

Active for Life: GAG Activity

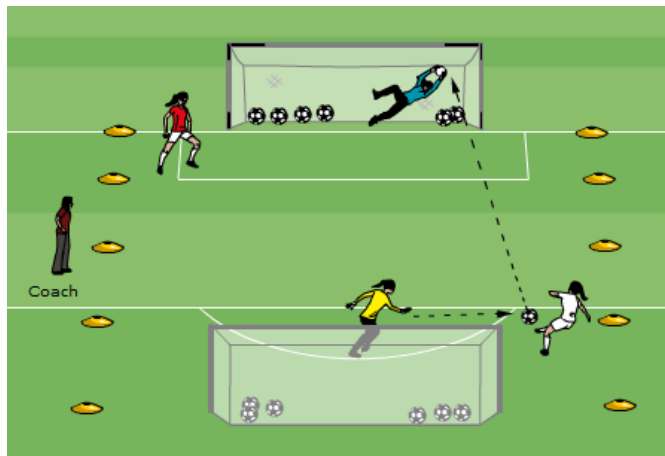
Technical/Tactical:

Goalie Shootout #1

15-20 minutes

Organization:

- 2 teams consisting of 1 Goalkeeper and a Striker
- Playing area is 20m. x 20m. with one goal at each end.
- A dual takes place inside the markers as shown.



Coaching Points:

- Correct starting position for shot-stopping
- Get behind the ball and use the largest surface available to make save
- If necessary deflect wide of goal
- Move feet quickly to get into position (quick short steps)
- Use proper throwing/kicking techniques and aim low
- Angle the rolled pass to the Striker

Description:

1. Each striker must try to score past the opposing Goalkeeper. The game starts with a Goalkeeper rolling the ball to their Striker, who must shoot in two touches or less. If a goal is scored or the shot is saved the opposing Goalkeeper rolls the ball to her Striker who shoots in the opposite direction, and the process is repeated. Rebounds which cross the mid-point can be hit again by the same Striker.

Conditions:

- Rebounds must be retrieved before they cross the mid-point or the side lines otherwise it results in a loss of turn.
- After saving the Goalkeeper can roll the ball for the Striker or try to score by throwing the ball.
- After saving the Goalkeeper can roll the ball for the Striker, or try to score by throwing the ball, or roll it forward and try to shoot herself.

Note: This is a demanding exercise for the players working so please allow recovery time between Competitions.

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