Organization: **Lucan Soccer Club** Week: **5**

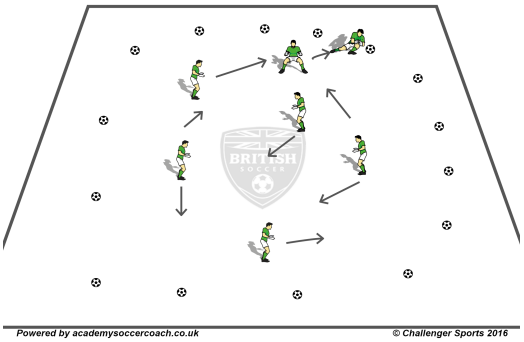
Age Group: **U9-U13** Minutes

Category: **Goalkeeper**

Topic: Breakaways

Objective: To develop confidence and technique of diving at a striker's feet

Session Part: Warm-up

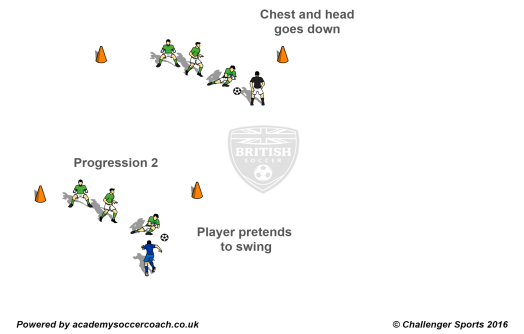


Organization	Time: 15
Area:	20 x 20
Numbers:	Group

Balls spaced around the area (more balls than working Goalkeeper's). On the call of 'GO', Goalkeeper's will make a short attacking dive on to a free ball. Must keep head up and be aware of other Goalkeeper's in the session, bot to dive on the same ball as someone else. The call of 'KEEPERS' is important for safety. When the Goalkeepers are diving they should attack the ball at full speed. Head and chest follow the hands to the ball, that should reach the ball first.

Progressions	Coaching Points
	- Loud call of 'KEEPERS' - Attack the ball from a body length away. - Attack the ball at full speed. - Hands attack the ball first, head and chest follow.

Session Part: Individual Activity

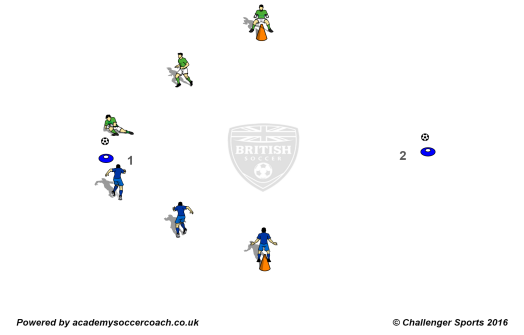


Organization	Time: 15
Area:	Open area
Numbers:	In pairs

One ball between each pair. Aim of the practice is for the Goalkeeper to attack and save the ball while having an attacker approaching in their eye line. Set up with the Goalkeeper a body length away, with the attacker standing over the ball. On the attacker's call of 'GO', Goalkeeper dives out diagonally forward to the ball to make a save. The attacker steps to the ball at the same time to distract the Goalkeeper's eye line. Switch after 5 turns.

Progressions	Coaching Points
Attacker takes a step back, now when the attacker calls GO, they approach with a swing as Goalkeeper meets the ball to make a save. Finally the attacker will connect with the ball with the inside of their foot as the Goalkeeper makes a save/block.	- Head and chest go towards the ball. - Hands hit ball in 'W' shape/ - Step towards the diagonally forward to the ball. - Hands in front of face (protection). - Attack the ball at full speed.

Session Part: Partner/Small Group

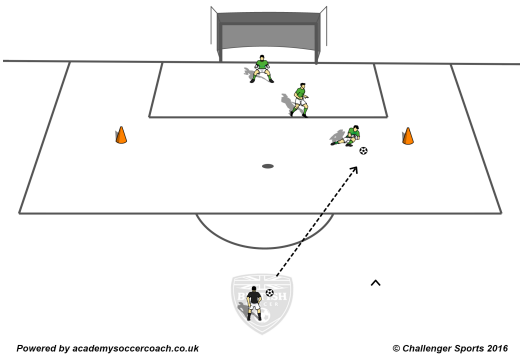


Organization	Time: 15
Area:	Goalkeeper's 8 yards apart. Ball 6 yards to each side.
Numbers:	In pairs

Goalkeeper's face each other in 'SET' position. One is the attacker and the other is the working Goalkeeper. Balls are numbered 1 and 2. Behind each ball on the attacker's side is a cone for the attacker to touch with their foot. Coach calls number 1 or 2 - Goalkeeper dives to the ball while the attacker tries to put their foot on the cone first. It is a competition to see whether the Goalkeeper can make the save before the attacker puts their foot on the cone.

Progressions	Coaching Points
Increase the distance between Goalkeeper/attacker and the ball.	- Eyes on the ball at all times. - Head and chest follow hands down towards the ball. - Move at the fastest possible speed to attack ball.

Session Part: Group Activity



Organization	Time: 15
Area:	18 yard box
Numbers:	One working at a time. Goalkeeper's continuously rotate.

Goalkeeper starts 2-3 yards off the goal line. Cone placed 8 yards off the line to both sides of the Goalkeeper. Coach serves the ball on the floor to one of the cones - Goalkeeper must come out and attack the ball and make a breakaway save in front of the cones. If they do not make it in front of the cones, the coach will follow up with a shot on goal. Goalkeeper must react and get up quickly to attempt a save.

Progressions	Coaching Points
An attacker will now start in front of the coach facing the goal. Coach serves from behind attacker to one of the cones. Attacker will try and get to the ball first to score. Goalkeeper comes out to make breakaway save.	- Goalkeeper must start on front foot. - Loud call of 'KEEPERS' - Eyes focused on ball, not the attacker. - Aim to attack ball at fastest speed. - Dive from a body length away from the ball.

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