

GI GGA

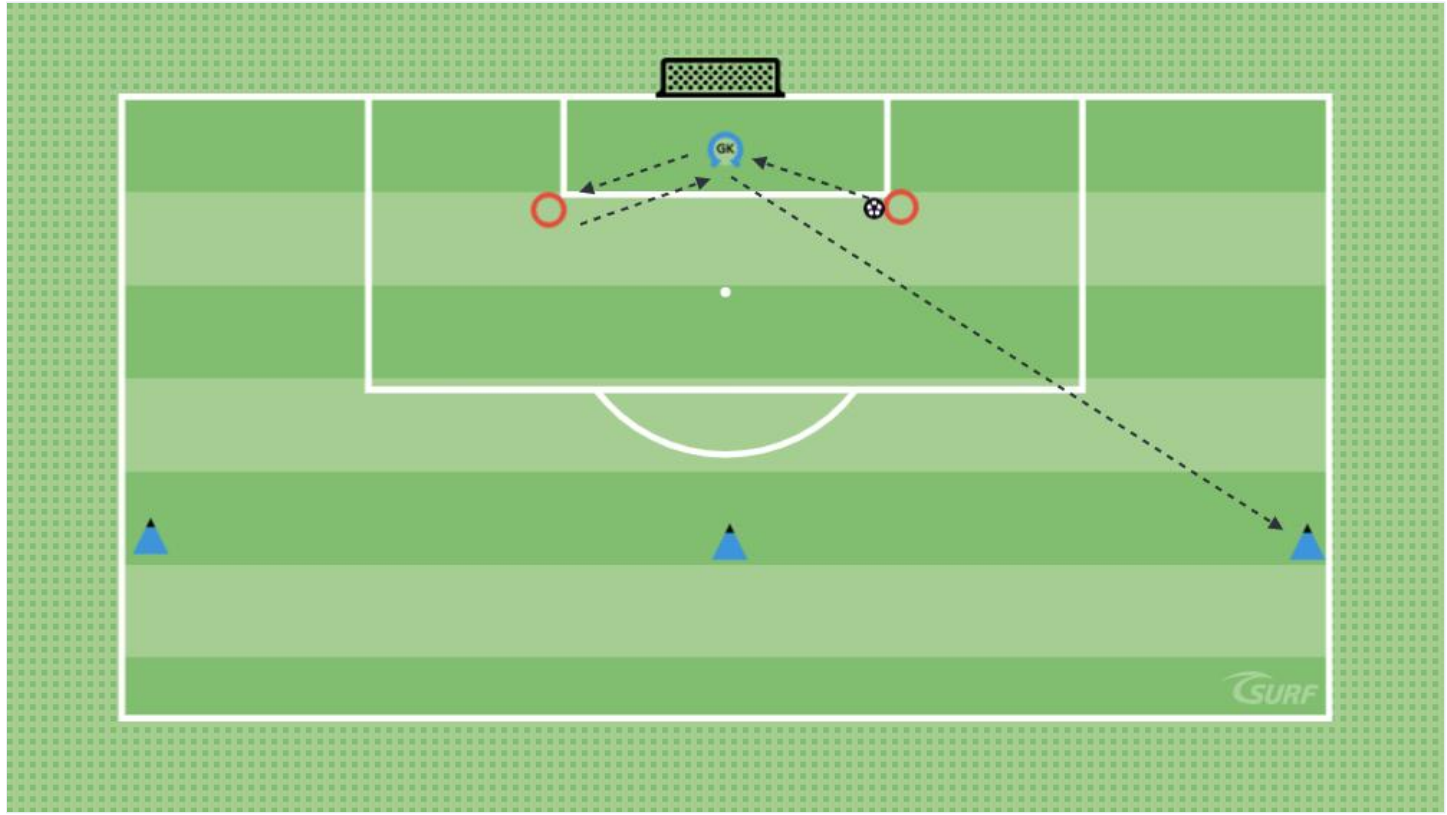


Multi-Topic Activities



Short > long distribution into defensive transition to deal w/ a cross and/or shot stopping

Written by Louis Hunt



Key Coaching Points

- **Build out**
Movement to support the ball (think about angle of body shape, height/depth of support) - Prep touch (ball out in front of you to set up pass) - weight/angle/quality of pass (set receiver up for success with angle of pass)
- **Defensive Trans to Deal w/ cross**
Organisation of defender s- awareness of attackers runs - position in goal based on height/depth/angle of crosser as they deliver ball - decision on whether to come out and claim cross or get in line, set and be ready to save
- **Defensive Trans for shot stopping**
Organisation of defenders - awareness of attackers runs - movement in goal based on area the ball is in to be ready to save - save decision (based on timing of shot, angle/position of ball), forwards body shape



GK 4 goal game - crosses, build out, close range saves

Game starts with wide server delivering a cross for reds to attack & GK to catch. GKs then attempt to make 5 passes for a goal (bonus goal if they split attackers). Attackers press to try and steal ball and score in any goal. If ball goes dead, new one always comes from a cross to either goal.



Written by Louis Hunt
Jun 24th, 2020

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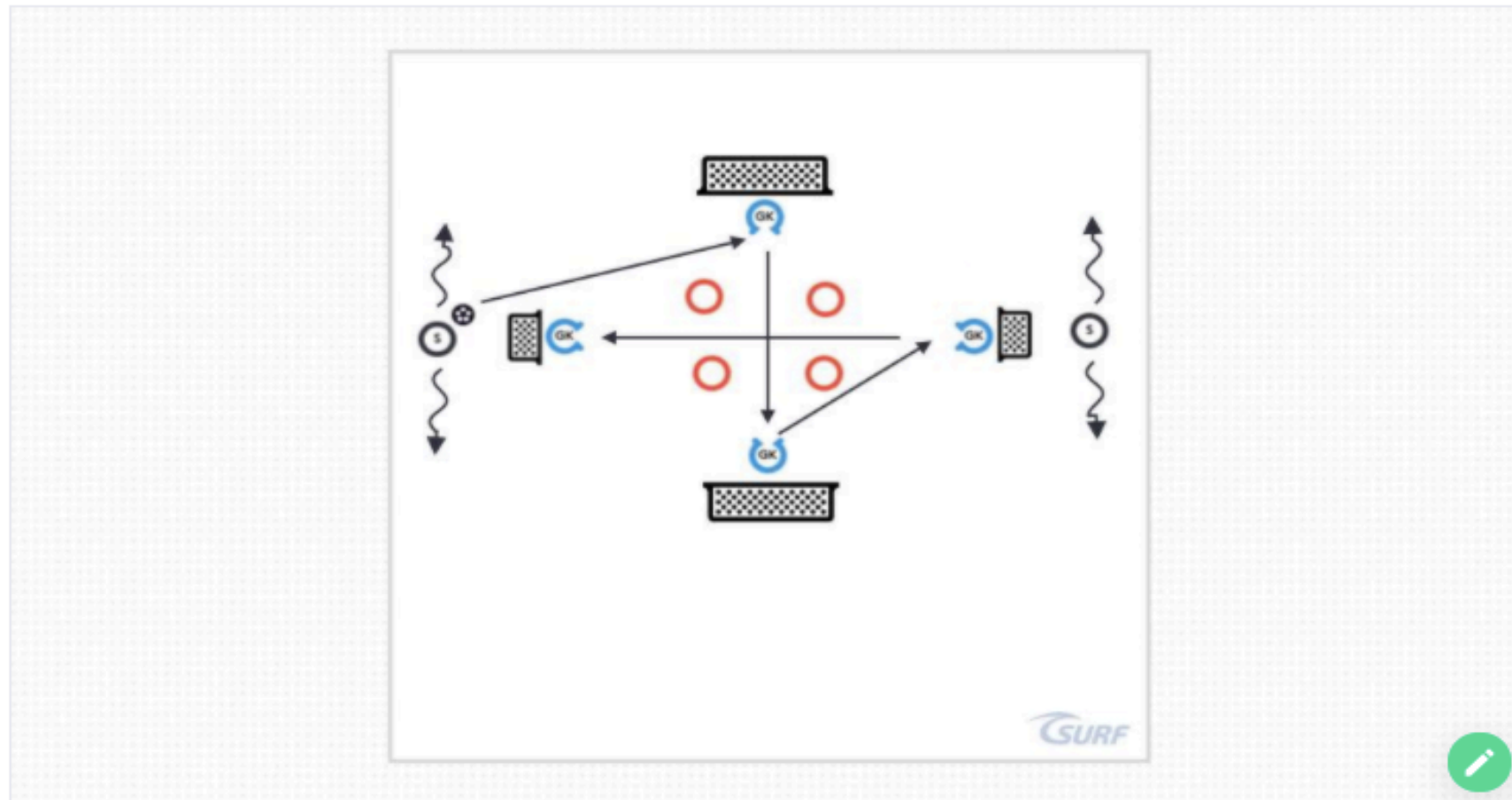
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GK Wars + Dealing w/ Crosses - LH

1. Servers throw ball for a simple technical cross to catch for GKs. Once caught GKs combine with any middle red player, re-receive ball and shoot on opposite GK. Once saved, GK then serves out wide for a cross from opposite side. Servers can move up and down line to create a different crossing angle 2. Red cone serves is now from ground driven in - game repeats as before but red players can now follow in for re-bounds. 3. Blues cone serves can be lofted, driven in with red players now allowed to compete to score vs GKs. Red players can then combine with GK and turn to shoot on goal vs opposite GK.



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