
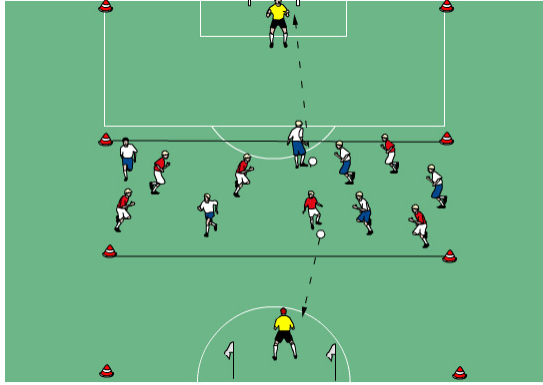



Goalkeepers included
Theme: Finishing and Goalkeeping
Level: 11-14 Sample C License Session

<p>Warm-up 2 groups and 2 goalkeepers. One ball for each group.</p> <p>When GK calls for a ball, a player plays it into them. 1) on ground, 2) knee high, 3) player makes fake (change of direction-cut back) and then plays ball to GK, 4) same as 3 but uses a different cut.</p>		<ul style="list-style-type: none"> • Goalkeepers: • GK Communication • Handling • Getting Ready (gunslinger) • Field players: • Shooting technique • Pace of ball • Deception prior to shot.
<p>Small Sided Game 2 Team Finishing</p> <p>2 teams pass and move in the middle when GK yells at a player whoever has the ball shoots at the goal, he/she is in. All shots are taking from 18 yards or more.</p> <p>Progress quickly to:</p> <p>a) allowing a player from the other team to pressure the shooter b) Player must pass ball to another player who then shoots.</p>		<ul style="list-style-type: none"> • Goalkeepers: • Communication • Getting set • Angle play • Footwork: • Field players • Technique • Getting attempt off quickly • Using other players.
<p>Expanded Small Sided Game</p> <p>4v4+1</p> <p>Two teams of 4 with one neutral player. Space is tight. Players play to goal. If a player shoots and misses, they go get the ball and the other team plays a man-up until he/she returns to the field. Offside in effect.</p>		<ul style="list-style-type: none"> • Goalkeepers: • Communication • Getting set • Angle play • Footwork • Field players: • Technique • Getting attempt off quickly • Shape to attack quickly. • Showing combinations to get chances.
<p>Game</p>	<p>7v7 Game (6 and a GK) Formation is a 1-2-3-1</p>	
<p>Cool Down</p>	<p>Players cooled down on their own.</p>	