

Goalkeeper Supporting the Defence,

Small sided game

Organisation

- 7 v 7 or 8 v 8
- Pitch 70yds x 50yds pitch.
- Footballs in goals and around pitch.
- Offside rules apply.

Starting positions

1. Goalkeeper kicks or throws th the opposite Keeper.
2. Attacking full backs play it over the Defence.
3. Header from Central Defender to Midfielder who plays it over the top of the Defence.
4. Midfielder set back, plays it low behind the Defence.

Key Points

1. Starting Position in relation to the ball in all thirds of the pitch. How far should you be off the line. Don't let them chip you!
 - If its in the oppositions penalty area you should be on the edge of your area.
 - If the ball is between the oppositions penalty area and the half way line you should be 12-18 yds out.
 - If the ball is between the halfway line and the edge of the centre circle you should be 6-10 yds out.
 - If the ball is between the edge of the centre circle and the edge of the penalty area you should be 3-6 yds out.
2. Angle from the Goal. If the Ball is on the right side of the pitch the Goalkeeper should be slightly to the right of his goal therefore he can come out or get across for the diagonal Ball. If the ball is in the attacking third of the pitch the goalkeeper needs to be on his front foot in case he needs to come out for a through ball.
3. Compactness between the goalkeeper and the Defence. There should be no room to exploit. The Goalkeeper should be aware of his sweeping role as play moves towards his Goal. He must be a position so that if he cannot sweep the ball the Defender can. Angle and distance of support.
4. Communication.
 - When = Early.

- What = Specific and to the point.
 - How = Loud, clear and with authority.
5. Decision to stay or come for the Ball
 - Is there pressure on the ball and has the player got the ability to exploit the space behind the defence.
 - Will the ball reach the penalty area.
 - Are the Defenders better placed to deal with the ball.
 - What is the pace of the defenders and attackers?
 - Is the opponent clear of the Defence in good control of the ball
 6. Positive actions
 - .If you decide not to come for the ball can you make yourself available for the backpass. Don't get drawn out in case you miss kick the ball and cannot cover your goal. He must make decisions to safeguard his goal, when to use one touch or more. Do not get caught in two minds. If in any doubt get rid of it. If the Ball comes to the Goalkeepers weaker foot, think of damage limitation, do I need to clear it first time, if so Defenders help by closing in.
 - Give yourself distance and a supporting angle for time and to make a comfortable pass.
 - Observation of Attackers do you need more than one touch. This depends on the distance from the Attackers.
 - The goalkeeper is the eyes of the Defence. He should alert the Defence to unseen dangers such as blind runs
 7. Techniques of fly kicking- kicking the rolling ball.
 8. Recovery runs. Try to get back into line.

11 v 11 Support, communication and distribution

Support

Key points

- Goalkeepers starting position in relation to the ball
- Goalkeepers movement
- Who is the man in possession?
- Is there pressure on the ball?
- What is the position of the defenders?
- What is the position of the forwards?
- What is the pace of the defenders and forwards?
- What is the movement of the forwards and opposing midfielders?

Communication

- Clear
- Concise
- Calm
- Early
- Informative
- Variation in tone
- Terminology. Keepers or away.

Distribution

Dealing with backpasses

- Angles and distances of support-availability
- Quality of the defenders back passes
- Composure on receiving
- One or two touch if possible
- Pass with both feet.
- Re-adjustment of defenders
- Quality of Goalkeepers pass. Need to know Keepers accuracy, projectory and how high does he kick it (no snow).
- Variation of Goalkeepers pass
- Variation in techniques
- Goalkeepers re-adjustment to support the pass

Tactical

- Receiving from wide and switching play
- Receiving from central and playing wide
- Receiving from wide and playing central
- Movement of team-mates

Long forward passing

- Areas to hit- team's strengths and oppositions weaknesses
- Role of frontmen
- Role of midfield players
- Quality of passing.
- Variation in techniques- trajectory
- Support- compactness

Counter attacking

- First though! forward etc.
- Best option.
- Runs to assist. Forwards, midfielders and full backs.
- Feet or space

- Techniques- kicks or throws
- Quality of pass/ throw
- Compactness