



Orlando Pride Sweeper Keeper

Category: Goalkeeping: Distribution

Difficulty: Moderate

Am-Club: Lake Highland Preparatory School
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GK Warm up (10 mins)

- Ball is under hit by 1 so that the working GK has to move quickly to the ball to pass back one touch.
- GK then shuffles backwards as if they were in a high starting position retreating to the 18 yard box
- 2 then under hits a pass

(gk repeats for 4 passes and then next gk jumps in)
When not working stretch

Progression

- can be a header or a bouncing controlled volley to pass back

Coaching points:

- **Body shape/weight on retreat**
- **Speed to get to the ball early**
- **Execution of pass**
- **Heavy on front foot when retreating so can go forward without losing a step**



Sweeper keeper (30 mins)

Ball is rolled out of the feet of #1 who then clips the ball over the top of the mannequins for two players to run onto.

GK can:

- sweep
- drop into 18
- allow ball to carry through

If GK sweeps they call and are pressed by the 2 attackers - they can clear into a safe area or connect a pass with the one person who didn't press.

If they shout away and drop in - the exercise becomes a playing out scenario where the player passes the ball back to the GK and then presses - again GK must decide to clear or connect a pass with open players

Coaching Points

- **Front foot when ball is about to be played**
- **Angle of Starting Position in relation to the ball**
- **Decision Making**
- **If sweeping - where does the ball land? Is it in a dangerous area still?**
- **Timing**
- **Supporting position if they drop in when playing out**

(2 Different colored Mannequins to show different heights of back line)

