

## Coaching Corner: Team-Oriented Goalkeeper Training by Norbert Vieth, courtesy of *Success in Soccer*

**Goalkeeper/field player training: One goalkeeper + small group**

### Practical Tips and Instructions

- Exercises that combine focused goalkeeper training with practice for small groups of field players work well as part of team practice sessions;
- Another alternative is a special practice session outside regular practice.

### Advantages

- This is a great setup for goalkeeper training exercises that are interesting, efficient, and most of all, realistic;
- Field players can practice at the same time.

### Disadvantages

- Time demands on coach and players are greater;
- It's necessary to have an exact and detailed practice plan (especially when you're incorporating these exercises into regular practice sessions);
- Also essential for players to be responsible and disciplined.

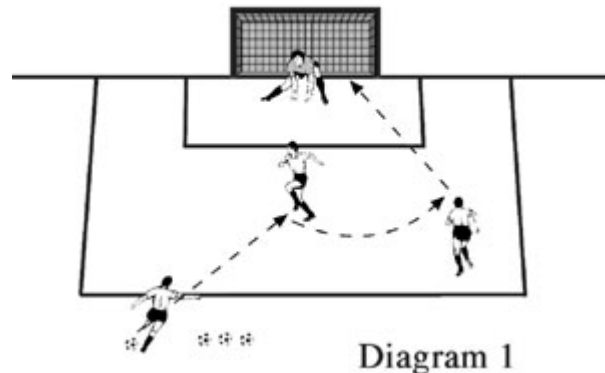
### Exercise One

Organization (see Diagram 1):

- Set up one goal with goalkeeper;
- Two or three players stand inside the penalty box;
- A passer stands in front of the goal, about 25 yards away, with several balls.

Sequence:

- The passer passes to one of the players in the penalty box. That player passes the ball on to another player, who shoots;
- Variation 1: All players pass and shoot with one touch;
- Variation 2: The second player passes in the air to the shooter;
- Variation 3: The second player can either pass or shoot.



## Exercise Two

Organization (see Diagram 2):

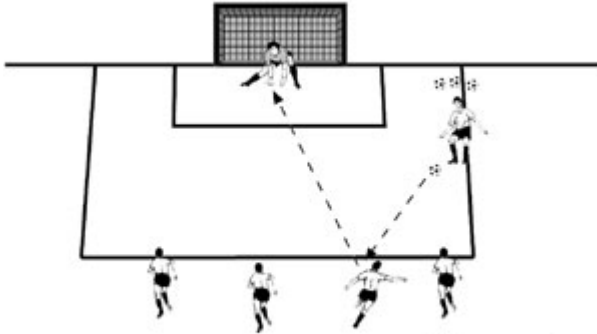


Diagram 2

- Set up one goal with goalkeeper;
- Three or four players stand outside the penalty box;
- A passer stands at the intersection of the endline and penalty box line with several balls.

Sequence:

- The passer plays the ball on the ground to the players outside the penalty box, who shoot (one touch if possible);
- Variation 1: Players control the ball briefly before shooting;
- Variation 2: The pass receiver passes to another player, who shoots;
- Variation 3: The passer passes in the air to the shooter.

## Exercise Three

Organization (see Diagram 3):

- Set up one goal with goalkeeper;
- A passer stands in front of the goal, about 30 yards away;
- A forward stands at the top of the penalty box;
- Other players stand on the penalty box sidelines.

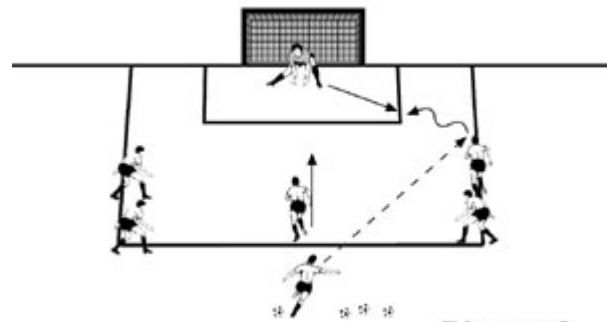


Diagram 3

Sequence:

- The passer passes to a player on the penalty box sidelines, alternating between sides. The receiver controls the ball and dribbles diagonally toward the goal. At the same time, the forward shows for a back pass. The receiver can either shoot or pass to the forward;
- The goalkeeper is forced to deal with a 1 v. 2 situation.