

Coaching the Goalkeeper in Small Sided Functional Games

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Goalkeepers of all levels can make saves, but can they play in the game? Many goalkeepers are labeled as practice keepers. They get this label because, in functional exercises or games, their decision-making lets them down. This session will help your goalkeepers with their decision-making and their ability to read the demands of the game. Goalkeepers have to understand that, when they have the ball, they are in control of the game. They can speed it up, slow it down and/or initiate the attack with effective distribution. Small-sided games are an excellent way for goalkeepers to work on their game management skills as well as their shot stopping, positioning and distribution. This session covers it all.