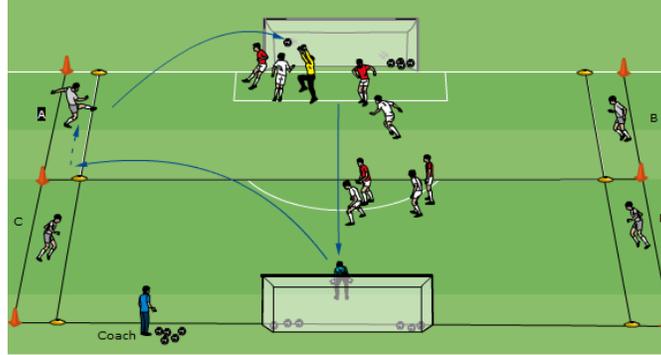
Technical/Tactical:

Goalkeeper Dealing with Crosses-1b

20 minutes

Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.
- Add 2 attackers and 2 defenders in each half.



Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball-good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

Description:

- 2 Same set up as with the previous session but now add 2 defenders and 2 attackers in each half of the playing area. Service and rotation as before but now the Goalkeeper has to stay focused on the ball while deciding whether he/she can negotiate an effective path to the ball. Each Goalkeeper must instruct defenders as to their body shape and marking positions. Defenders must protect the Goalkeeper, block attackers, defend the goal and communicate well with each other.

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