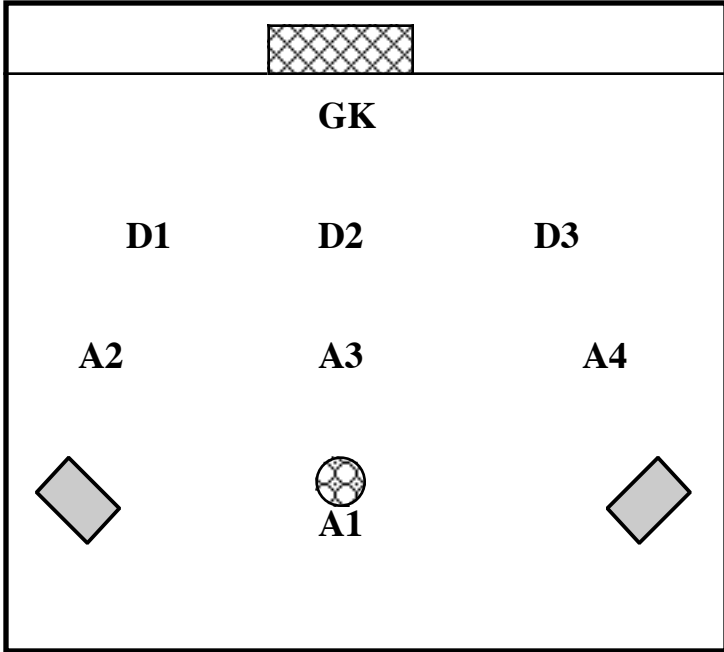


GOALKEEPING: Team Trains GK
Small Sided Games, Part I



“GK + 3 vs. 4”

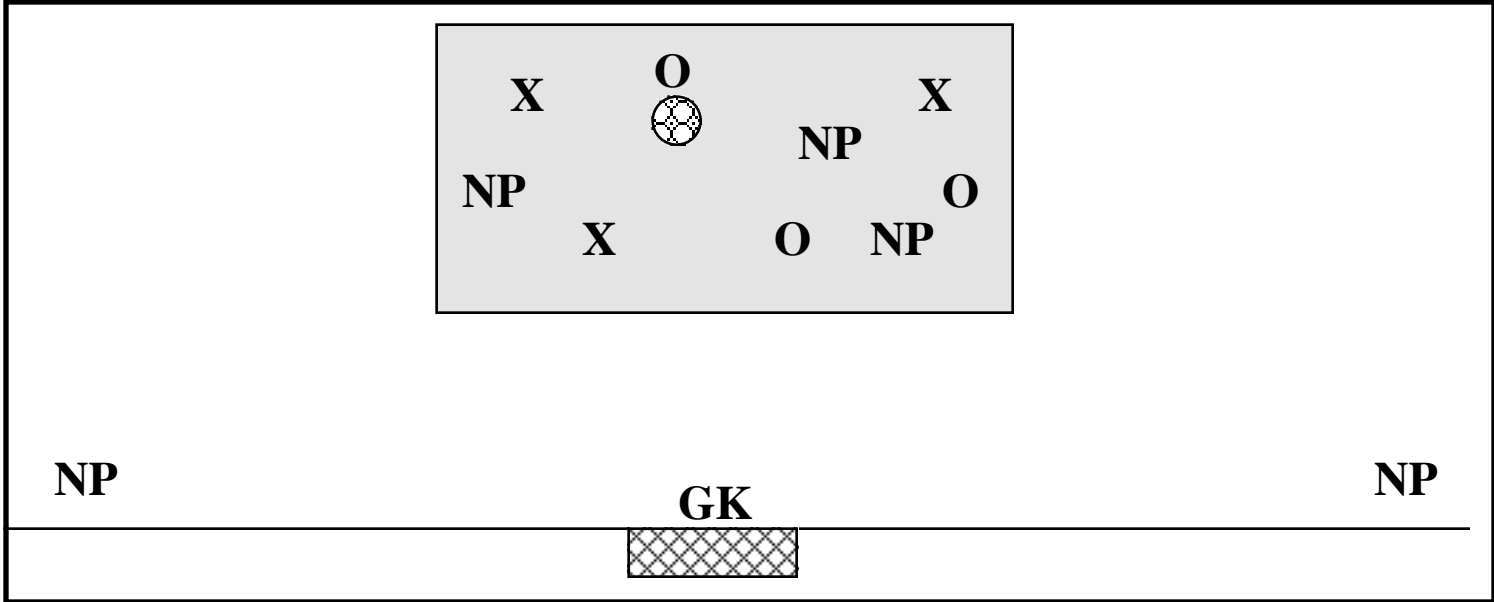
GRID: 20 yards long by 40 yards wide (or use the 18-yard box.
 > Place two smaller goals (pop-ups, cones) at corners opposite the regulation goal

NUMBER OF PLAYERS: Squad
 > Goalkeeper + three (3) Defenders vs. 4 Attackers
 > Defenders can score on two smaller goals

Game always starts with possession by Attackers

PROGRESSION: To increase pressure on Goalkeeper, add another Attacker for a 5v3

VARIATION: Allow Goalkeeper to score by tossing ball into either of the smaller goals



“3v3 + 5 with Goalkeeper”

GRID: Form a 20 x 30 yard grid approximately 30 yards from a regulation goal
 PLAYERS: Two (2) teams of three with five (5) Neutral Players -- 3 Neutrals inside grid and 2 Neutrals on flanks, 5-6 yards off endline
 DRILLS: Two teams play possession inside 20 x 30 grid using Neutrals to create “numbers-up” situation. First team to complete 3 passes (can be total of 3 or 3 consecutive based on skill level of players), plays ball to either of the Neutral Players on the flanks. Then two (2) players from that team make runs to goal while Neutral Player crosses ball into box.
 VARIATION: Allow Neutral Players on flanks to shoot ball instead of crossing it.