



## **Improving Goalkeepers in Breakaway Saves**

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### Needs

Goalkeepers/team  
12 balls  
bibs

### Focus

b'away techniques  
recognition of tactical cues  
build confidence

### Methodology

Coach-GK  
Coach-Player-GK  
Coach-Team-GK

Disks (2 different colors)

Learning Objective: The coach will learn a variety of methods for training goalkeepers to improve in making saves in breakaway situations.

### Warm-up:

- Defining what a breakaway situation is
- Movement and scoop; partners from knees; standing
  - o Developing proper technique; difference between “stealing ground” and stalking

### Exercise #1

- Training the 1<sup>st</sup> option – Save before the shot
  - o Maze, follow the leader; save opposite; win the through ball and jump over. This save/win is losing emphasis in the game and in training

### Exercise #2

- Training the 2<sup>nd</sup> option – Smother the Shot
  - o Knee smother (double cobra); line smother; in goal smother options
    - Shuffle away an smother; forward roll and smother; collapse dive and smother

### Exercise #3

- Training the 3<sup>rd</sup> option – Play the next touch – “Beat me if you can”
  - o Watch only the ball - challenge
  - o Through ball game
  - o Win the through ball – or deal with the shot
  - o Playing the breakaway from an extended position – Keeper passes the ball and then retreats to anchor position

### Exercise #4

- Games to teach breakaways
  - o SPGS Challenge – keeper game
  - o 1v1v1 (team game)
  - o Pre-exhaust game (1v1) and (2v2) (team game)
  - o 2v1 – 2 zone

### Questions and Answers:

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