

GI GA

The logo consists of the letters 'GI GA' in a bold, italicized, sans-serif font. A black silhouette of a soccer player is integrated into the letter 'I', appearing to jump and head a soccer ball.

Blocking / 1v1s



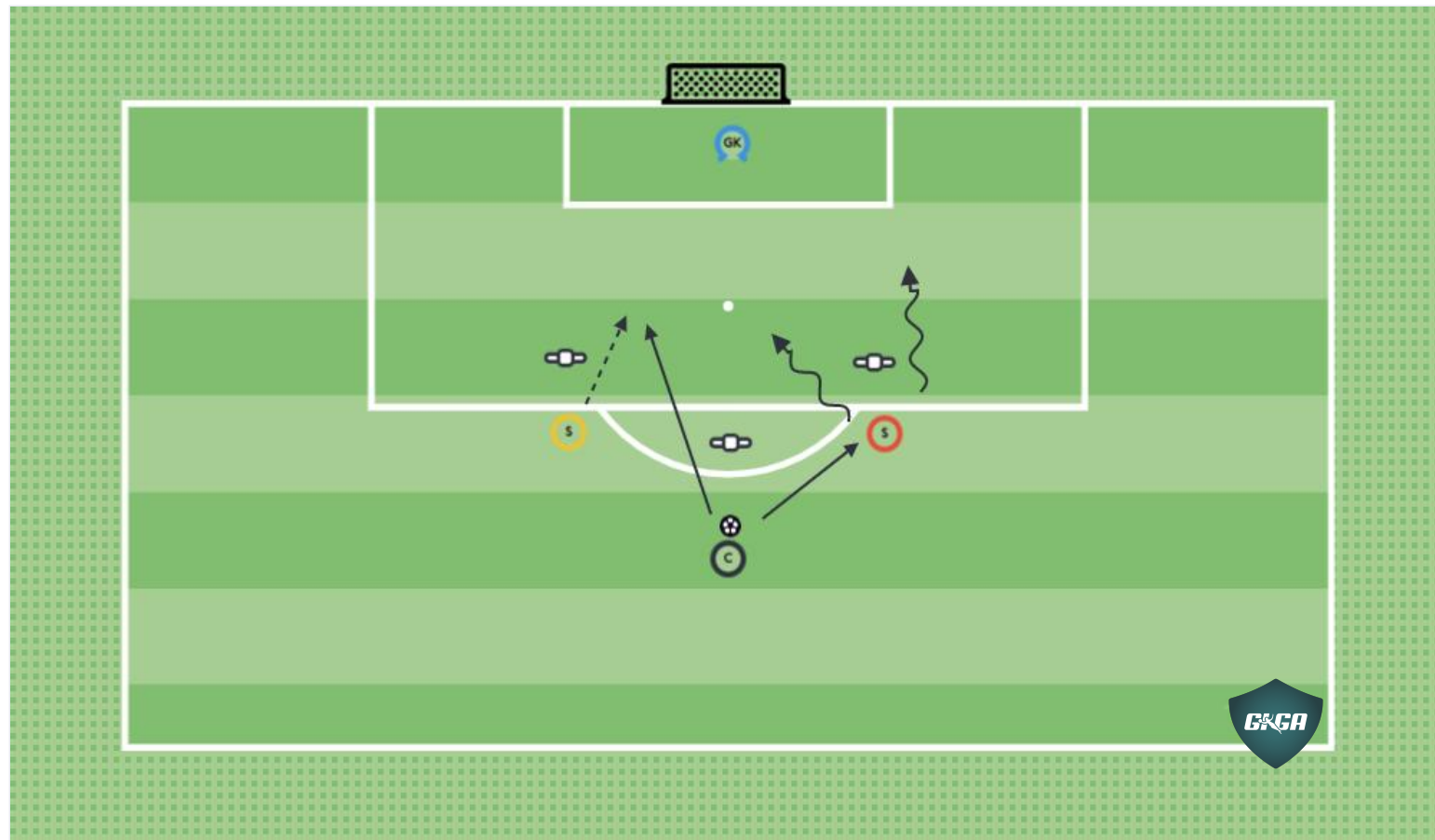
Close range blocks competition

Server plays ball to coach from behind three small goals.

Coach attempts to score from 6-10 yards out on any of the three goals.

All three GKs must be ready to react and save - if ball rebounds of one GK, others can react to save before coach gets rebound.

COMPETE: +1 pt for every successful save / -1 pt for conceding a goal 60 second game



Key Coaching Points

- Movement in relation to the ball position - angle, height, depth of set position in relation to area server is in upon finish
- Visual triggers
- Timing, technique of set position (body weight/balance, bravery) - Save decision

Close range saves in defensive transition - LH

-Red server starts off acting like a CB playing a back pass to GK, who splits mannequins to find the Coach. Coach can move freely giving GK different decisions on angle & type of build out pass. - Coach then plays yellow server to go through on goal. VARIATIONS: -Coach can play either yellow or red to finish (with the other following in for rebounds) -If ball goes to yellow, red can defend to make more game realistic and give GK different pictures to think about and work on.



Written by Louis Hunt ▾
Jun 10th, 2020

0 comments

Share



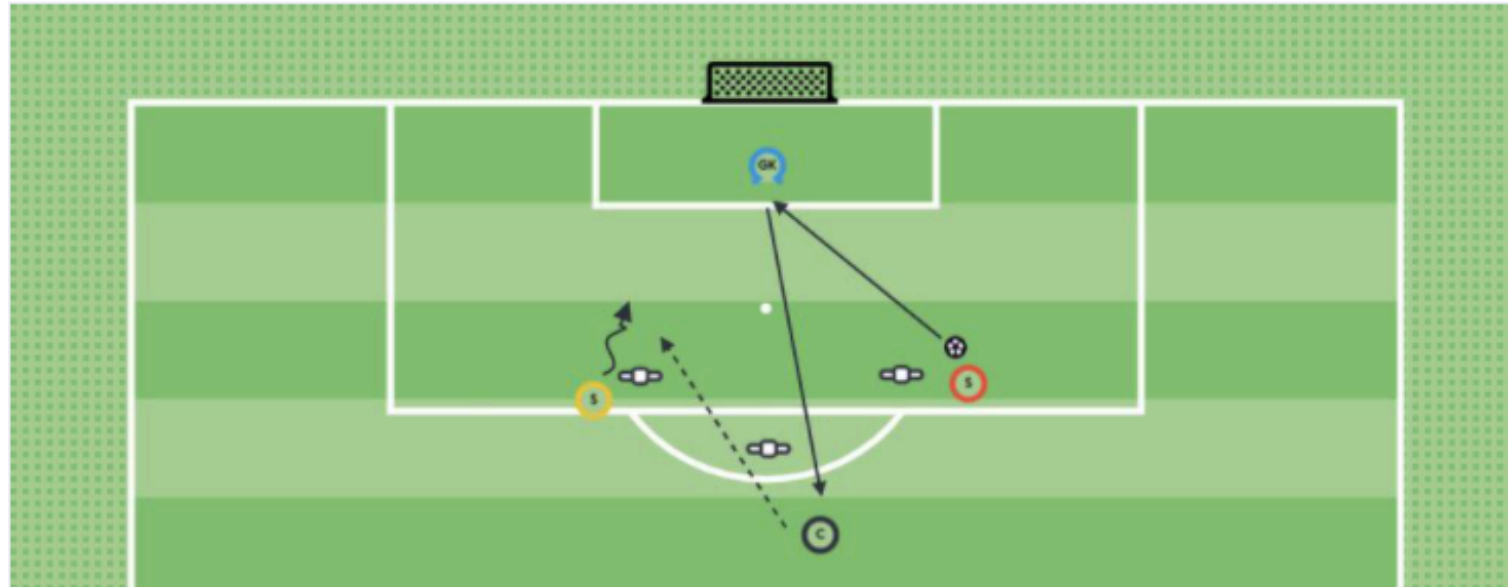
Print



Favourite



Folder +



COACHING POINTS

- Movement in relation to the ball (especially in defensive transition) - angle, height, depth of set position in relation to area server is in upon finish
- Visual triggers - path of ball (can you come out win the ball, or stay back?)
- Timing, technique of set position (body weight/balance, bravery) - Save decision
- Defend area - reaction / mentality to rebounds



Close range reaction saves - Foot saves - LH

-GKs step into a positive set position as server touches the ball towards red gate. Server attempts to score low towards near side of the goal with GK working on reactive foot saves. -Progress activity so servers can shoot from varied distance and height



Written by Louis Hunt
Jun 10th, 2020

0 comments

Share



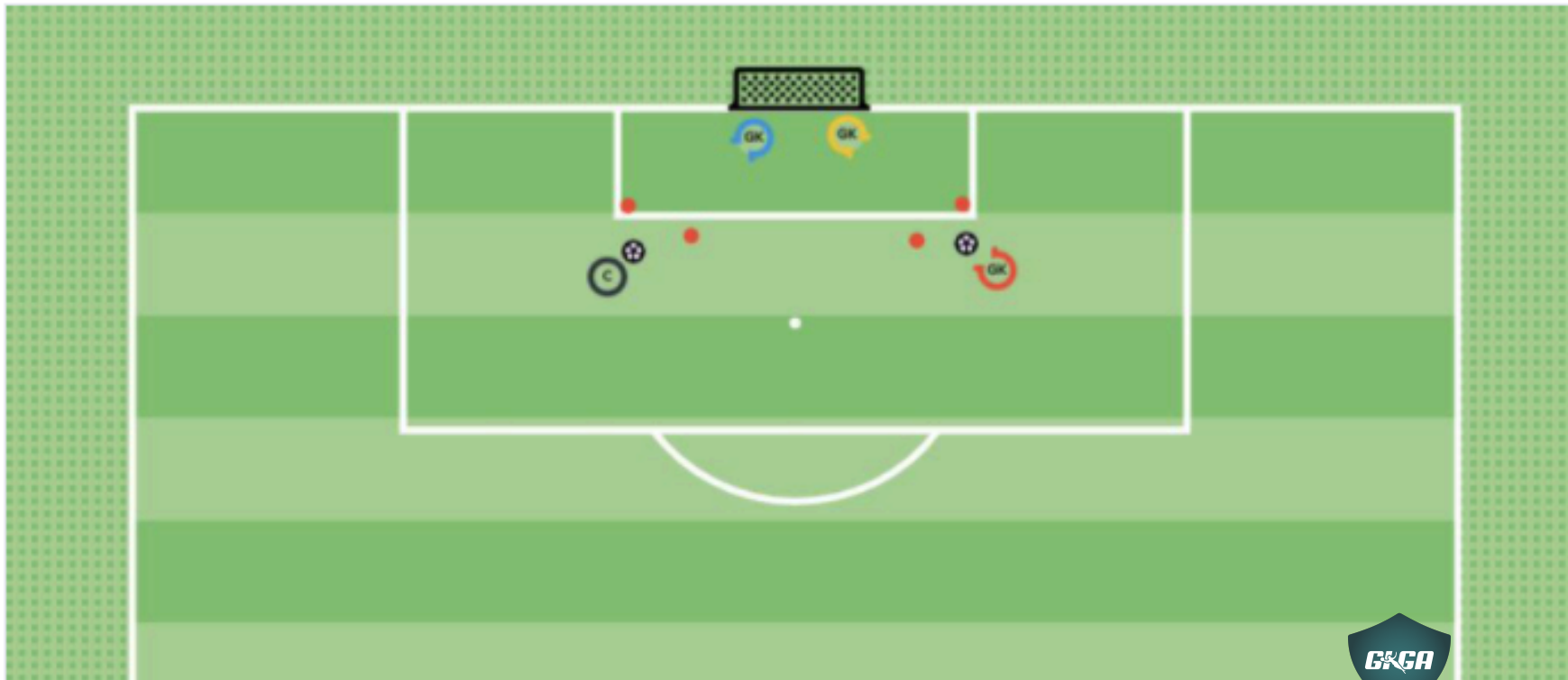
Print



Favourite



Folder +



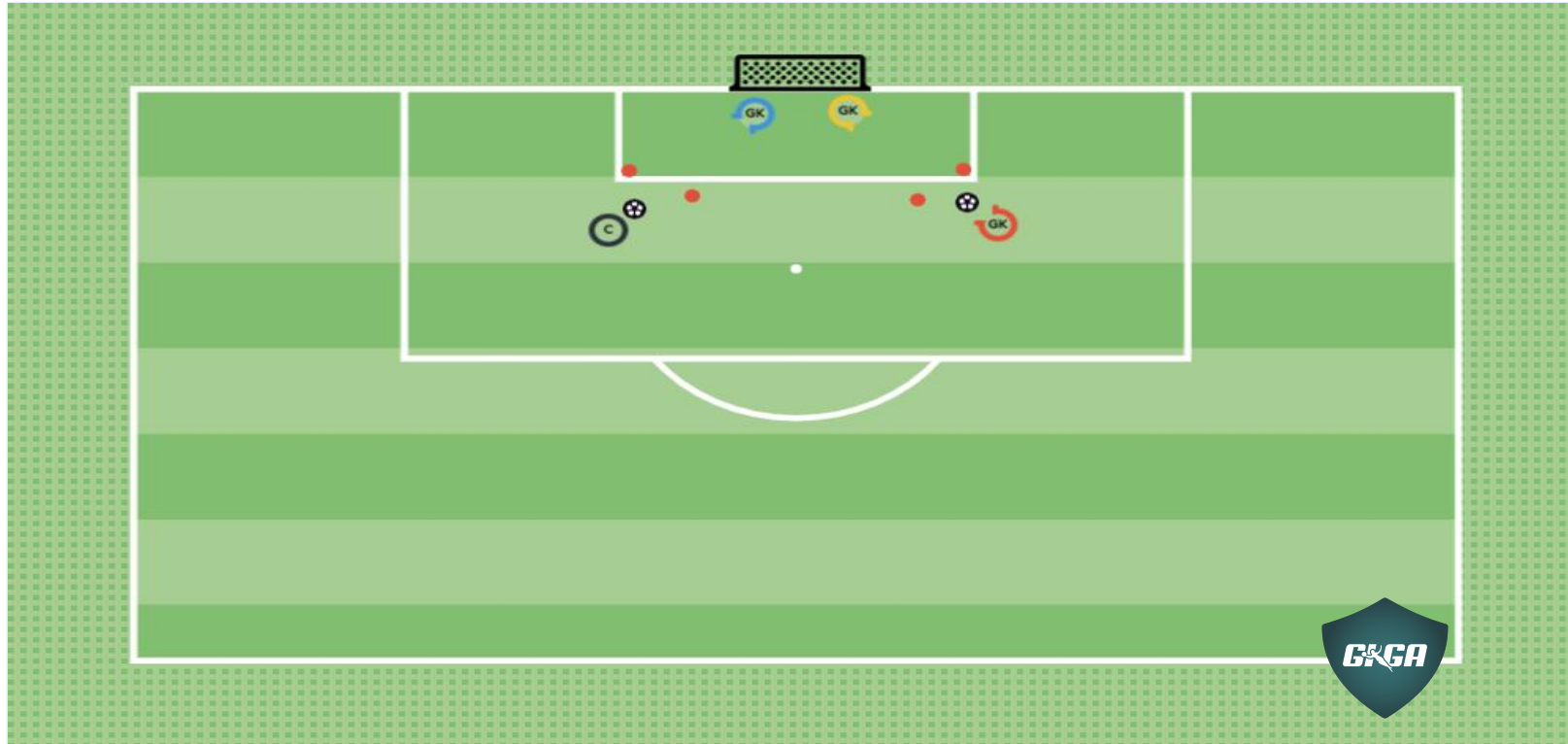
COACHING POINTS

- Set position in relation to the servers shooting position
- how does this effect save decision?
- Balance & Weight of set position
- be able to react quickly with feet to block ball
- Bravery in set position
- don't fall ball away from the ball - stay big
- Visual triggers from the servers - how does this determine GKs movements to set and angles?



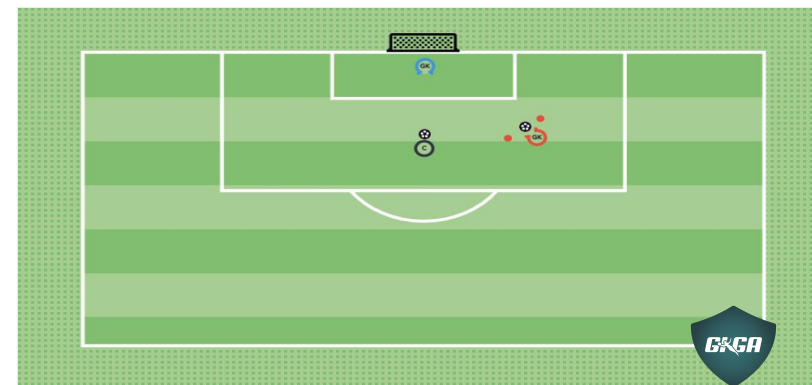
Close range reaction saves - Foot saves - LH

Written by Louis Hunt



Progression: Coach now starts with varying serves into GK who then must make a second save from wide server

- COACHING POINTS
- Set position in relation to the servers shooting position - how does this effect save decision?
- Balance & Weight of set position - be able to react quickly with feet to block ball
Bravery in set position - don't fall ball away from the ball - stay big
- Visual triggers from the servers - how does this determine GKs movements to set and angles?



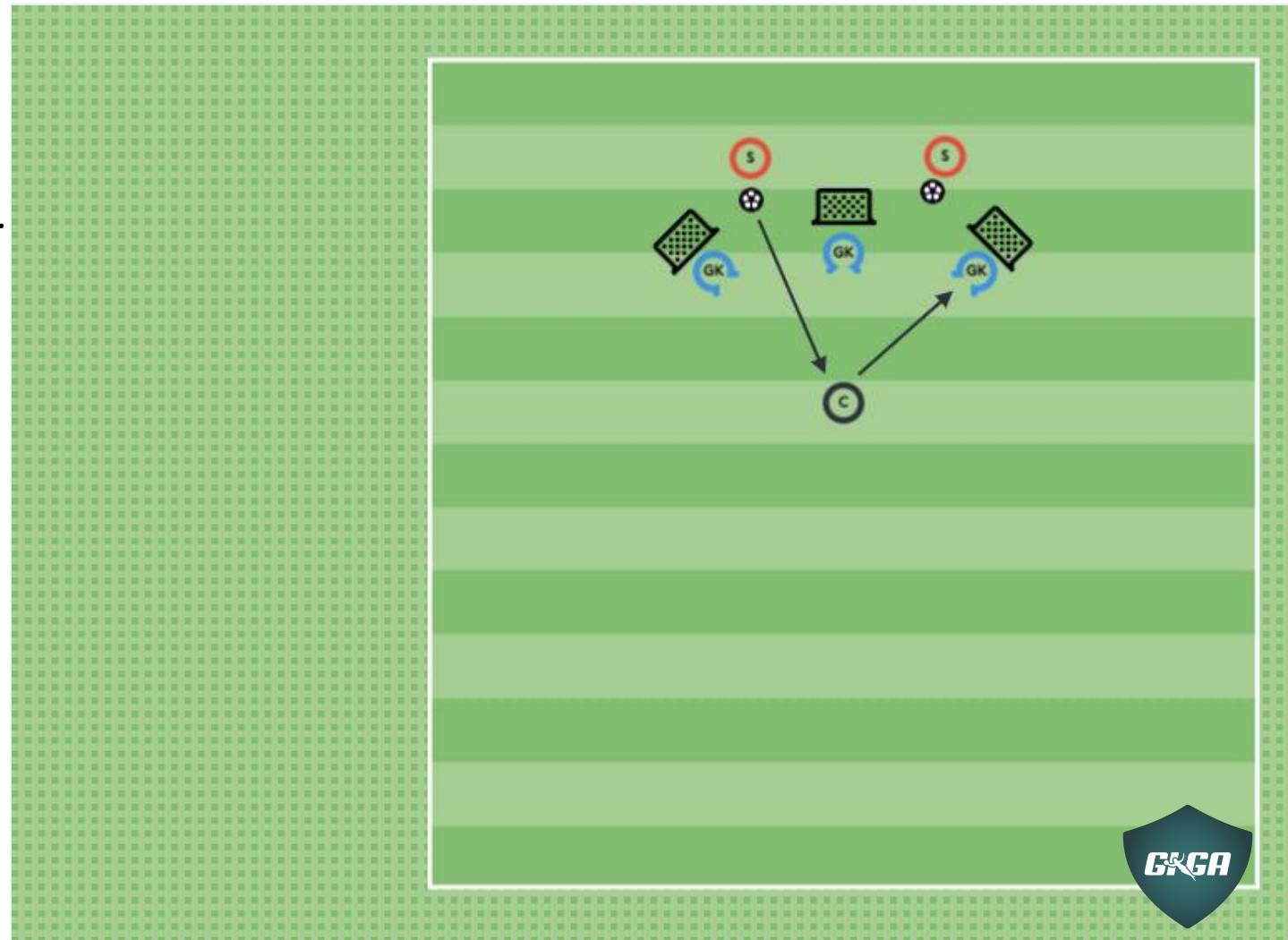
Close range blocks competition

Server plays ball to coach from behind three small goals.
Coach attempts to score from 6-10 yards out on any of the three goals.

All three GKs must be ready to react and save

- if ball rebounds of one GK, others can react to save before coach gets rebound.

COMPETE: +1 pt for every successful save / -1 pt for conceding a goal 60 second game



Key Coaching Points

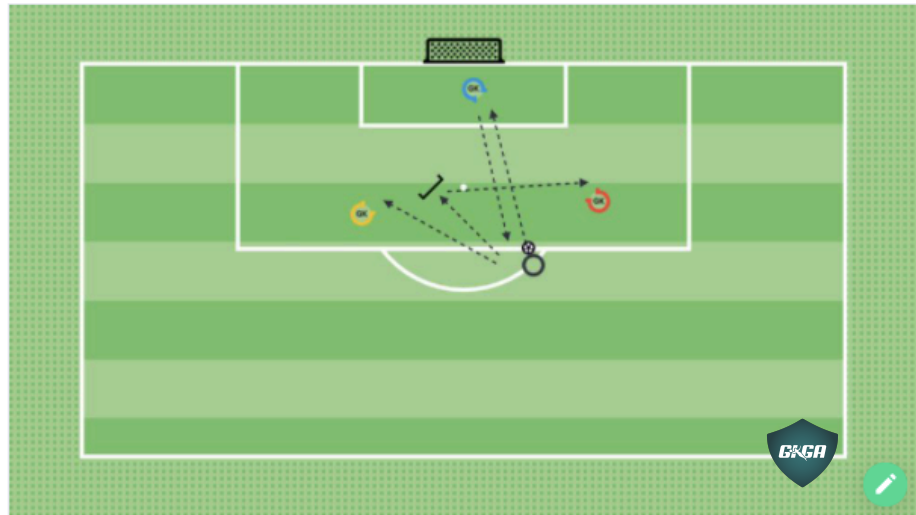
- Visual triggers of finisher (hips/body shape)
- Positive step / set position - be brave
- Angle of block / variety of block - foot save, K block - when to smother

CLOSE RANGE SAVES

Coach starts playing a stationary ball to GK for technical handling warm up GK rolls ball back to coach who either plays the yellow GK to shoot on goal or passes into the rebounder for ball to the red GK to shoot from close range. Variation: Yellow & red GKs to go 1v1 to goal - both players can follow in for rebounds To make more game realistic, the non-working yellow or red GK can act as a recovering defender to effect the GKs decision making and angles.

Written by Louis Hunt
Jun 8th, 2020

0 comments



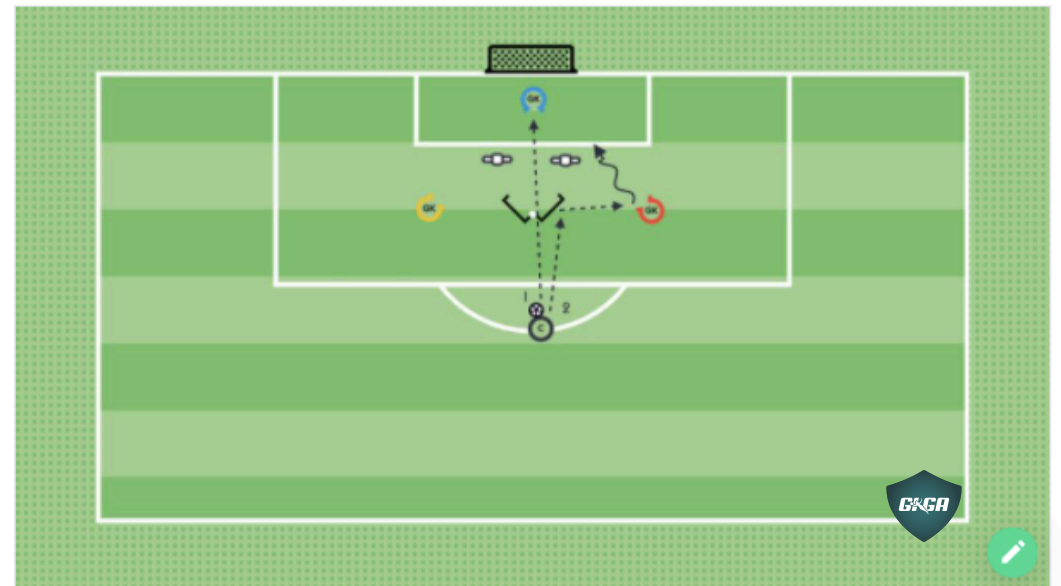
Key Coaching Points

- GK's save decision based off ball from rebounder
- Defend the area; reaction to if ball breaks loose for secondary forward to finish (how does that player effect decision on save?)
- Timing of set position - angle/weight/balance of body to react appropriately

1. Coach serves a ball to goal for GK to save 2. Immediately after the save GK plays a ball into the rebounded - GK must appropriately react and move across goal to make a save from either yellow or red player

Written by Louis Hunt
Jun 8th, 2020

0 comments



Key Coaching Points

- Reaction to angle of ball to save appropriate - save decision based on which player the ball goes to, angle of forward, height/depth of forward