



COACHES CONNECTION U19 LESSON PLAN

Author — Greg Maas — UYSA Technical Director

Incorporating the Goalkeeper Into the Attack



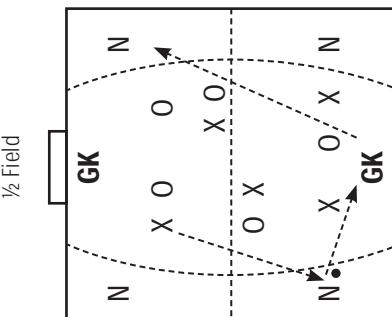
ORGANIZATION	VARIATIONS	DIAGRAM	COACHING POINTS
Fundamental	<ul style="list-style-type: none"> Each team begins with a ball passing and moving. Every 2-4 passes, the team must pass it to one of the goalkeepers, who then distribute the ball (with their feet) to the opposite colored team. Continuous. Goalkeepers should vary service between short and long passes. Eliminate one ball and play "keep-away." Teams score by linking six passes together. One of the six passes must involve a goalkeeper. 		<ul style="list-style-type: none"> Maintain proper angles of support Vision and awareness away from the ball Proper verbal and visual communication Appropriate technique while receiving and passing the ball Correct and decisive decision making
Match Related I	<ul style="list-style-type: none"> Begin by restricting players to their appropriate third of the field (2 v 2 in the attacking third; and 3 v 3 in the defensive third; and 3 v 3 in the middle third). If the defending team wins the ball in the middle third of the field, they must quickly play the ball back to their goalkeeper before they are allowed to go forward to goal. Award one point for scoring during the run of play and two points for goals scored beginning with the goalkeeper. Add neutral player(s) in the central zone if necessary 		<ul style="list-style-type: none"> Good starting position in support of the ball Link with the run of play (up, down and side to side) Correct distribution to the attack Play the ball away from pressure and support the pass Organization of the team in transition to defend or attack



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Match Related II	<ul style="list-style-type: none"> Begin with four neutral players in the channels, progress to 1 v 1 in the outside channels and 5 v 5 in the middle. Regular rules apply, however crossing from the outside flanks is encouraged. Award one point for scoring during the run of play and two points for goals scored off crosses. Goalkeepers must look to change the point of attack when they win the ball. <p>Create two large crossing channels on the flanks and allow, no more than, 1 v 1 in the channels at any time.</p>	 <p>$\frac{1}{2}$ Field</p>	<ul style="list-style-type: none"> Change the point of attack quickly Correct decision to play to feet or space from pressure Receive the ball and play away Appropriate decision to control the ball dear the ball first-time Communication and organization at all times
Match Condition	<ul style="list-style-type: none"> Possible Formation 1:2:3:2. No restrictions. <p>7 v 7 with goalkeepers to two large goals ($\frac{1}{2}$ field or as needed).</p>	 <p>8v8 The Game</p>	All of the above
Cool Down	<ul style="list-style-type: none"> Focus on major muscle groups. <p>Players jog (dynamic movements), Stretch.</p>		<ul style="list-style-type: none"> Reduce Heart Rate Static Stretching Review Session