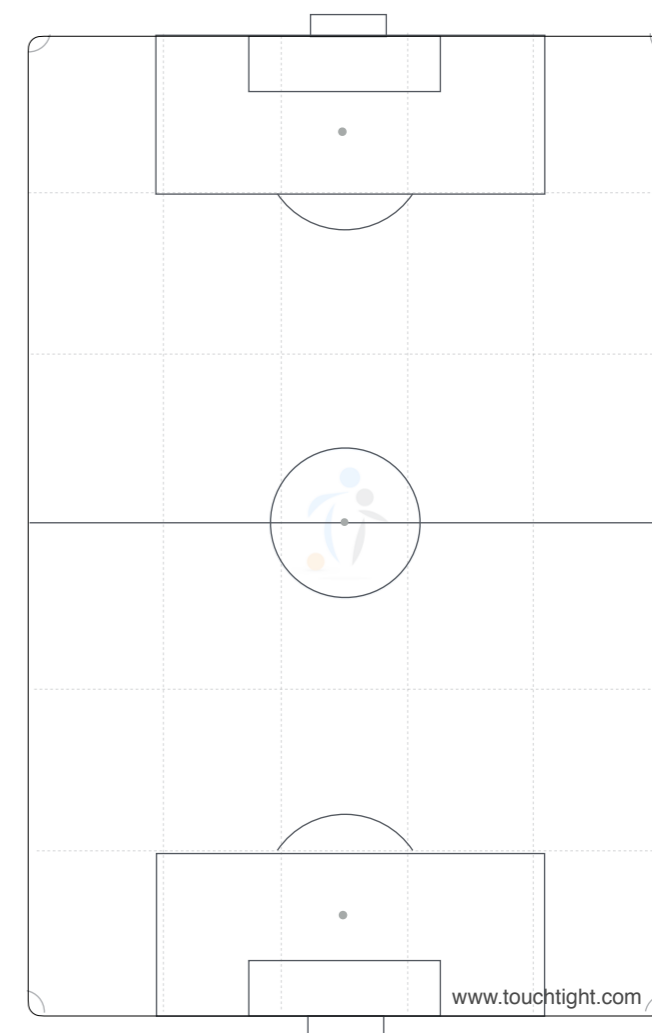
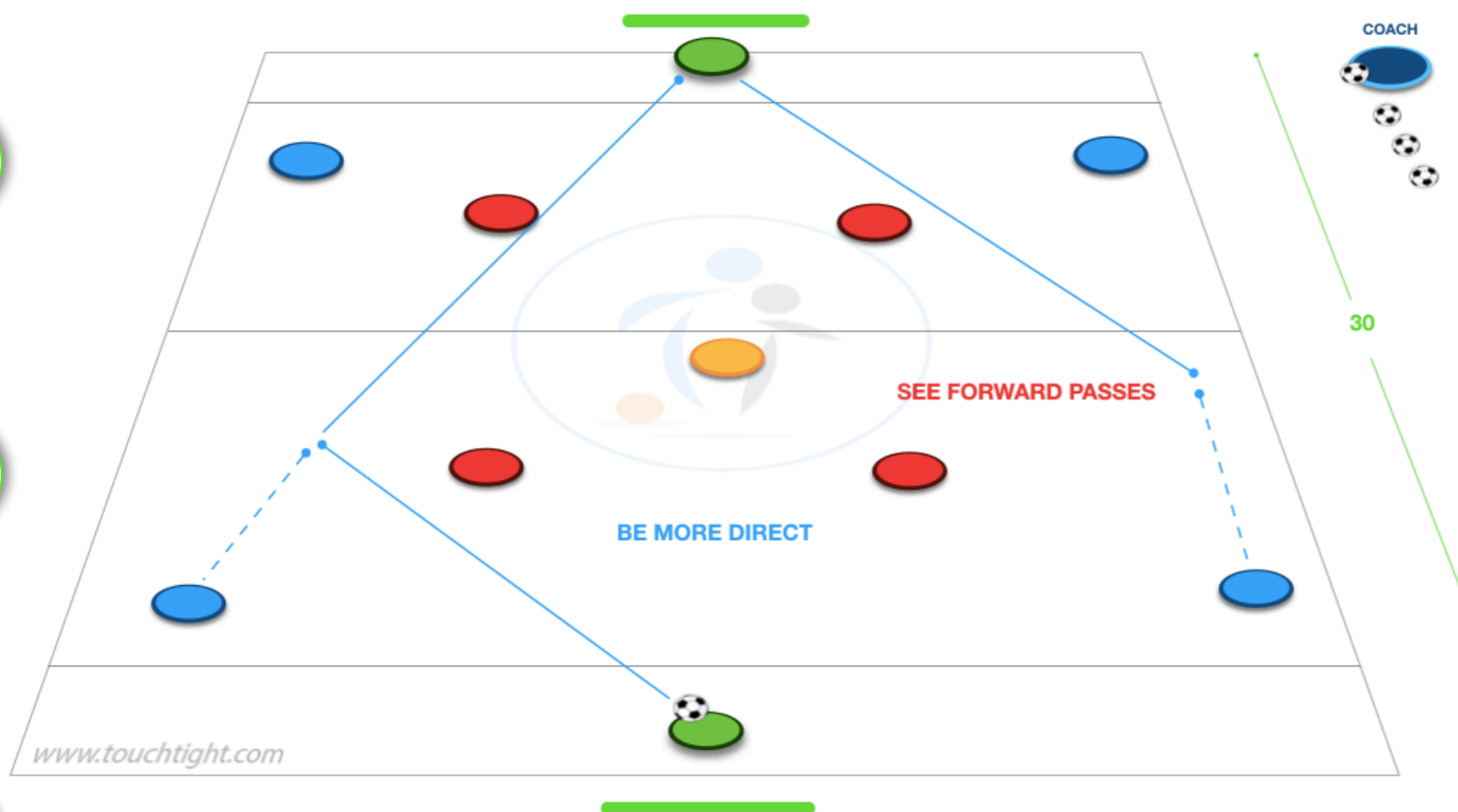




Type: Directional Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Practice 1 of Theme 28: Goalkeepers playing out, is a possession practice in a 30 by 30 yard area, working goalkeepers quick feet and decision making. With a 4 v 4 plus a floater in the central area, the possession team must build play from one end to the other, using a 3 player overload to control play. If the defending team wins possession they must pass to teammates in the attacking half to finish.

Key Coaching Points:

- (Technical Key Point) Body shape to play out quickly - side on
- (Physical Key Point) Quality of distribution (weight and accuracy)
- (Psychological Point) Looking for options away from the ball

Progressions / Constraints:

- We progress the practice by challenging goalkeepers and outfield players to be more direct, allowing longer passes from outfield players into goalkeepers to deal with and for GKs to look for the most forward pass.

Questions & Notes:

- How are goalkeepers playing out under pressure (quickly / slowly / right / left)
- When are goalkeepers looking for most forward pass and why? Effective?

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

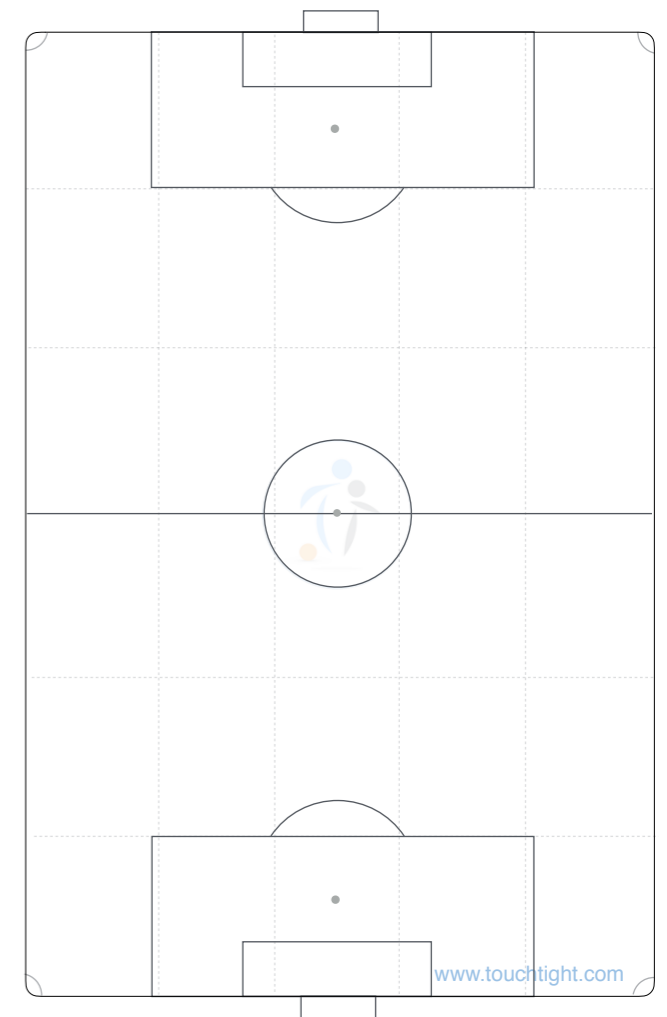
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question

How will we apply this session to a game situation?

Question box containing a large question mark.