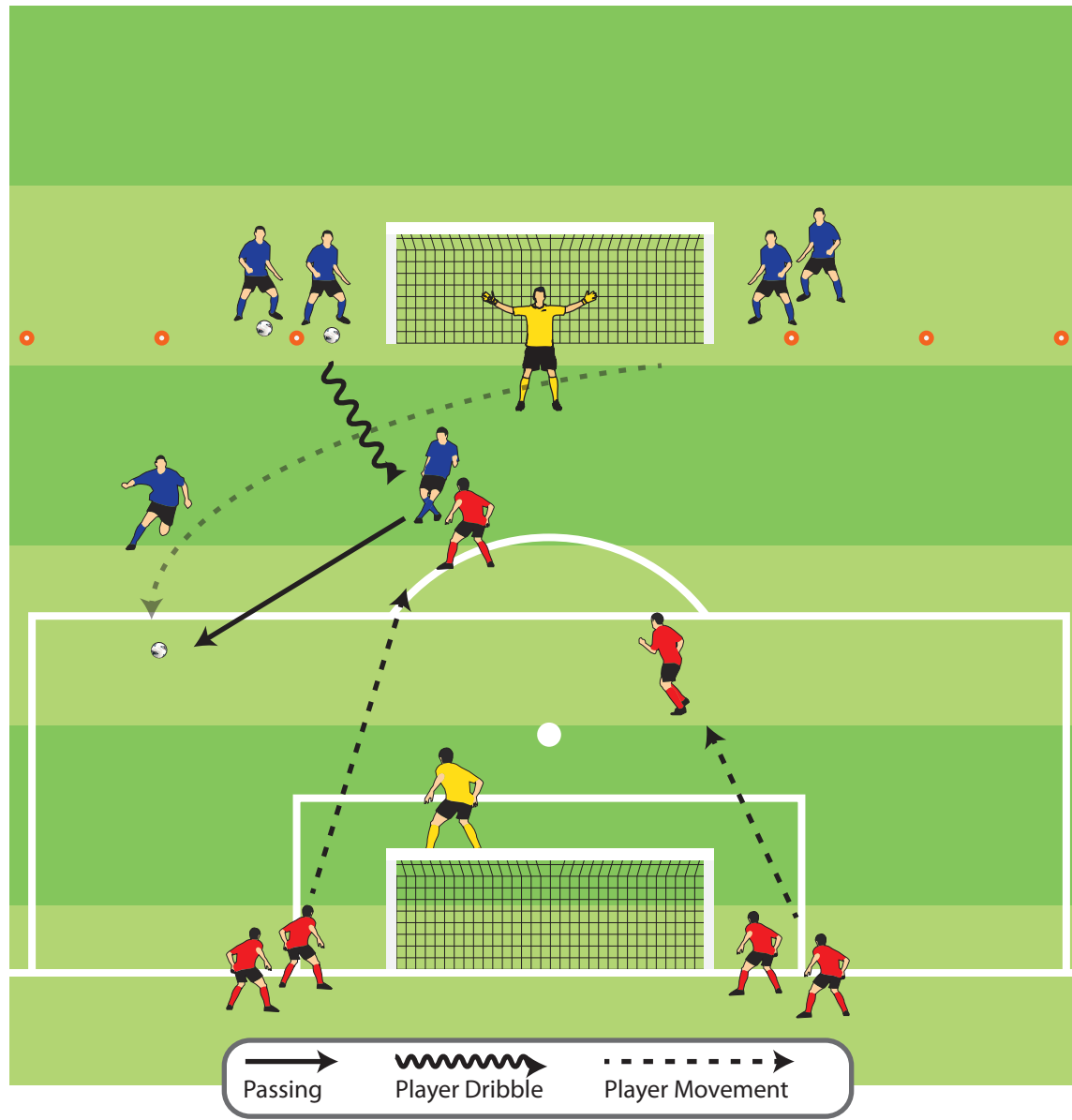


Stage IV: Game Goalkeeper Shot Blocking



Setup

30 x 30 yard area with 2 full sized goals. 2 goal keepers and at least 8 field players divided into 2 teams (red and blue). Game is played 2 v 2 with goalkeepers, fast attacking with lots of shooting, quick transitions.

Sequence

- Divide players into 2 equal teams that will play 2 v 2. Blue or Red begins play by dribbling a ball into the playing area, the opposing team plays defense first.
- Players transition on and off the field when a goal is scored or when it crosses either teams goal line. In other words when the ball crosses the red goal line or goes into red goal the 2 red players on the field exit and 2 new red begin play dribbling a ball. Blue become defenders.
- Goalkeeper rebounds are live, if the goalkeeper makes a block they distribute the ball with an under arm bowl or can play it with feet.

Variations

- You can play this game 1 v 1 or 3 v 3 and change the size of field.
- Add a touch restriction and allow goalkeepers to score.
- First team to score 5 goals wins, if a shot is taken and misses the goal frame count it as a minus goal (-1 point) for the shooting team.
- Use "bumper" players along the sides or use a neutral player.

Coaching Points

- Goalkeeper body position, hands in "W" or "Diamond" position.
- Goalkeeper cutting down angles, shot blocking, no rebounds and quick ball distribution.
- Goalkeeper should stay on their feet whenever possible.