

TRAINING EXERCISE

Roundabout Passing



	Dribbling Goalkeeping - Distribution Goalkeeping - Positioning
	U5 to U14
	3 to 3 Players
	cones and pennies
	Intensity: 5
	12:00 min (8 x 01:00 min, 00:30 min rest)

Objective

Combination of footwork and simple handling skills. Both Goalkeepers and field players in the same session.

Description

The objective is to combine simple footwork with basic handling skills. First set is to warm up using feet only. Inside players travel to different servers to receive ball (balls stay to the outside players). Receiving and passing back. limited to two touch passing. This can be split for older groups for one touch passing. 2. Second set is ball stays at field players feet as they receive ball from outside. As they receive the ball they can change direction by dribbling and going to a different server. Goalkeepers receive the ball in a set position and then basket catch or lower. Balls should be served off the ground. Goalkeepers then keep ball and side shuffle to a new server. Which at this time they will distribute by bowling the ball out to the new server. 3. Third is to do the same variation as the second. The only change is that the service is in the air. Field players practice different traps and then move to the next server. Goalkeepers catch the ball in a contour technique. Still moving away with the ball in a side shuffle and to different server. Distribution for goalkeepers is to practice overhead throws to the servers.

Key Points

1. Movement should be precise and consistent. Make sure keepers are squaring up to servers. (this is not about reaction saves) a. Make sure that goalkeepers are shuffling feet and not clicking or crossing them. (field players run as normal) b. Make sure that goalkeepers are in their set position before receiving the ball from servers. (We want to practice quality technique) c. Look for goalkeepers to have good technique when receiving ball from servers (like basket catches, contour catches) hand placement is important.