

# KEEPER TRAINING FOR CROSSING & FINISHING

Session 129: Parrying And Boxing

Session 130: 3 V 3 + 2 To Goal

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## Session 129: Parrying And Boxing

### Coaching Points:

#### Parrying:

- Use finger tips on softer shots
- Use heel of the hand on harder shots
- On low shots parry wide and around the post
- On high shots parry wide or over goal
- EARLY decision to parry or catch
- Weather conditions play a factor

#### Boxing:

- Use when under pressure or heavy contact
- In a recovery effort
- Make a statement
- Arms close to body, load the spring
- Spring thru the ball
- Keep wrists firm and rigid
- Don't tuck your thumbs in
- Box thru the low center of the ball
- Height, distance, width, and accuracy

## Activity #1



Set Up: 16 Players, 2 goalkeepers, 10 orange cones, two flags, and balls. Players are positioned at five different cones from varying distances and angles as shown.

Cones 1 and 5 have a left footed player as well as a right footed player enabling them to hit an in swinging ball as well as an out swinging service into the box.

Players at cone 3 penetrate on the dribble and hit a moving ball into the goalkeeper.

Cone 2 can either be a shot or drive the ball across the goalmouth forcing the goalkeeper to make the proper decision.

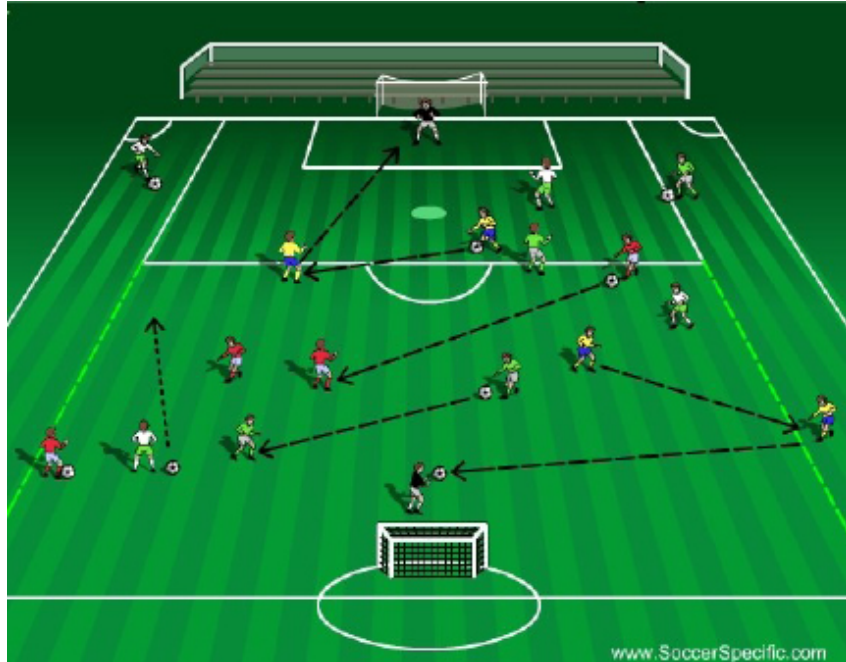
Lastly, the player at cone 4 hits a cutback ball on the ground to the top of the six yard box.

Progression includes adding near and far post runners in the box when the service comes from cones 3 and 5.

### Coaching Points:

- Catch the ball at highest possible catching point,
- Early “keeper” shout,
- Make the save before the near post if applicable,
- Adjust the goalkeepers starting position based on where the service is coming from; and distance of support.

## Activity #2



Set Up: Half field- bottom of the circle area with designated crossing channels, 2 GK's, 16 field players

8 partners knocking the ball around inside the designated area. Gradually find the goalkeepers hands not trying to score.

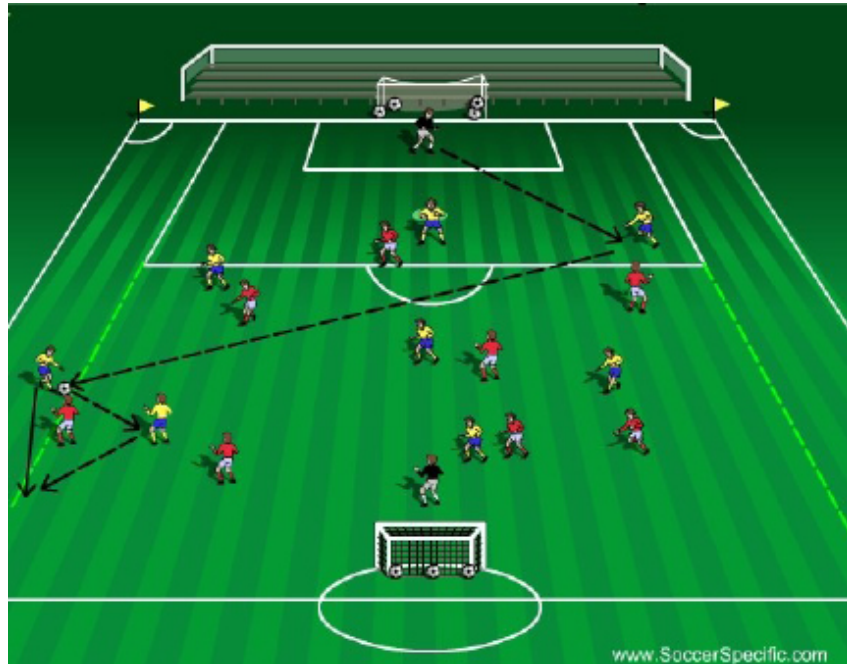
Next progression player must play their partner into the channel for a cross. GK makes the save and distributes to the other partner. Gradually lengthen the distribution.

Last two progressions the partner can crash the box and score and the player can penetrate on the dribble creating a breakaway situation.

Coaching Points:

- Players must communicate with the GK when shooting or crossing the ball.
- GK must find their target quickly and distribute to the open partner.
- Good starting position, early “keeper” shout, decide whether to “go” or “stay”.

## Activity #3



Set Up: Field size to the bottom of the center circle, two teams of 8 players and 2 goalkeepers as shown.

Restricted 8v8 game. Progressions include; (1) the ball must go wide into the channels in order to score. (2) The GK's must distribute into the wide channels to start the point of attack. (3) Add players into the channels and restrict them to 3 touch max.

### Coaching Points:

- Attacking players must be committed to getting at least 2-3 bodies in the box with good timing of runs.
- Goalkeepers must organize the defense and assign markers.
- GK must switch the point of attack with proper distribution.

## Activity #4 - Final Game



Set Up: Half field, 8 v 8 and 2 goalkeepers as shown

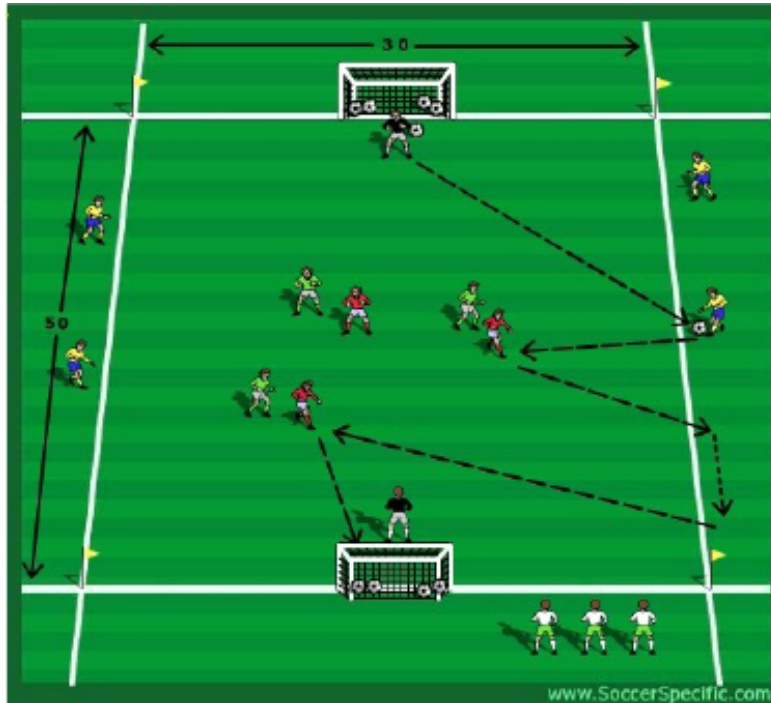
Unrestricted 8v8 game. 1 point for a goal through the run of play, 3 points for a goal off a cross

Play 5 minute games.

Coaching Points:

- All previous points of emphasis
- Attacking players must be committed to getting at least 2-3 in the box with good timing of runs.
- Goalkeepers must organize the defense and put a name to a job.
- GK must switch the point of attack with proper distribution.

## Session 130: 3 V 3 + 2 To Goal



**Set-up:** Make 30x50 yard grid. Place two regulation goals at both ends with a goalkeeper and a supply of balls in each goal. Divide your team into three teams of three, and identify four flank players. Position two teams in the grid, as well as a flank player on each side.

1. The play starts from the goalkeeper who distributes out to a flank player.
2. The flank player cannot be challenged and has 2 touches to combine with the team on offense in the middle of the grid.
3. The flank players are trying to cross the ball in for a shot on goal.
4. If the defending team wins possession, they must pass it wide in order to score going the other way.
5. If the ball leaves the grid or the goalkeeper gains possession, the play is started going the other way.
6. Play for 2 minutes or three goals, whichever comes first.

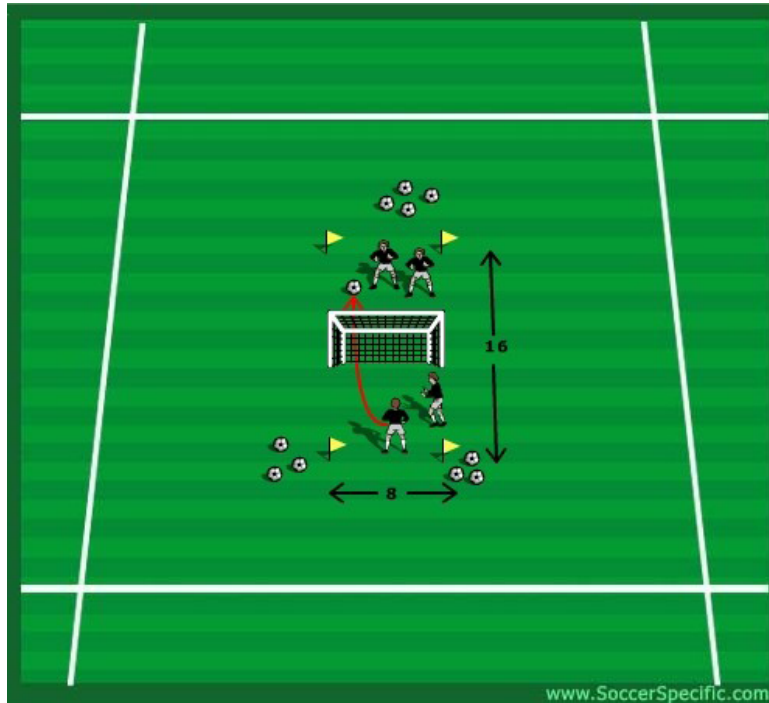
### **Progression:**

1. One touch maximum for the flank players.
2. Make the grid narrower.

### **Coaching Points:**

1. Clearances from the defenders and goalkeeper should be high and wide.
2. Early "Keeper" shouts.
3. Change the point of attack.

## Session 131: Boxing Volleyball



### Boxing technique, dealing with crosses

**Set-up:** Use a 8x16 yard grid and place a goal in the middle of the grid. Mark clear boundary lines with cones. Place two goalkeepers on each side.

1. The play is started with a volley over the net and the goalkeepers must box the ball back over the net into the other grid.
2. The goalkeepers must use the proper boxing technique.
3. (See GK-Crossing section) They have three touches to return the service. The ball may touch the ground at any time.
4. The first team to 11, 15, or 21 points wins the game.

### Progression:

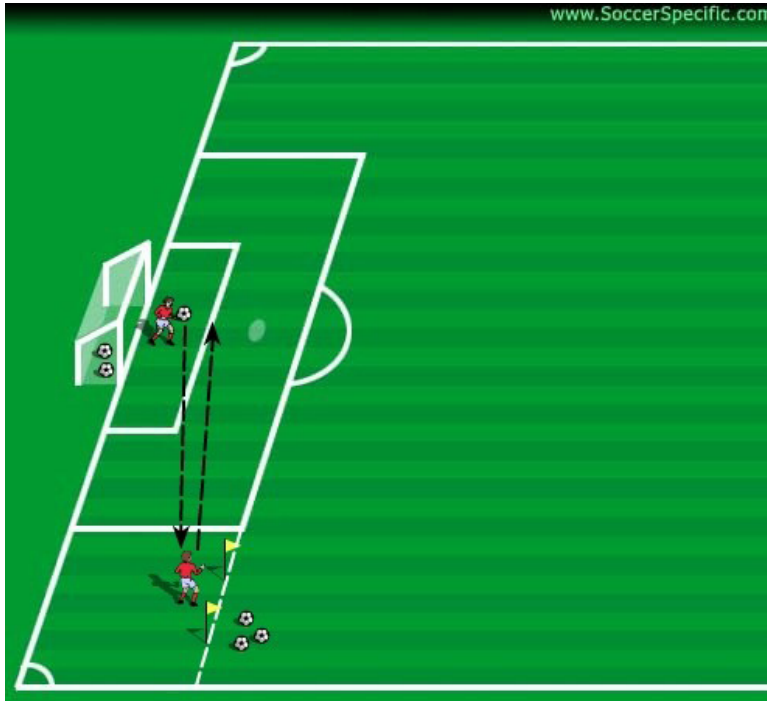
1. Make the area bigger, add another goal, and play 4v4 or 6v6.
2. Goalkeepers can only box with one fist.

### Coaching Points:

1. Create a big surface area with the hands and don't tuck the thumbs in.
2. Use your arms as springs and punch through the ball.
3. Communication and keep your feet moving in order to adjust to the flight of the ball.



## Session 132: Crossing Warm-Up



### Intense up and down work

**Set-up:** One server stands on the junction of the 6 yard box and the end line and serves a volley to the goalkeeper. A cone and a ball are placed at the corner of the 6 yard box and the final server stands at the middle of the six yard box. All three stations need plenty of balls.

The two goalkeepers take turns throwing the ball to each other. The serves can be to the near post or back post.

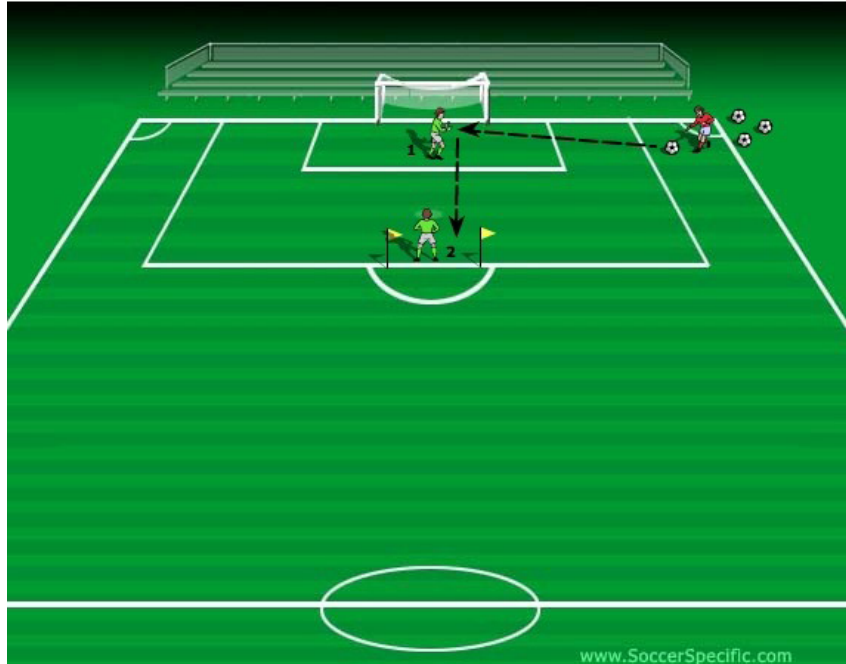
### Progression:

1. Both goalkeepers can strike crosses from the ground.
2. Add some passive attackers to distract the goalkeepers.

### Coaching Points:

1. Catch the ball at the highest possible catching point.
2. Make the save before the near post if possible.
3. Decide early, arrive on time.

## Session 133: Cross And Shoot



### Collecting a cross, distributing

**Set-up:** Two goalkeepers stand in their respective goals, 18 yards apart. The server is placed just outside the penalty box, on the side, with a group of balls. The server crosses the ball in to the goal mouth of goalkeeper.

1. The goalkeeper makes the save, and turns and shoots on goalkeeper
2. Repeat both sides and switch the role of the goalkeeper.

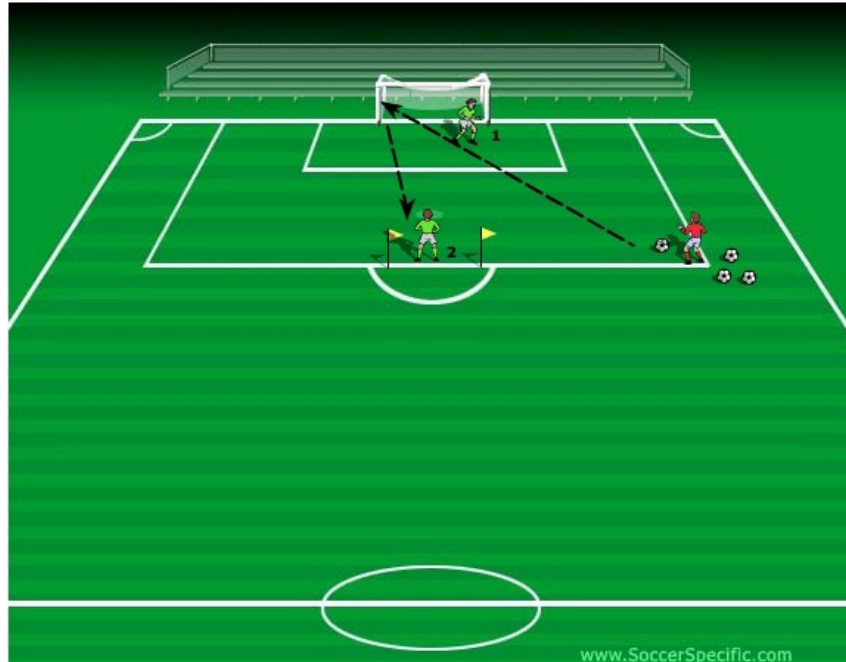
### Progression:

1. Goalkeeper 1 can drop kick or throw the ball at goalkeeper 2.
2. Add an attacker to distract goalkeeper 1.

### Coaching Points:

1. Catch the ball at the highest possible catching point.
2. Don't look to distribute before you have caught the ball.
3. Square your shoulders to your target when distributing.

## Session 134: Cross And Shoot



### Dealing with the cross driven to the far post

**Set-up:** Two goalkeepers stand in their respective goals, 18 yards apart. The server is placed on the corner of the penalty box with a group of balls. The server drives the cross (in-swinger) to the back post of goalkeeper.

1. Goalkeeper 1 makes the save, and turns and shoots on goalkeeper.
2. Repeat both sides and switch the role of the goalkeeper.

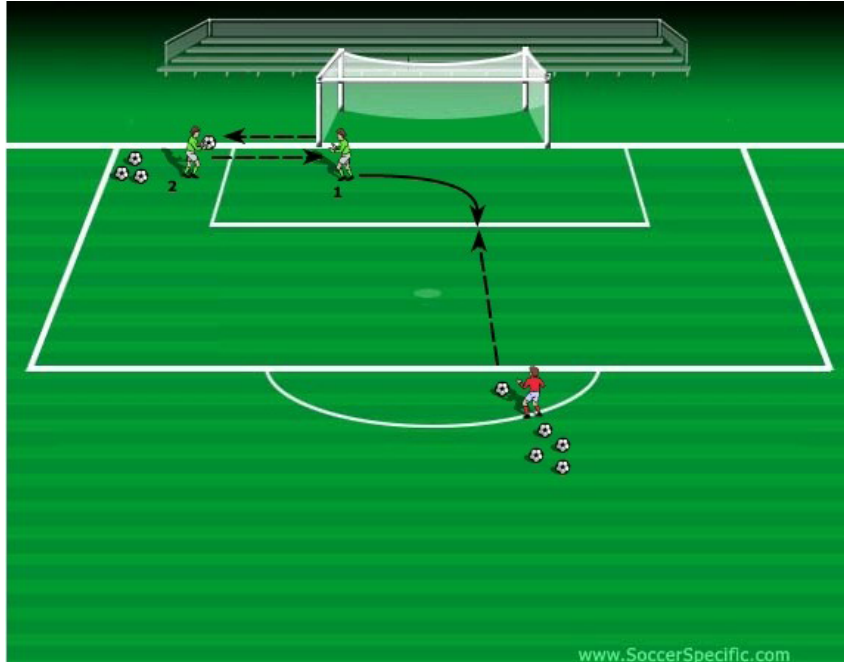
### Progression:

1. Goalkeeper 1 starts on the near post, which is slightly out of position.
2. Add an attacker who could possibly flick the ball into the goal.

### Coaching Points:

1. Catch the ball at the highest possible catching point.
2. The goalkeeper should not turn his/her back to the field of play.
3. Use an open palm and the arm closest to the ball, to tip over the goal if necessary.

## Session 135: Near Post High Ball



### Dealing with crosses to the near post

**Set-up:** Goalkeeper 1 stands towards the near post of the goal. Goalkeeper 2 stands 6-8 yards away with a group of balls. The server is at the top of the box with plenty of balls.

1. Goalkeeper 2 serves from his/her hands a high ball above the crossbar for goalkeeper 1 to come and collect.
2. Goalkeeper 1 makes the save, and throws the ball back to goalkeeper 2 while still in the air.
3. Goalkeeper 1 turns, cuts down the angle, and makes the save from the server at the top of the box.

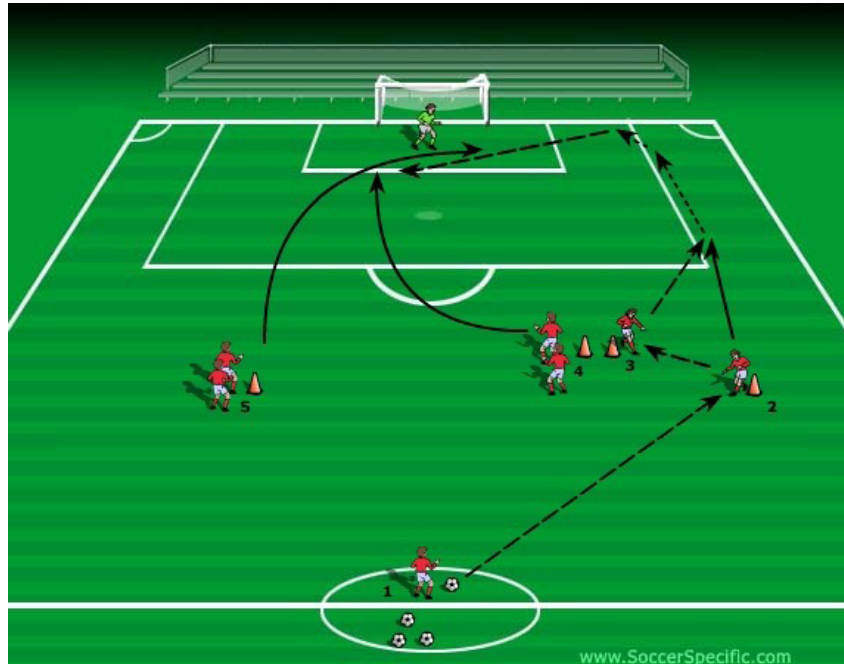
### Progression:

1. Goalkeeper 2 moves closer to the corner flag, and serves from crosses into the near post from the ground.
2. The server hits a moving ball or can go 1v1 breakaway with the goalkeeper.

### Coaching Points:

1. Catch the ball above the crossbar and at the highest possible catching point.
2. Make the save even or in front of the near post if possible.
3. Drive the knee up for more power.

## Session 136: Team Crossing Exercise



### Dealing with crosses from the flanks, near and far post runs

**Set-up:** Position the working goalkeeper in the goal. Server 1 stands just inside the center circle with a group of balls. Servers 2 and 3 start 35 yards from goal, and ten yards in from the side line. Player 4 (far post runner), starts close to server 3, and player 5 (near post runner), starts 35 yards out and even with the corner of the six yard box.

1. Server 1 drives the ball into server 2.
2. Server 2 wall passes with server 3, who is checking back to the ball.
3. Server 3 slots the ball down the line for server 2.
4. Server 2 makes his run down the outside channel and crosses it in the box. Players 4 and 5 time their runs to the near and far post.
5. The goalkeeper either cuts off the cross, or makes the save from players 4 and 5.

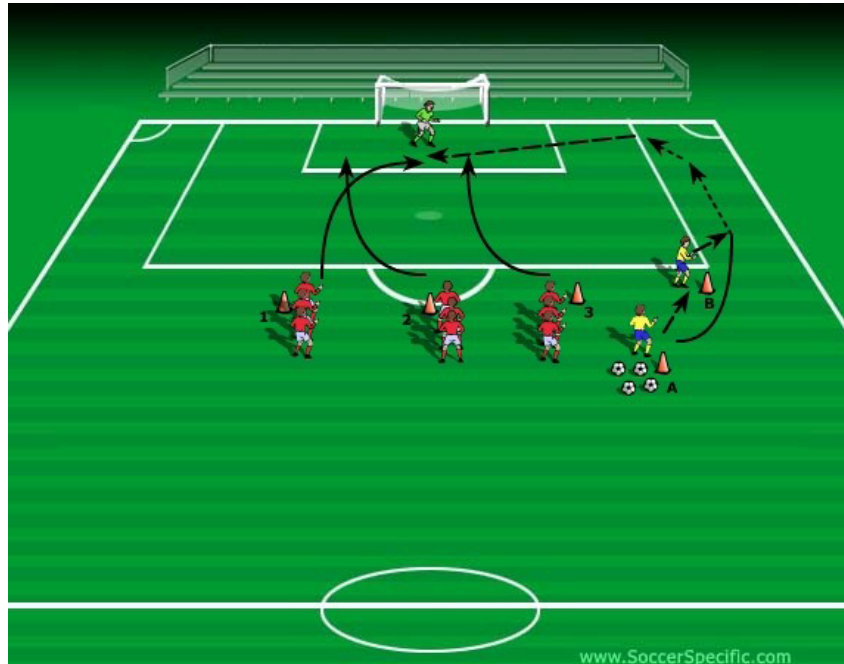
### Progression:

1. Goalkeeper must distribute to server 1 in order to start the exercise.
2. Add a third runner in the box for layoffs at the top of the box.

### Coaching Points:

1. Attack the ball.
2. Cover the near post runner's shot first.

## Session 137: Overlap And Three Runs In



### Dealing with three runners in the box, crosses

**Set-up:** The goalkeeper is in goal. Place three cones twenty five yards from goal, one in the middle of the D and the other two even with the corners of the six yard box. Place two more cones 8 yards apart from each other, and on a diagonal from the corner of the penalty box.

1. Server A plays it on the ground to Server B.
2. Server A does an overlapping run around the cone, and up the side line. Server B lays the ball off in the path of server A's run. Server A dribbles the ball down and crosses it, trying to find runners 1, 2, or 3. All three runners bend their run to the far post, near post, and middle of the 6 yard box.
3. Repeat on the left side of the field.

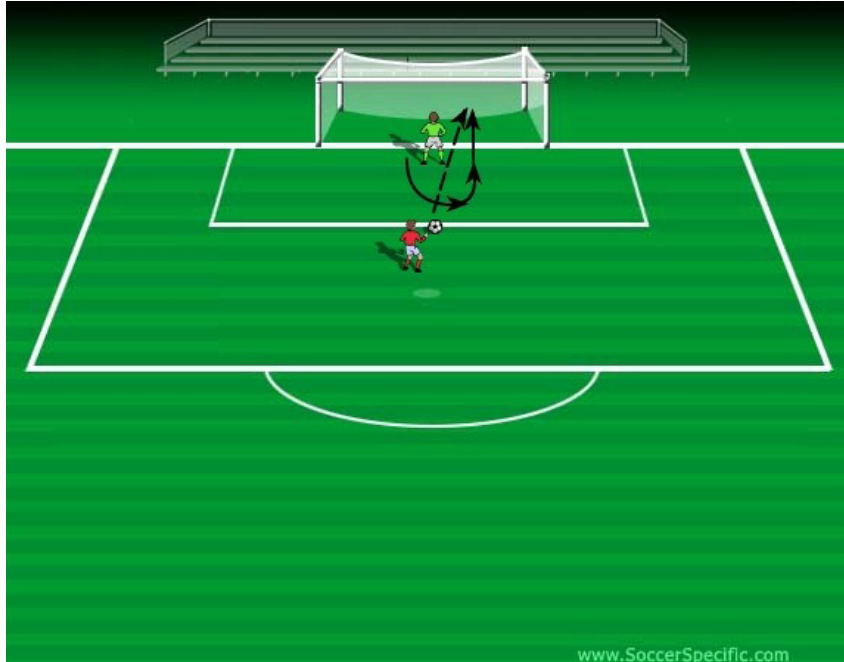
### Progression:

1. Add defenders to the exercise.
2. Server B can shoot or go 1v1 to goal as well as lay it off for server A.

### Coaching Points:

1. The closer server A gets to the end line, the farther the goalkeeper can come off his/her line to cover more area.
2. Decide early to punch the ball in traffic.
3. Follow the path of the ball and continuously cut off the angles.

## Session 138: High Ball Ply Metrics



### Dealing with three runners in the box, crosses

1. The goalkeeper starts sitting down facing his/her own goal. He/she must get up without using his/her hands, and explode up for a high ball.
2. The serve is a under handed throw, straight up and above the crossbar.
3. Perform three turning to the left, and three turning to the right.

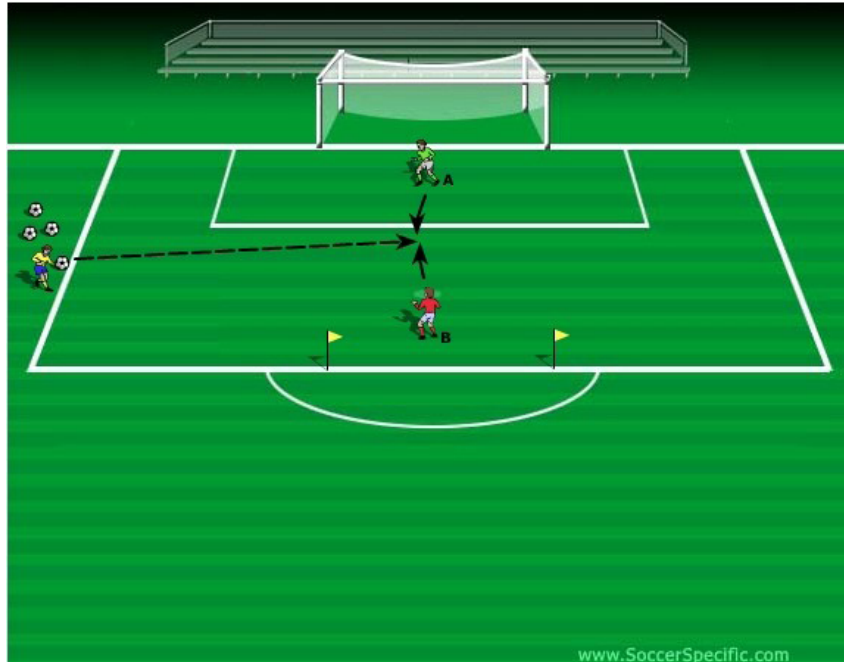
### Progression:

1. Increase the number of reps.
2. Place the server on the penalty spot.
3. Once the server throws it, they run towards the goalkeeper to act as a distraction.

### Coaching Points:

1. Tuck one leg under and rock on to one knee and then recover to a standing position.
2. Make sure the knee is driven up the same time the arms are driven to the ball.
3. Loud, clear and early “keeper” shout

## Session 139: 1 v 1 Crossing Game



### Attacking the ball, aggression, timing, competitiveness

**Set-up:** Place two goals 18 yards apart with a goalkeeper in each goal. A server stands on the side of the penalty box with a group of balls.

1. The server punts the ball high into the air and aims for it to land on the penalty spot.
2. Goalkeeper A and B must compete for the high ball save.
3. Whoever catches the ball in the air gets 2 points. If the ball drops to the ground, whoever wins possession gets 1 point.
4. The first one to 10 points wins.

### Progression:

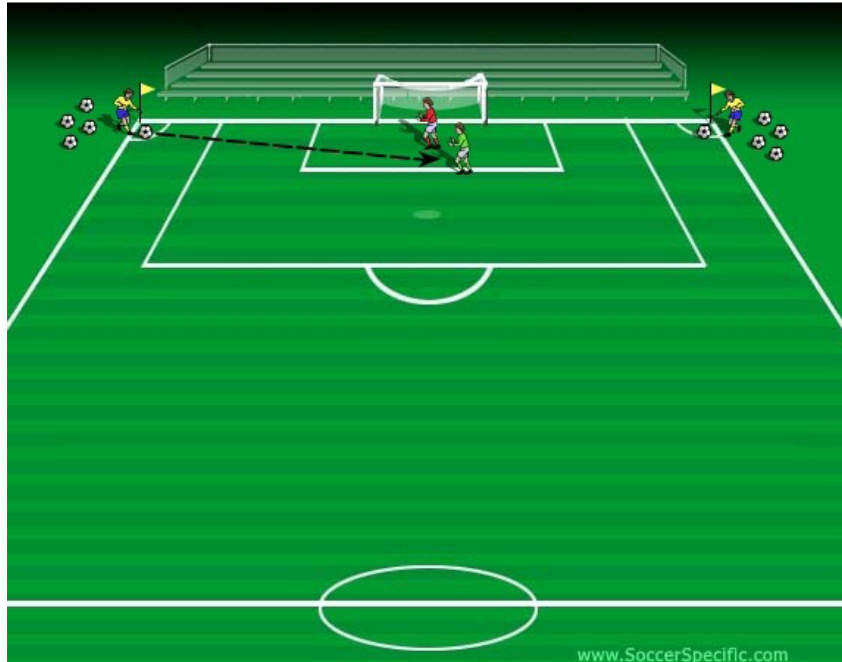
1. After the goalkeeper catches the ball in the air, he/she must set it down immediately and try and dribble a breakaway across the opponents' goal line.
2. The server can also put the ball down at his feet and shoot on target to either goal.

### Coaching Points:

1. Attack the ball and catch it at the highest possible catching point.
2. Drive your knee up to protect yourself from the other goalkeeper.
3. Decide early and arrive on time.



## Session 140: 1 v 1 Corner Kick Game



### **Attacking the ball, aggression, timing, competitiveness**

**Set-up:** Have two goalkeepers start in the goal mouth. Place a server at each corner flag with a group of balls.

1. The server strikes a cross into the goal mouth.
2. Both goalkeepers compete for the same ball. Whoever catches the ball in the air gets 2 points.
3. If the ball drops to the ground, the goalkeeper who gains possession gets 1 point. Alternate sides and the goalkeeper who reaches 10 points wins the game.

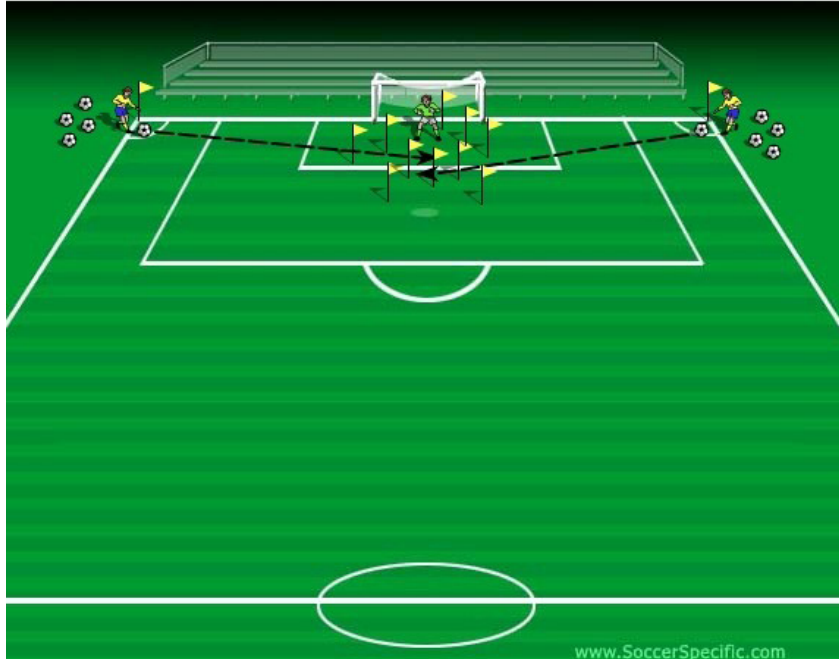
### **Progression:**

1. Move the server into the junction of the penalty box and the end line.
2. The goalkeepers must start on their stomachs, backs, sitting.

### **Coaching Points:**

1. Attack the ball and catch it at the highest possible catching point.
2. Drive your knee up to protect yourself from the other goalkeeper.
3. Decide early and arrive on time.

## Session 141: Crosses In Traffic



### Taking the direct route to the ball, dealing with traffic in the box

**Set-up:** Goalkeeper starts in the goal mouth. Randomly place 10-12 corner flags between the goal line and the penalty spot. Place a server at each corner flag with a group of balls.

1. The servers strike a cross into the goal mouth.
2. The goalkeeper must make his way through the traffic and make the appropriate save.
3. The goalkeeper must be willing to make contact and keep his/her concentration on the ball.

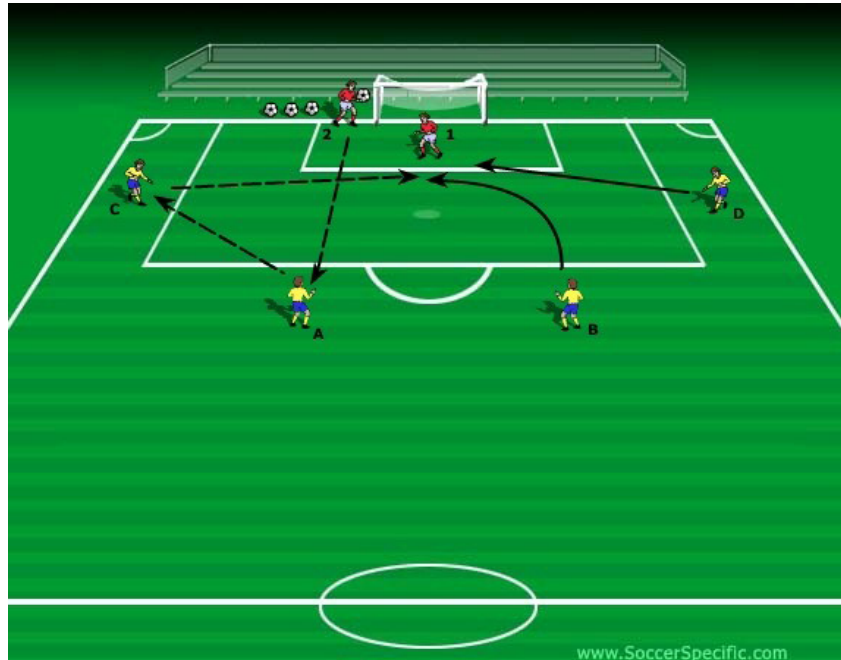
### Progression:

1. Add more flags.
2. Move the servers closer to the goal.
3. The server can play a cutback ball to the top of the box for a shot that, most likely, will take a deflection on the way to the goal.

### Coaching Points:

1. Concentrate on the ball, not the flags.
2. React to the flight of the ball.
3. Decide early, arrive on time and drive through the flight of the ball.

## Session 142: Crash The Box



### Following a cleared ball and dealing with an early service

**Set-up:** Place one goalkeeper in goal and the other goalkeeper on the side of the goal with a group of balls. Place two players 30 yards out from the goal, and even with the corner of the 6 yard box. Place two players on the sides of the 18 yard box, and 5 yards in from the sidelines.

1. Goalkeeper 2 distributes the ball to either player A or B.
2. Player A or B can play it on the ground or to either player C or D.
3. Player C and D must hit a one time, in swinging service, into the box for the goalkeeper to collect.
4. If A and D were involved with the buildup, then B and C must crash the box near and far post.
5. Look for a one time finish to score.

### Progression:

1. A and B can shoot or go on a 1v1 breakaway as well.
2. C and D can shoot at any time.
3. Add a defender.

### Coaching Points:

1. Communicate to the defender who they should mark.
2. Starting position of the goalkeeper must change according to where the ball is.

## Session 143: High Balls In Traffic Warm-Up



### Footwork, dealing with contact, concentration

**Set-up:** One goalkeeper starts in goal. Place two cones 6 yards apart from each other inside the 6 yard box. Place two players 6 yards in front of the middle of the cones. The server stands at the top of the 18 yards box with a group of balls.

1. The goalkeeper must do a figure eight around the two cones and explode forward towards the two players.
2. The two players stand facing the server, leaving a small gap between the two of them.
3. The server must throw a high ball that should land right on top of the two player's heads.
4. The goalkeeper must explode through the traffic and make the appropriate save. Repeat for a set of 6-8.

### Progression:

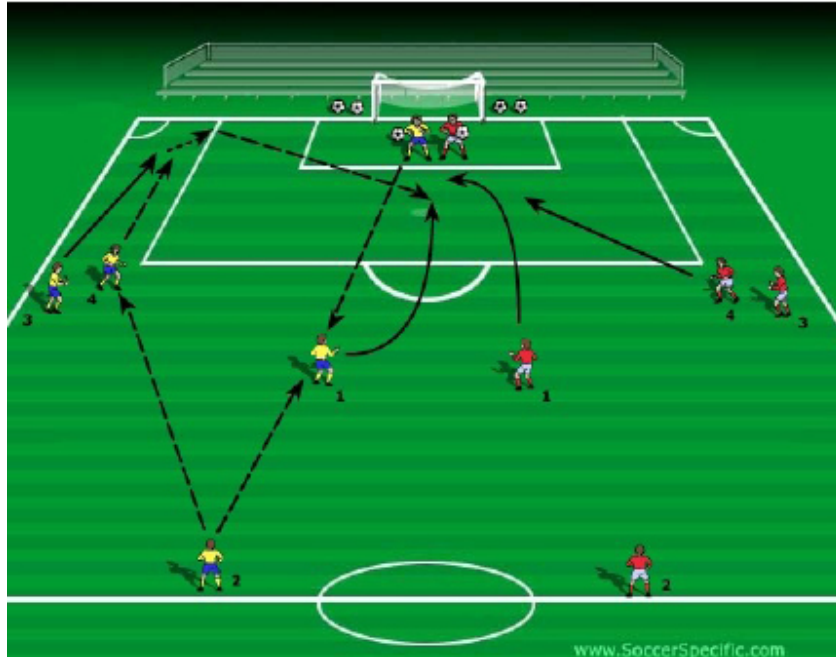
1. Increase the difficulty of the footwork.
2. The server can roll the ball or strike a volley at the gap and the goalkeeper must adjust.

### Coaching Points:

1. Always attack the ball and be aggressive.
2. Communicate a loud and assertive "keeper" shout.

## Session 144: Crosses And Pattern Play

Distribution,  
controlling your  
area, dealing  
with runners



**Set-up:** Start with two goalkeepers in the ready position. One goalkeeper works the left side of the field and the other works the right. Place player (1) 35 yards out from goal and player (2) at half field on the side of the center circle. Players (3) and (4) are positioned close together at the corner of the penalty box. The set-up is the same on both sides of the field.

1. The goalkeeper drop kicks the ball to player 1 who turns quickly and plays it to player 2 at mid field.
2. Player 2 drives the ball to either player 3 or 4.
3. If player 3 receives it, then player 4 overlaps him/her, the ball is played into the corner and player 4 crosses it in the box. Players 1 from both sides and players 3 and 4 from the opposite side crash the box.
4. Look for a one time finish. Alternate the patterns on both sides of the field.

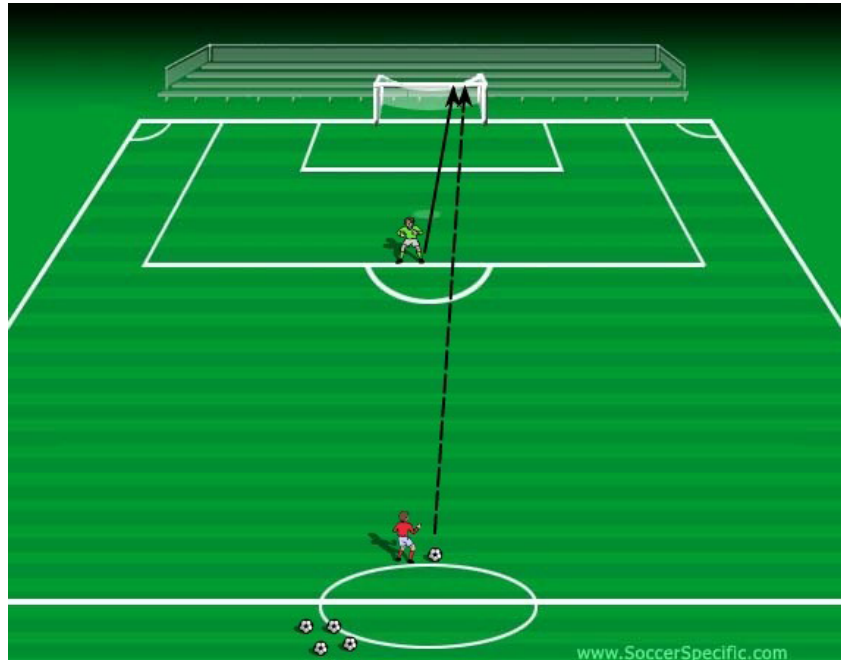
### **Progression:**

1. The goalkeeper must drop kick the ball to player 2, they play it to player 1 who plays it to players 3 and 4.
2. The non-working goalkeeper can act as a distraction to the goalkeeper who is working.

### **Coaching Points:**

1. Follow the angle of the ball as it travels around the field.
2. The goalkeepers starting position must be several yards off the line.
3. Control the 6 yard box.

## Session 145: Crossbar Game



### Getting caught out of position, striking balls over distance

**Set-up:** The goalkeeper starts at the top of the penalty area. The server stands at the bottom of the center circle with a group of balls. The server can move closer to adjust to age and ability of the players.

The server strikes the ball in the air, and tries to hit the crossbar in the air. As soon as the ball is kicked, the goalkeeper must recover to his/her goal, and prevent the ball from hitting the crossbar or going into the net. If the server hits the crossbar it is worth 2 points, if the server scores a goal it is worth 1. Play the game to five and then switch goalkeepers.

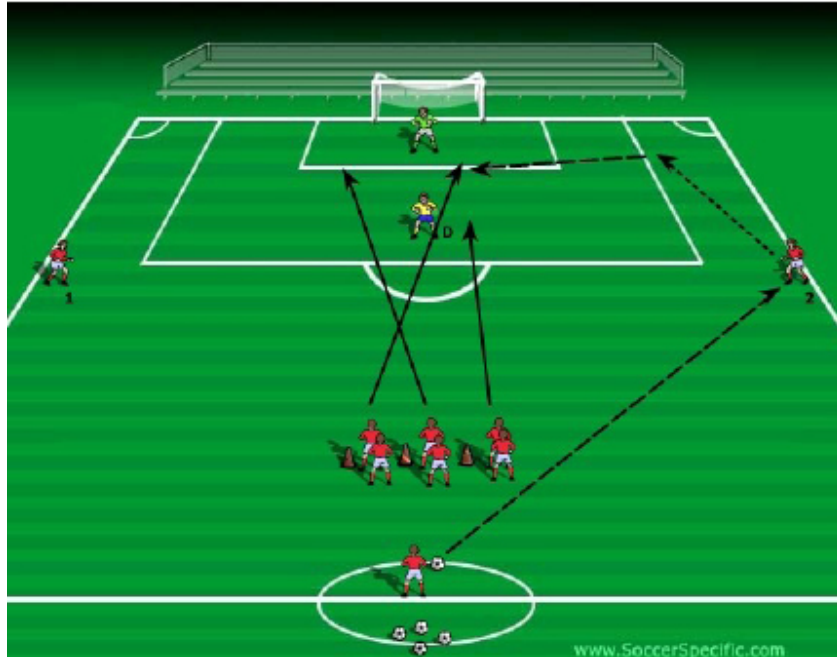
### Progression:

1. Move the server closer so there is less reaction time for the goalkeeper to recover.
2. Start the goalkeeper on either side of the D.

### Coaching Points:

1. Don't take your eye off the flight of the ball.
2. Don't just pedal straight backwards, it is too slow.

## Session 146: Attacking With Numbers



### Dealing with 3 runners crashing the box

**Set-up:** The goalkeeper is in goal and a defender starts at the penalty spot. Players 1 and 2 are positioned closely to the corner of the 18 yard box. Three cones are placed 40 yards from goal and five yards from each other. Position at least two players at each cone. Place a server in the middle of the center circle with a group of balls.

1. The server drives the ball to either player 1 or 2.
2. Those players turn quickly and dribble down the channel and cross it in the box.
3. The 3 players on the cones are crashing the penalty box.
4. The goalkeeper must communicate to the defenders which man to mark.
5. The server should change the point of attack often.

### Progression:

1. The goalkeeper can distribute to the server to start the sequence.
2. Add another defender.

### Coaching Points:

1. Watch the body language of the crosser; if the hips are open it is very hard to cut the ball back across the grain.
2. Make sure the goalkeeper pushes his defense out of the box every time.

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