



Including The Goalkeeper In Your Training (9-12 year olds)

The Goalkeeper is an important position in football and their needs are often neglected at training. However, whilst it is a specialist position, players should not be specializing in goal before the age of 9 for the following reasons.

- As coaches we do not have the right to tell a player before the age of 9 that they should be a goal keeper. The player who has the skill and physical set to be a good gk at the age of 7 may develop during puberty into someone without good goalkeeping attributes.
- There are many goal keeping skills that are the same as outfield players and must be learnt at an early age.
- Players have not yet developed many of the capabilities ie coordination to cope with the basic demands of being a Goalkeeper.

Even between the ages of 9 and 12 the Goalkeeper need not be specializing, in fact training should allow for all players to have an opportunity in the goal.

Below is a session using the Four Building Blocks for development of Junior players 9-12 years. Each of the Building Blocks incorporates the needs of the Junior Goalkeeper. There is no need to do any activity outside of these for this session, the general movement activity acts as a very good warm up and the session is concluded with a Small Sided Game.

If you want more information on Goalkeeping courses or other Coaching courses please contact Aaron McFarland at aaron@aucklandfootball.org.nz or 5790705 extension 7.

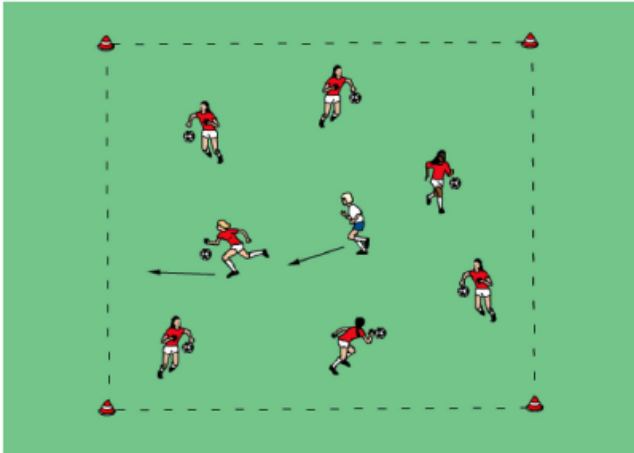
General Movement



Basket Ball Tag

Set Up

- Set up a 20 x 20 yard area. Reduce or increase size as necessary. All players start inside the area with one being the "tagger"
- All other players have balls in their hands



The Game

- Players move around the area bouncing their ball. The tagger tries to knock the other players' balls away. Develops turning, rotation, changes of speed, changes of direction, awareness and hand-eye co-ordination.

How To Play

- All players move around the area bouncing their ball whilst the tagger tries to knock their balls away. Any player that loses their ball comes the new tagger.
- If players lose control of their own ball, they must still become the tagger.

Key Questions

- What will help you escape the tagger?
- What can you do to move faster with the ball?

Progressions

- Players must bounce the ball with alternate hands.
- Play with 2 or more taggers.

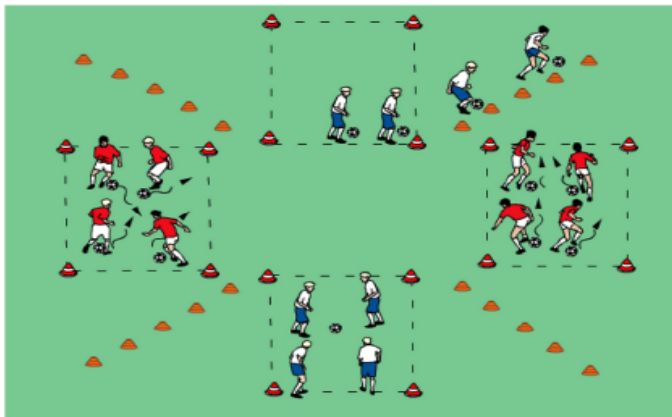
Football Co-ordination



Football Feast

Set Up

- Set up four 10 x 10 yard squares and 4 slaloms in between each square using small cones
- Divide players into groups of 4 into each square with a ball each



The Game

- Players rotate around squares on Coach's signal. Dependant on signal players, either perform low or high ball actions or travel through cone slaloms. Develops co-ordination with the ball, high ball techniques and dribbling skills

How To Play

- Players start by carrying out ball manipulation moves inside their squares (cuts, spins, pulls, pushes, drags, flicks, turns etc) as prescribed by the coach. Players explore different surfaces of the foot individually or in combination (30 seconds soles only or 30 seconds soles and insides combined).
- When coach holds up yellow cone, players move 1 square in a clockwise direction and continue previous activity upon arriving in the square.
- When the Coach holds up orange cone, players use 1 ball between their group and try to keep the ball off the ground. Coach can prescribe number of touches or surfaces to be used. If too hard, then players are allowed one bounce per touch.
- When the Coach holds up blue cone, players work in and out of the cone slalom to their right using various surfaces.

Key Questions

- What will help you change direction with the ball quickly?
- What other body parts can you use to ensure the ball doesn't touch the ground?
- How can you travel through the slalom in the quickest way?

Progressions

- Increase the difficulty of the ball manipulation moves to be carried out
- Players have to sit down and stand up after passing ball when keeping ball up in square
- Players work in pairs and use high ball techniques through slaloms

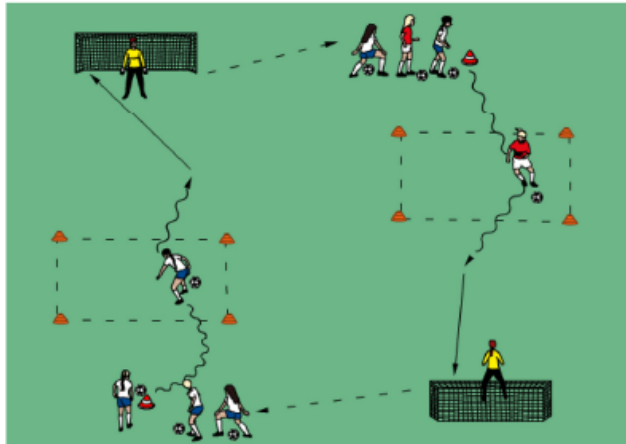
Football Technique - Faking



Fake and Shoot

Set Up

- Set up 2 goals with a goalkeepers in them
- Set up a start cones 20 yards in front of the goals
- Divide players into 2 even groups and start each group at separate start cones with a ball each
- Set up a 10 x 2 yard fake zones 18 yards in front of the goals



The Game

Players dribble into the fake zone and must perform a fake and shoot. Develops dribbling, faking and shooting skills.

How To Play

Players line up at each start cone with a ball at their feet. The 1st player dribbles diagonally into the fake zone performs a fake and then shoots. The other players take their turns as soon as the player in front has shot. Once players have shot they must collect their ball and join the queue in the other area and repeat.

Rotate goalkeepers after one complete round.

Key Questions

- What fake feels the most comfortable and why?
- What can you do to make sure your favourite fake is effective against a defender?

Progressions

- Put defenders in the faking zone who defend passively at first then actively.
- Perform a fake in the direction you are travelling, then in opposite direction, then double fakes.
- Specify fakes which players must perform.

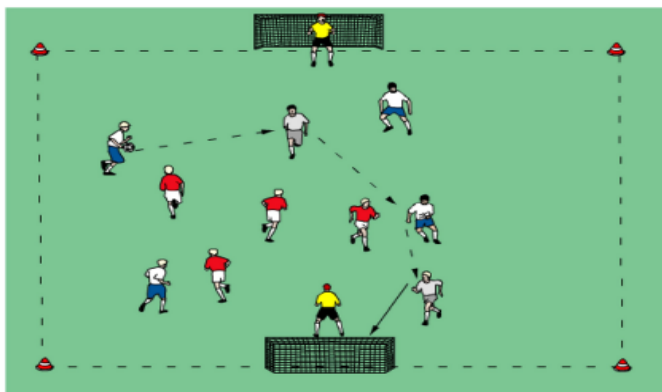
Game Intelligence



Headball

Set Up

- Set up a 20 x 25 yard area. Reduce or increase size as necessary
- Set up 2 goals with goalkeepers at either end (goalkeepers not essential)
- Divide players into 2 even teams with 2 neutral players (play for team in possession)
- Distinguish teams by using bibs (neutral players may not wear bibs)
- Place spare ball around the area (quick restart)



The Game

- Team in possession try to score by throwing the ball and catching it before scoring using their head. Develops heading skills, support play and passing.

How To Play

- The teams keep possession by throwing and catching the ball. Players holding the ball can not move from the spot where they caught the ball, but instead must throw the ball to their teammates or neutral players.
- Players can not hold on to the ball for more than 3 seconds.

Key Questions

- What areas will you need to attack in order to score with your head?
- What part of the head should you use to score and what part of the ball should you connect with?
- What can you do if there is not much space immediately around you?

Progressions

- When teams drop the ball the other team gain possession.
- Players use throw-head-catch sequence to pass the ball to each other.