

Organization

8 outfield players & 1 gk on each half of the field

Players have numbers and must pass ball sequentially (excluding goalkeeper, who is number 1)

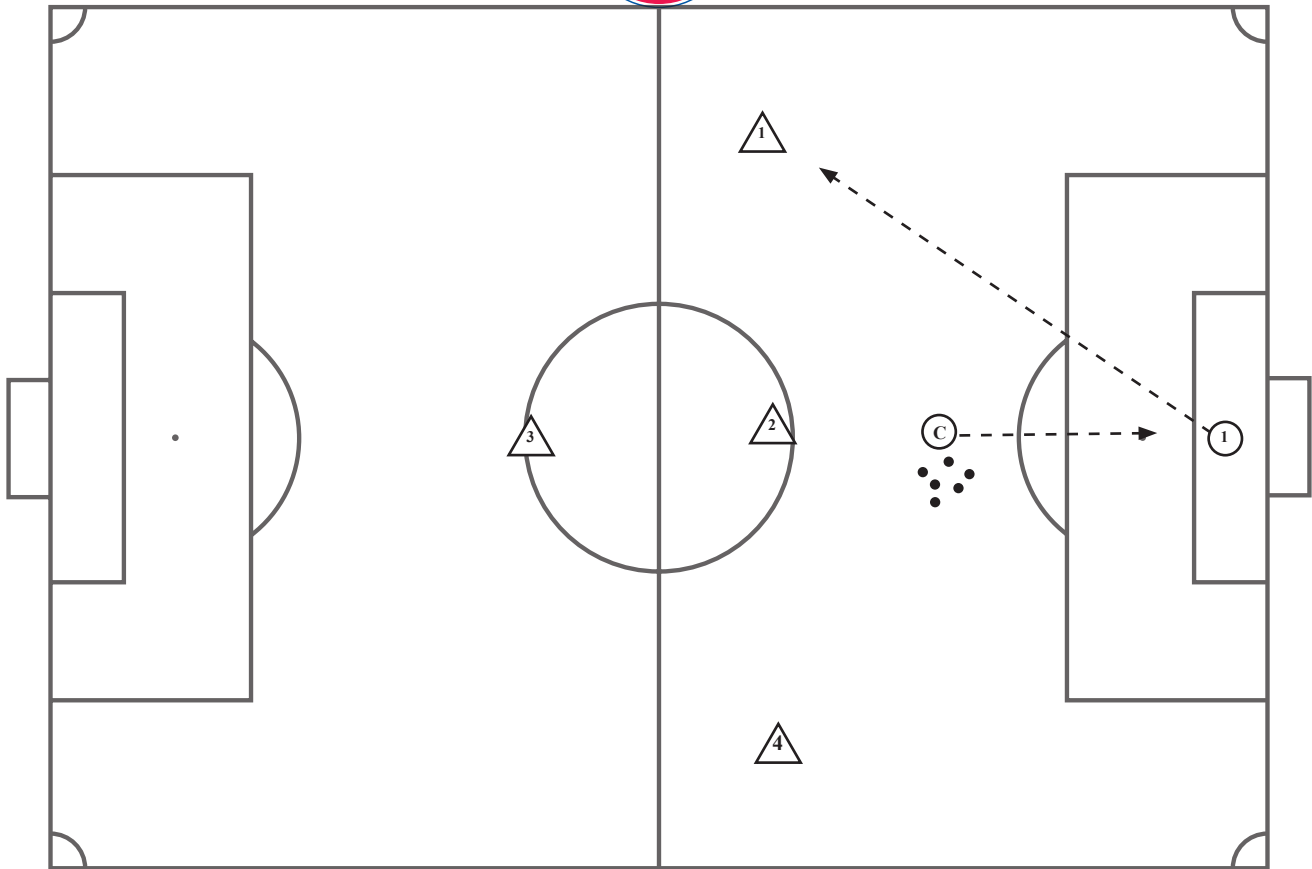
Description of Exercise

Ball is passed sequentially, but when goalkeeper shouts for ball, the ball is shot by the player in possession and the next player in sequence sprints away (e.g. ⑤ shoots and ⑦ sprints away)

Goalkeeper must find ⑦ and throw ball to him.

Purpose of Exercise

Goalkeeper develops transition mentality, catching the ball then throwing to sprinting player to start the counterattack



Organization

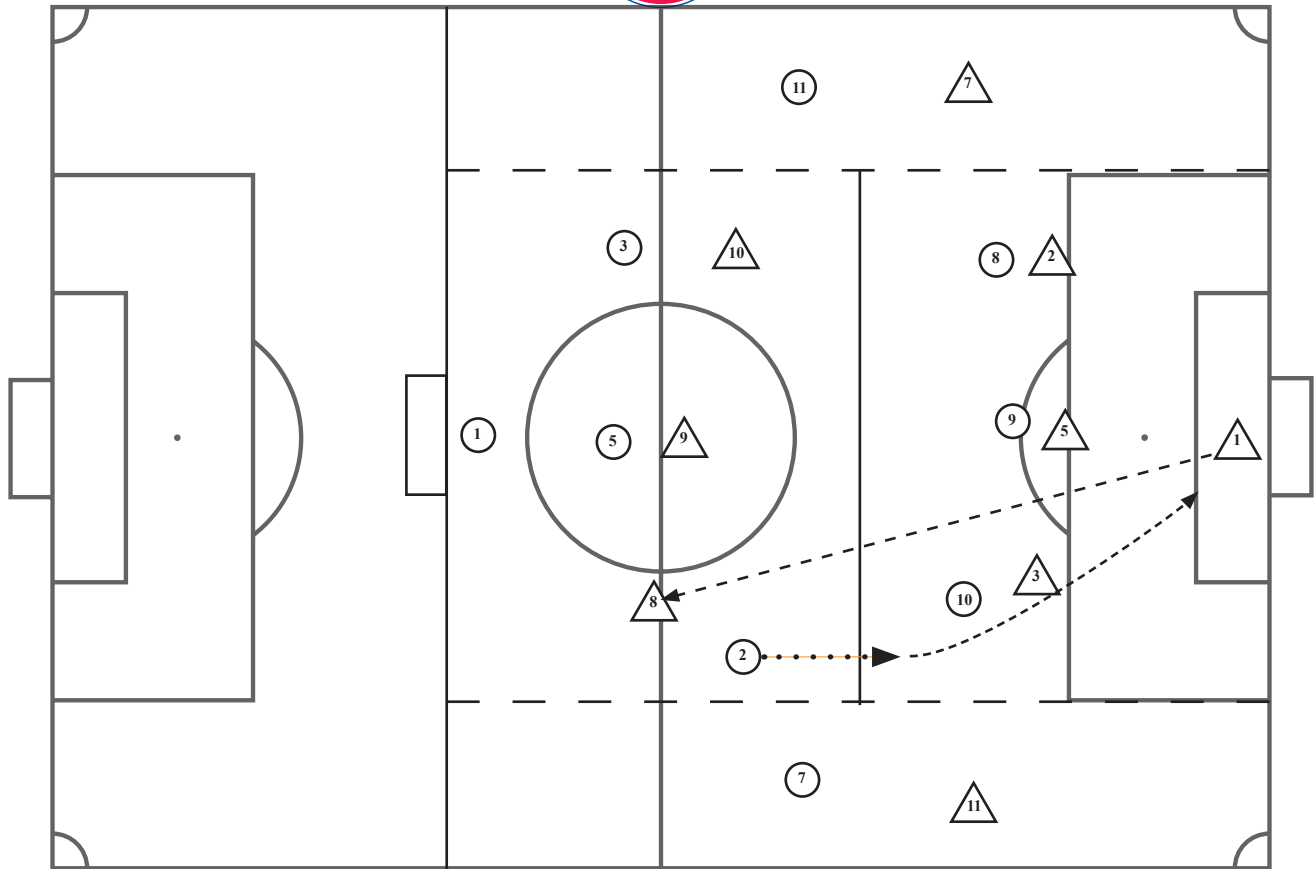
- Goalkeeper in goal
- Coach with a number of balls.
- 4 outfield players who act as targets

Description of Exercise

- Coach shoots ball at goalkeeper and calls a number
- Goalkeeper makes the save and then throws or kicks the ball to a target

Purpose of Exercise

- Develop transition mentality in goalkeeper
- Teach technique of throwing and kicking ball over distance



Organization

- 8 outfield players & 1 gk on each team
- Flank corridors left and right
- 1 v. 1 in each corridor, nobody else allowed in corridor
- 3 v. 3 in each half
- One player only allowed over halfway line with ball

Description of Exercise

- One central player can cross over halfway line unopposed to shoot or get in box for a cross.
- Goalkeeper gets ball and immediately throws ball to open player (e.g. 8 above) or to flank player (7 above)

Purpose of Exercise

- Goalkeeper must develop a transition mentality and have a good idea – like an outfield player – what he will do with the ball before getting it!