

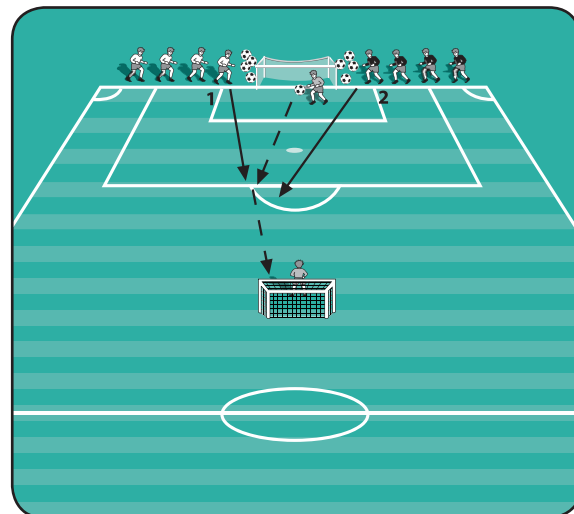
Frans Hoek was an assistant/goalkeeper coach at Ajax for 12 years, Barcelona for six years and the Dutch National Team for two years. He has also played at the highest level with FC Volendam of the Eredivisie as well as representing his country on the national team. This session was presented at the WORLD CLASS COACHING International Coaching Seminar, Kansas City, February 2006.

2 v 2 Small-Sided Games With Goalkeepers

The goalkeeper rolls the ball in front of Player One who is encouraged to shoot early if possible. Player Two is a defender and moves to defend when the GK releases the ball. Player One must wait for the GK to release the ball or he is offside.

Coaching Points

- The attacker must stay onside from the GK's pass
- The GK should encourage the attacker forward by rolling the ball in front for first time shot.
- Taking more than one touch allows the defender a chance to recover

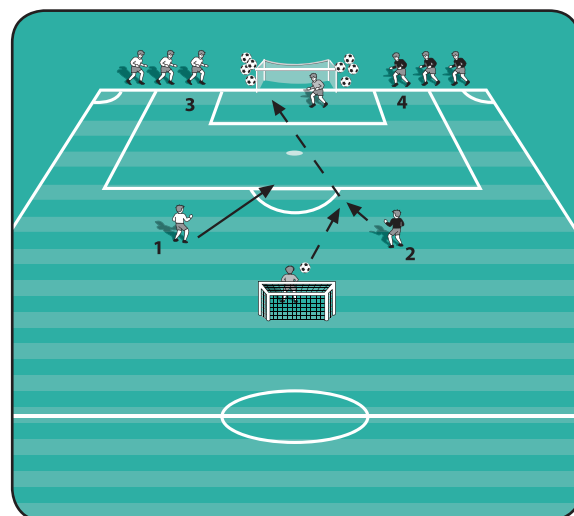


Progression

If the goalkeeper saves the shot of Player One, they should try and pass quickly to Player Two, the defender, who now attacks the other goal. Player One then becomes a defender and tries to prevent a shot. If a fast break is not possible, the GK should punt the ball to the opposite goal to restart the drill.

Coaching Points

- Keep all players alert
- Limit the attack to five seconds to score
- Quick reactions, be ready

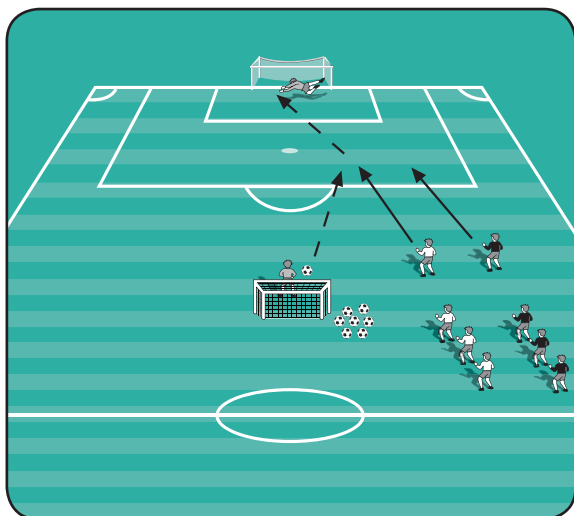


Responsibilities of Each Goalkeeper

The GK that rolls the ball out should continue to move up and out of the goal once the pass is made. They should also encourage the player to shoot to promote communication. This GK must also be ready to make a save if the defender receives the ball from the other GK after a save is made.

The GK that is defending the goal being attacked should move out early to close the space between the ball and the goal. This will intimidate the shooter and narrow the angles. The coach should make sure that the GK stays low with their hands in front. Also evaluate the position the GK takes and make corrections.

It is important that the GK communicates with the defender by calling 'you' if the goalie wants the defender to attempt to block a shot or make a tackle or 'keepers', which stresses the GK objective to save the shot. Make a decision, go for it and learn from the outcome. The goalkeeper can see the whole field so they should advise or command in a loud and assertive voice.



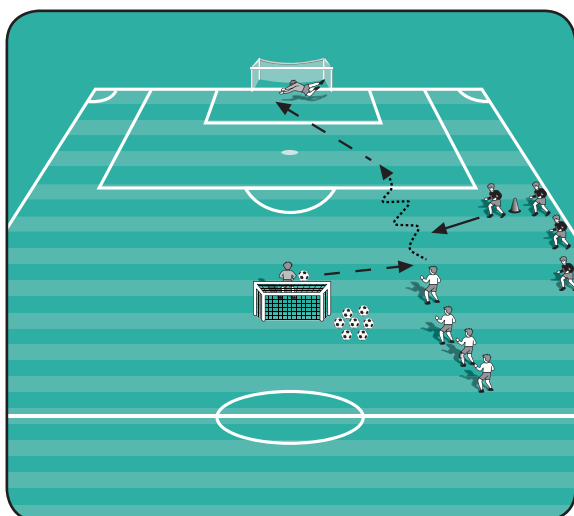
Progression

The defender now starts closer to the attacker and on the outside. This changes the GK distribution and the attacking play.

Coaching Points

The GK being attacked should focus on:

- Positioning - attack the ball and set up, be a commanding figure in goal
- Talk - tell defenders where to be and where to force the attacker
- Decision making - take control



Progression

The defender is now placed in front and to the outside of the attacker creating a 1 v 1 before a shot can be taken.

Coaching Points

- Close feed to the attacker
- Attack at speed
- Defender should close the space down early to defend from as high as possible
- Defending GK should tell the defender where to be and where to force the attacker
- The GK must take control