Topic = Goalkeeping Dealing with 1 v 1 Situations   **Coach = Chris Hershey, NYSWYSA Goalkeeper Coach**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	* Two players per ball * Distance depends on save * Play across to touch or save * Alternate each service	* Explode to steal ground. * Read cue to stalk, low, compact, under control, small steps. * Explode to save, hands from low position, forward to ball first. * Call KEEPER each save
MATCH RELATED ACTIVITY 	* 6 players in middle moving randomly * Server plays to checking runner. * Server play's the ball to feet or to space * GK comes out to create a 1 v1 situation * If GK wins they play back to Coach * Runner becomes GK on deck * GK goes to the middle	* Cues to steal ground; pace, distance first touch. Cheat when possible. * Stalking; small steps, moving forward, low hands out front. * Cue to attack ball, save as far from goal as possible.
MATCH RELATED ACTIVITY 	* 3 v3 with one neutral player in the middle zone * Teams break out to end zones and create a 2 v1 * If Goalkeeper wins the ball, they look to play to Def, or back into the middle zone * If ball goes out of bounds, coach restarts the play back in the middle zone	* Patience to read and time play. * Visual cues to attack or hold. * Communication with defenders * Starting position not too aggressive, no chips, avoid getting caught in middle.
MATCH CONDITION ACTIVITY 	* 6 v 6 game with no restrictions	**KEY TO DIAGRAMS**
COOL DOWN	Players throw and catch the ball in pairs. Stretch	