

# **TRAINING FOR THE THROUGH BALL**

**THE GOALKEEPERS TOUGHEST PLAY  
CHARLIE INVERSO-HEAD COACH MERCER COUNTY COLLEGE  
GOALKEEPER COACH U15 NATIONAL TEAM**

## **Introduction:**

- \*All coaches can train keepers**
- \*too much emphasis is put on reaction/keeper drills**
- \*more emphasis needs to be put on decision making and real goalkeeping situations**

## **Why the Through Ball?**

- \*Study of 500 Goals**
- \*Ability to make an impact on results of games**

## **Reasons for Poor Through Ball Performance:**

- \*Not Enough Practice**
- \*Lack of Confidence**
- \*Lack of Aggressiveness**
- \*Starting Points too Deep**
- \*Poor Anticipation/Not reading cues from the game**

## **Warm up**

- \*Covering the ball**
- \*Dealing with floated balls/chips**

## **Dealing with Through Balls**

- \*Start with hitting 50/50 balls**
- \*Gradually move back**
- \*Edge of the box decisions**
- \*Presence of a defender in exercise**

## **Other Exercises:**

- \*2 vs. 1, Numbers game, Breakaway drill, Short through balls, long breakaways,**

## **Key Points**

- \*Use Field Players**
- \*Keeper's Starting Point**
- Importance of staying in a higher position (particularly tall keepers), reading cues from the opponent (head up, body language, type of player)**
- \*Stay in line with ball from side to side**

- \*Reading cues from game as to when to come off line (runs being made, type of player, body language)
- \*Expose keeper to making mistakes in training (if you are going to make a mistake make sure it is an aggressive mistake)
- \*Move when ball moves, feet set when opponent is ready to shoot
- \*Get connected to the play-Whenever the ball is played forward into the box it is almost always correct to move forward- One Exception
- \*Loud aggressive keeper call-Just ask the forwards
- \*Can defender get to the ball?
- \*Difficulty of changing directions
- \*On wide balls there is less urgency to get to the ball
- \*Close down opponent-overuse of standup position
- \*Not retreating when opponent is moving forward
- \*Feedback from field players
- \*Think like the enemy, what is the opponent thinking

For a complete copy of the Goalkeeper Study and Training Program go to [www.champiosoccercamp.com](http://www.champiosoccercamp.com)