

'Improving The #1 Goalkeeper In Attack and Transition': Shaul Hagiel: Maccabi Tel Aviv Youth Academy

Category: Goalkeeping: Distribution
Difficulty: Academy Sessions

Pro-Club: US Club Soccer
International Pro-Sessions, for US Club Soccer, United States of America

Description

Trainer / Coach: This session was designed and implemented by Sha Hagiel (GK Coach for Maccabi Tel Aviv Youth Academy & former NCAA Division 1 Record Setting Coach, who has helped develop multiple Youth National Team players & GK'S for the USA and Israel)

OBJECTIVE: Improve The Goalkeeper (#1) to make better decisions in build up and transitional play, while dealing with pressure.

5 MIN: Core Activation

5 MIN: Dynamic Movement

KEYS:

1. **Communication** - Demand the ball visually and verbally while instructing and organizing your teammates.

2. **Decision Making** - Make the best decision based on the situation of the game.

3. **Execution** - Use proper technique to improve accuracy, weight and consistency of pass.

5 W's:

What: Teaching the goalkeeper to be more effective, making better decisions as a backpass option and first attacker.

Who: The GK #1, #2, #3, #4, #5, #6 & #9

When: Attack / Defense & Attack

Where: Defensive 3rd

Why: To maintain possession, relieve pressure, start attack while recognizing and breaking pressure in order to penetrate

PROGRESSIONS: (5)

1. GK plays Goalkick and supports pass (warm up)

2. GK receives back pass from #6 then plays #5 and #2

3. GK receives back pass from #6 #2 or #8 then switches point of attack.

4. GK starts from GK or Back Pass and plays flighted, driven or chip pass over 1st line of pressure.

5. GK is put in different scenarios and must use and has no restrictions, we are looking for the goalkeeper to keep possession in a 4 v 2 scenario. GK should try to break pressure by finding a player in an advanced position if possible, if pressure is tough to break then keep possession and wait for the correct opportunity.

' Earn Success BY Working Hard & Detailed Planning'

Goalkick Build Up (10 mins)

INSTRUCTIONS: Goalkeeper places ball on 6 yard line for Goalkick (starting from center) then plays a firm and accurate pass to start attack to #4 , #3 and #6/8.

Right Foot plays to Left Center Back LCB #4

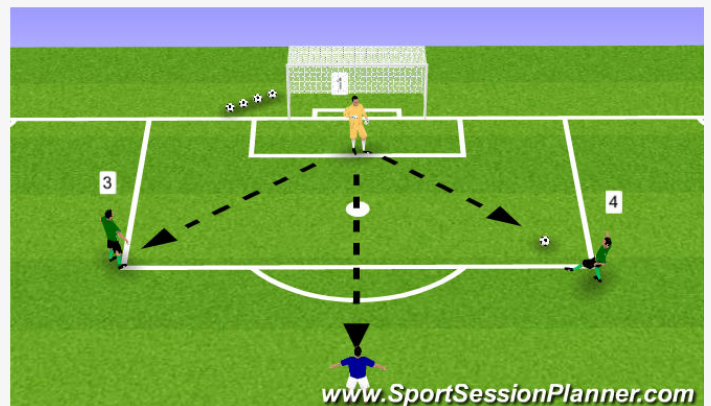
Left Foot plays to Right Center Back RCB #3

Either Foot when playing Defensive Midfielder #6

After Goalkeeper plays pass, GK must instantly support the pass while looking over shoulder to survey pressure and teammates by calling out the color or number from coach. Players receiving pass should be mobile and ask for ball to lead foot across body.

REPETITIONS: (4 each side)

KEYS: Accurate and firm pass, quickly getting in position to support pass, survey pressure from opposition and teammates movement while looking for space to penetrate.



2 Touch / 1 Touch Receive, Pass & Support (10 mins)

INSTRUCTIONS: GK receives back pass from #6 then plays to #5 and #2 on either side of opposition/mannequin based on movement of #2 and #5. Pressuring player (red #9) must stay out of 16 yard box until ball is played back to GK, after pass played forward from GK the opposition must return outside of the box to pressure the #6.

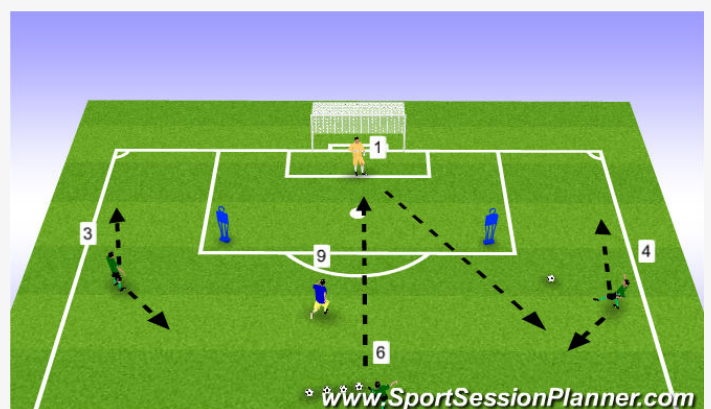
REPETITIONS:

(2 Rounds) 4 x Reps

1st Round = 2 Touch

2nd Round = 2 or 1 Touch depending on pressure

KEYS: GK must be on **toes and in position** to receive pass, take quality **first touch** away from pressure if pressure is on if pressure is off take 1st touch forward to center opposition and be unpredictable, **deliver quality pass** with accuracy and pass to teammate and immediately **support** the pass.



Switching The Point Of Attack (5 mins)

INSTRUCTIONS: GK will receive a pass, then recognize pressure and switch point of attack

PROGRESSION:

(Pressure Is Off)

A. The GK will switch from right to left and then left to right,

B. GK switches point of attack from #3 and finds #6 or #4

C. GK receives pass from #6 then plays #4 and gets ball back due to high pressure then back then switches point of attack.

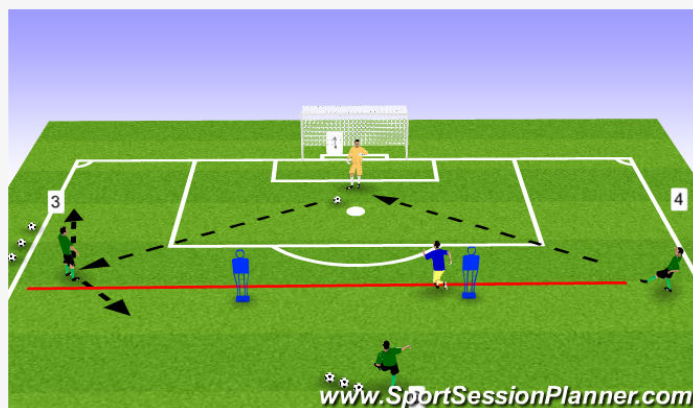
(Pressure Is On)

A. GK will receive a pass from CB then look to play 6 or other CB depending on pressure.

B. 3 v 1 GK will play pass depending on pressure and try to make good decision in keeping the ball for 1 minutes.

REPETITIONS: 4 Switches. 1 Switch = From Left to Right then Right to Left

KEYS: Be calm and cool under pressure, Recognize pressure and use proper technique to maintain possession and move the ball accurately and quickly.



Long Passing & Reading Pressure (Decision Making) (10 mins)

INSTRUCTIONS: The GK will receive a pass from #6 or #8 and must play a pass over the first line of pressure using proper technique.

PASS VARIATIONS:

1. Flighted Pass
2. Driven Pass
3. Chip Pass

VARIATION: Start from backpass from #6 / #8 then play #2 or #5. Progress to having GK play directly to #9 in order to catch opposition to high up field and playing over them.

REPETITIONS: 4 reps to R 4 reps to L.

KEYS: Take Clean 1st Touch, Play Quickly and Focus on Technical Execution.



Breaking Pressure / Decision Making (10 mins)

INSTRUCTIONS: GK is put in different scenarios and must use awareness along with positioning to scan the field and either break pressure or maintain possession, we are looking to improve the gk in a functional training using a 4 v 2 scenario. GK should try to break pressure by finding a player in an advanced position if possible, if pressure is too tough to break then keep possession and wait for the correct opportunity to play forward.

TIME: 90 Seconds **REST:** 60 Seconds

INTENSITY: Med / High

