

# Deb Raber / Nancy Feldman

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## Field Session

### “Coordinating a Functional Training Session for Both Forwards and Goalkeepers”

WARM-UP	
Organization	Key Coaching Points
Field Players warm up  3v3+2 + 4 passive defending live defending	Field players: Using forward targets to get behind defense, timing and quality of pass and movement, playing thru seams in defense
Goalkeepers warm up	Goalkeepers: Back to bar footwork Balance of positioning to cut off through ball while protecting the goal from a chip
ACTIVITY 1	
Organization	Key Coaching Points
Phase of Play - final 1/3 to goal  5v3/ 2v3 to goal with counter goals - with offside line  1) penetration into box no defense recovery 2) restricted defense recovery	Field players: Creating and exploiting seams in defense, deception and sop in passing moments, playing in front to get behind, angle of run and pass  Goalkeepers: Lateral Positioning - Goalkeepers movement along the ball line as the ball moves Vertical Positioning - Position when the ball is in each third of the field
ACTIVITY 2	
Organization	Key Coaching Points
Phase of Play - final 1/3 to goal  5v3/3v2+1 to goal with counter goals -  penetration into box or long range shot	Field players: pass vs shoot to penetrate, playing as a pair  Goalkeepers: start position depending on their size and athletic ability Defending 1/3 - GK 1-2 yards off their line and on their ball line. Closing the angle of the shooter when ball is at or inside the penalty area. Middle 1/3 - GK goalkeeper between 6 -12 yards from their line. The position is determined by the goalkeeper's ability to save back to the bar.
GAME	
Organization	Key Coaching Points
8v8 (1-3-2-2 shape)	Field players: emphasize getting penetration into the box centrally, looking for early pass  Goalkeepers: re-enforce coaching points above

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