



# GOALKEEPING - DEALING WITH THE BREAKAWAY

AGE LEVEL: U12&14

TIME: 60 MINUTES



## GOALKEEPING TECHNICAL WORK

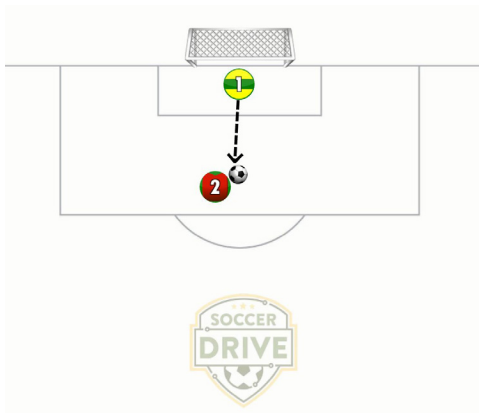
**TIME** 10 minutes

### SETUP

- » Using the penalty area, goalkeepers are asked to skip and bounce ball firmly
- » After every 2-3 bounces, the goalkeepers perform the following actions:
  - » Roll ball between their own legs. Spin, attack the ball and secure it with a scoop.
  - » Roll ball between own legs. Look to secure someone else's ball with scoop.
  - » Solidly bounce ball. Secure someone else's ball with a basket catch or collapse dive
  - » Roll ball between own legs. Secure the ball using a ground breakaway save.

### COACHING POINTS

Fix technique as needed. Intermix dynamic stretches of arms and legs every 2 minutes.



## CLOSE THE SPACE

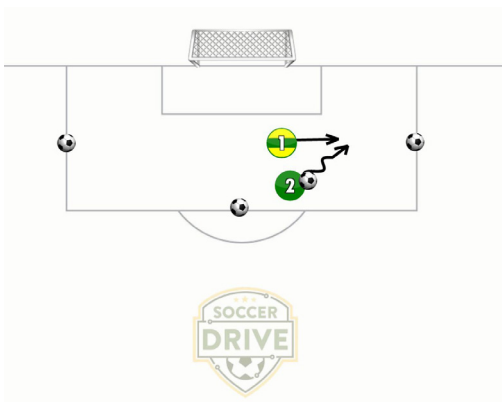
**TIME** 10 minutes

### SETUP

- » Goalkeeper starts with the ball, and rolls to the attacker who has to shoot it with one touch.
- » Goalkeeper closes in on the player immediately after rolling the ball to try and make the appropriate save.
- » Goalkeeper then goes to the back of the line, and next goalkeeper repeats.

### COACHING POINTS

- » Goalkeepers need to vary the service they play to the attack to present different angles on the field.
- » Must be quick off their line to close space. The further away from the ball when the strikers gets it, the more likely they are to score.
- » Goalkeeper must 'set' as attacker's foot pulls back for the shot. Get body weight forward, hands in "ready position," and weight on balls of feet.



## STALKER

**TIME** 10 minutes

### SETUP

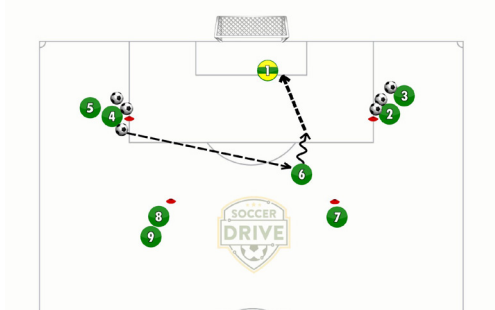
- » Attacker dribbles around 18yd box with ball. They are not trying to score a goal, but keep possession of the ball.
- » Goalkeeper follows attacker, and attempts to make a breakaway save if attacker takes a bad/heavy touch.
- » After securing ball, Goalkeeper then executes a breakaway save on any of the other balls laying around the 18 yard box.
- » Repeat!

### COACHING POINTS

- » Goalkeeper needs to be patient with waiting for a poor touch from the attacker.
- » Perform breakaway save by diving at feet of attacker. Make self as big as possible, but attack ball. Need to get to ground quickly to avoid ball being poked underneath you.



# GOALKEEPING - DEALING WITH THE BREAKAWAY



## BREAKAWAY SAVE

**TIME** 10 minutes

### SETUP

- » A ball is played in by a side server to a central player making a run into the box, creating a breakaway scenario.
- » The goalkeeper tries to make a save, or have the attacking player's shot miss the goal.
- » Next ball is played in for next Goalkeeper. Attacking players switch lines.

### COACHING POINTS

- » Same as above.
- » Goalkeeper needs to close space as quick as possible.
- » Goalkeeper needs to set themselves if a shot is about to happen.
- » If attacker tries to dribble around goalkeeper, or takes a bad touch, goalkeeper needs to time and execute a breakaway save.



## BREAKAWAY SCRIMMAGE 8 VS. 8

**TIME** 15 minutes

### SETUP

- » Play 7v7 on a field with high restraining lines.
- » Objective is to play a through ball for an attacking player to run on to.
- » Once that happens, players are allowed to play in that space.
- » Players are also allowed to dribble over restraining line if that option is available.

### COACHING POINTS

- » Work with goalkeepers on recognizing timing of runs to come out to meet attacker on 1v1.
- » Technique.
- » Communication with backline.

## END OF PRACTICE QUESTIONS:

- » Why is it important to close space between you and the attacker quickly? (So the attacker can't see as much of the goal).
- » Why do you want to set your feet if the attacker looks like they are going to shoot (so you are more agile, and can dive laterally as needed).
- » When 'setting', how should the goalkeepers posture be? (hands out, body weight forward, weight on the balls of feet).
- » When should the goalkeeper try a breakaway dive? (When the attacker takes a bad touch, or tries to dribble around the goalkeeper).