



With the Ball



1 – Establish Team Shape



2 – Dictate Tempo



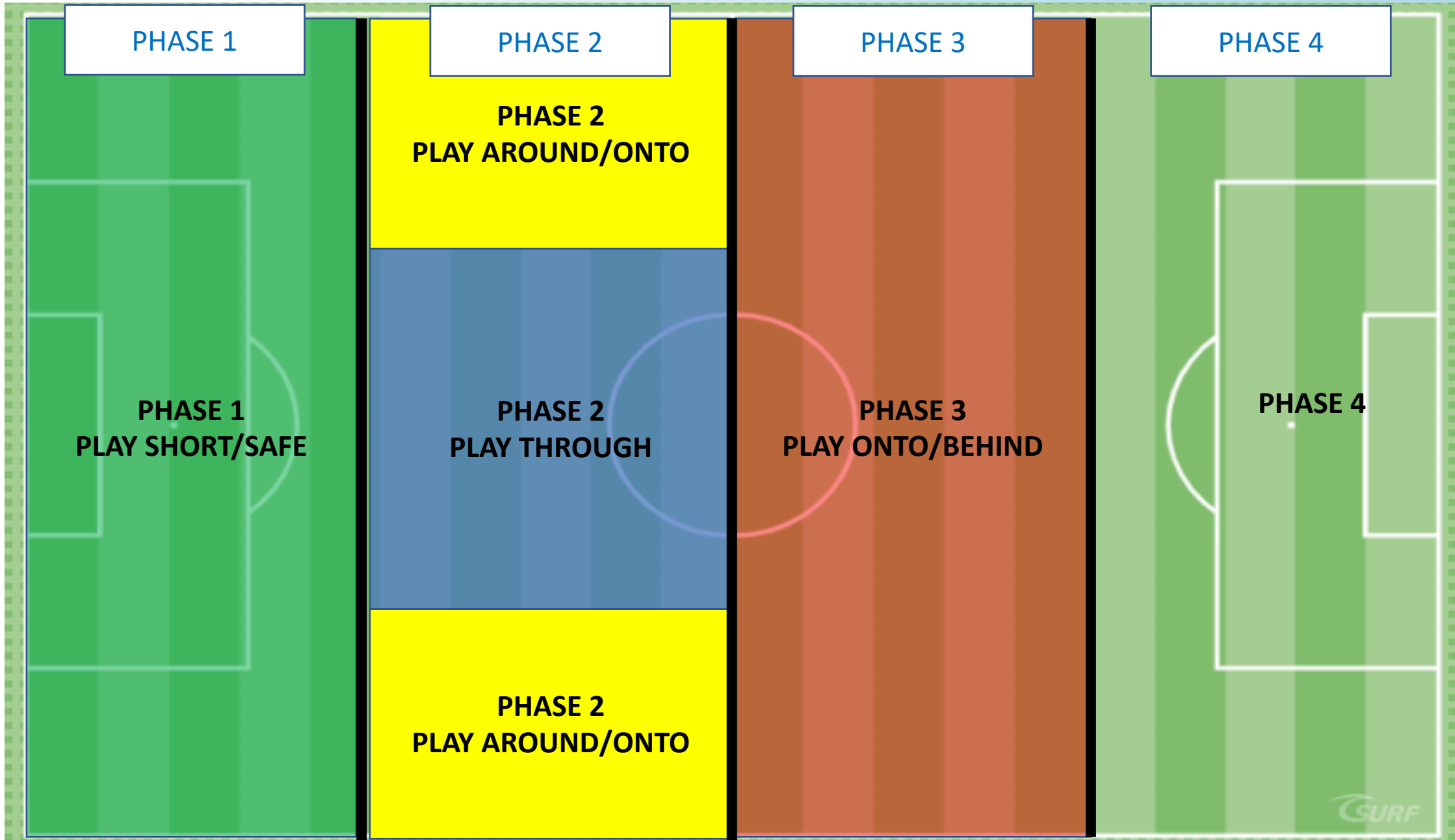
3 – Choice/Range of passes

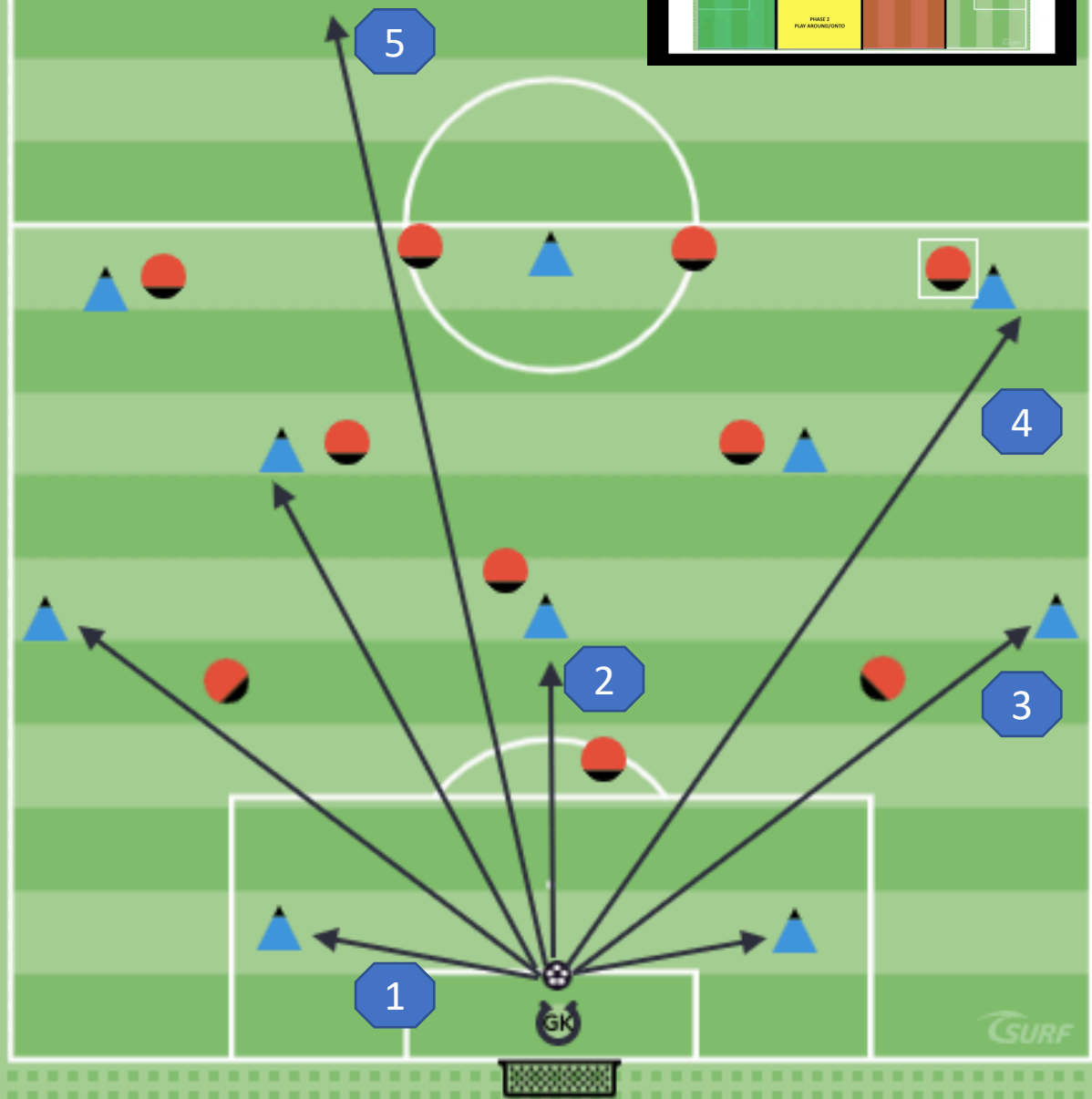
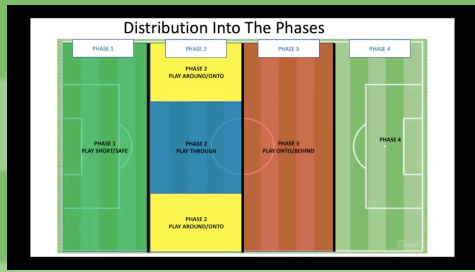


4 – Support in build up; Unbalance and disorganize the opponent



Distribution Into The Phases





SURF GK BUILD OUT

Types of distribution

1 PLAY SAFE/SHORT

2 PLAY THROUGH

3 PLAY AROUND

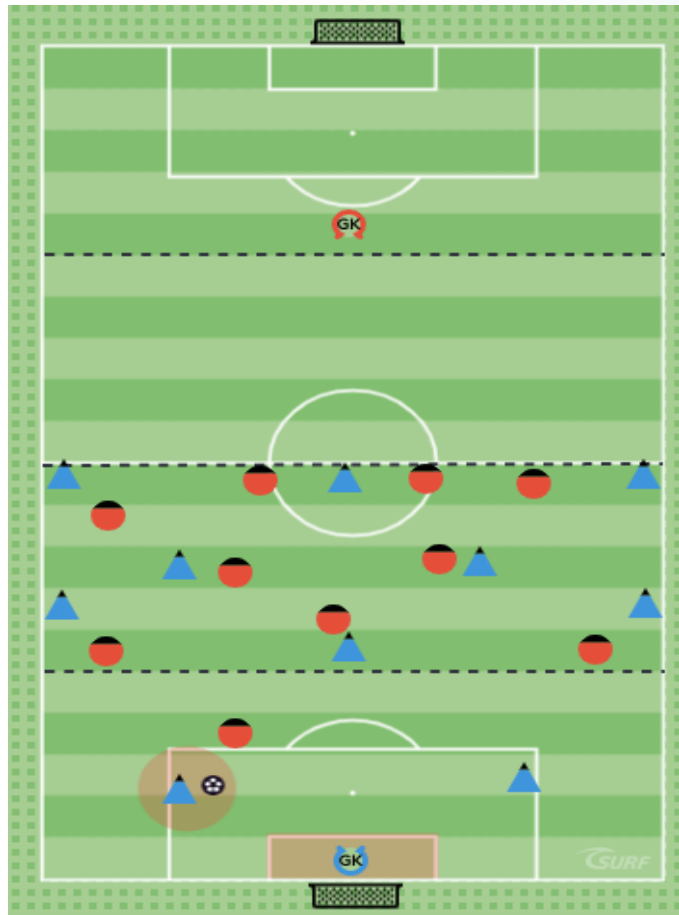
4 PLAY ONTO

5 PLAY BEHIND



GK Positioning – when in possession – 11v11

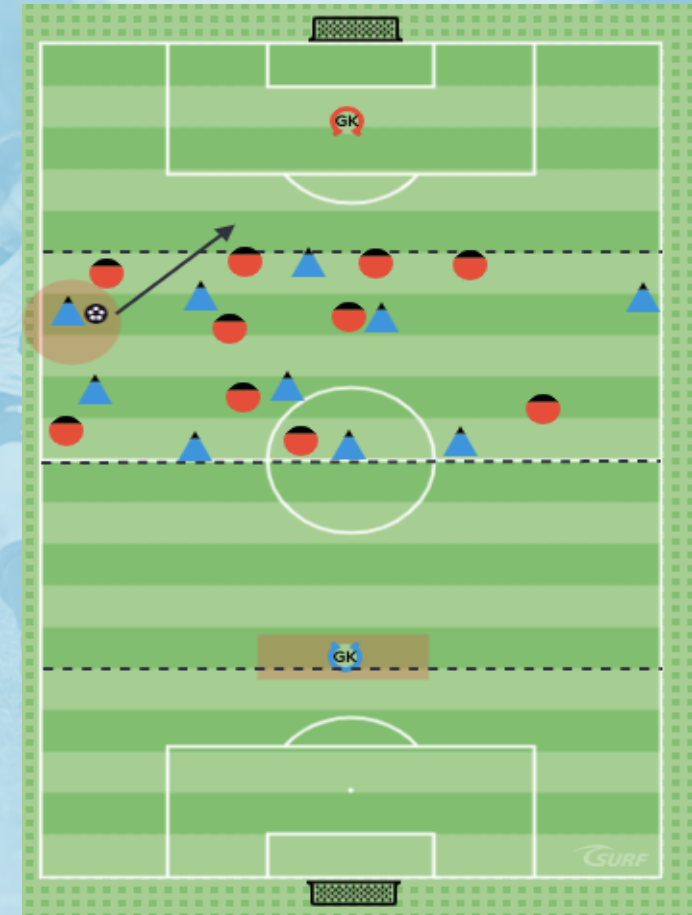
When we have ball in our Phase 1: Central position to support CB's for back passes staying connected to switch point of attack and break lines



When we have ball in our Phase 2: Starting point just inside the box to be in a position to establish team shape & allow CB's to split



When we have ball in our Phase 3: Starting point is high between our phase 1 & 2 ready to step & support backline if needed & in a position to keeper sweep in a Defensive Transition moment





Without the Ball

AWARENESS

- Awareness of opposition & team mates off the ball
- Awareness of game momentum & feeling

DEFEND THE AREA

- Proactive Goalkeeping
Defend Crosses
- Decision to defend cut backs or protect the goal

DEFEND THE GOAL

- Shut out mentality
- Effective diving technique; controlled, low, mid, high
 - Basic Handling Techniques
- Reaction Saves Feet and/or Hands
 - 1v1, block, breakaway saves
 - Decision Making
- Effective movements across goal

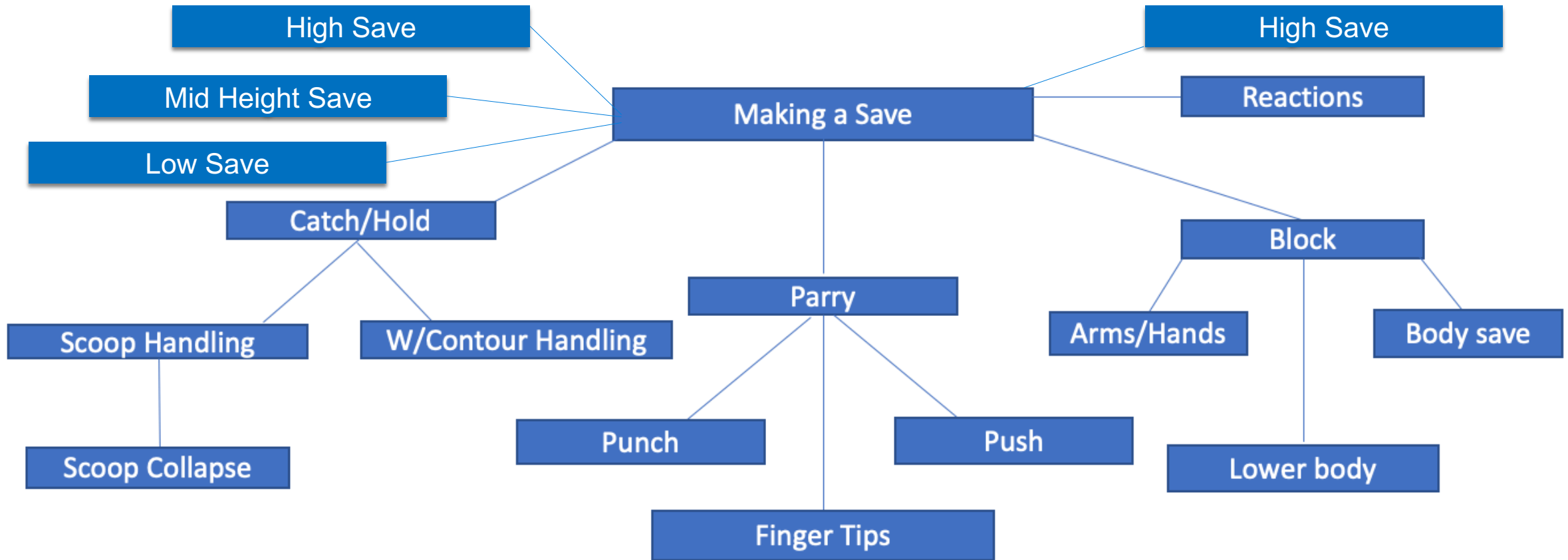
DEFEND THE SPACE

- Defend space behind back line
- KEEPER SWEEPER
- Defend through balls
- Decision to Defend Space or Protect Goal.

SUPPORT

- Connection to back line to support
- Proactive communication

SHOT STOPPING TREE



POSITION & ZONES



Red zone
2nd 6

Yellow Zone
PK Spot-Edge

Green Zone
Outside the box

Defend the Space
Behind back line

1v1 SAVES, POSITIONING & ZONES

GK KEY COMPONENTS

Balls in red zone

- Get out
- be brave
- attack ball
- take charge



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Red zone
2nd 6 - Goal

TYPES OF BLOCKS

Balls in red zone

- Foot saves 8-10 yards
- Block 4-8 yards
- K Block ?
- Smother/spread 0-2 yards

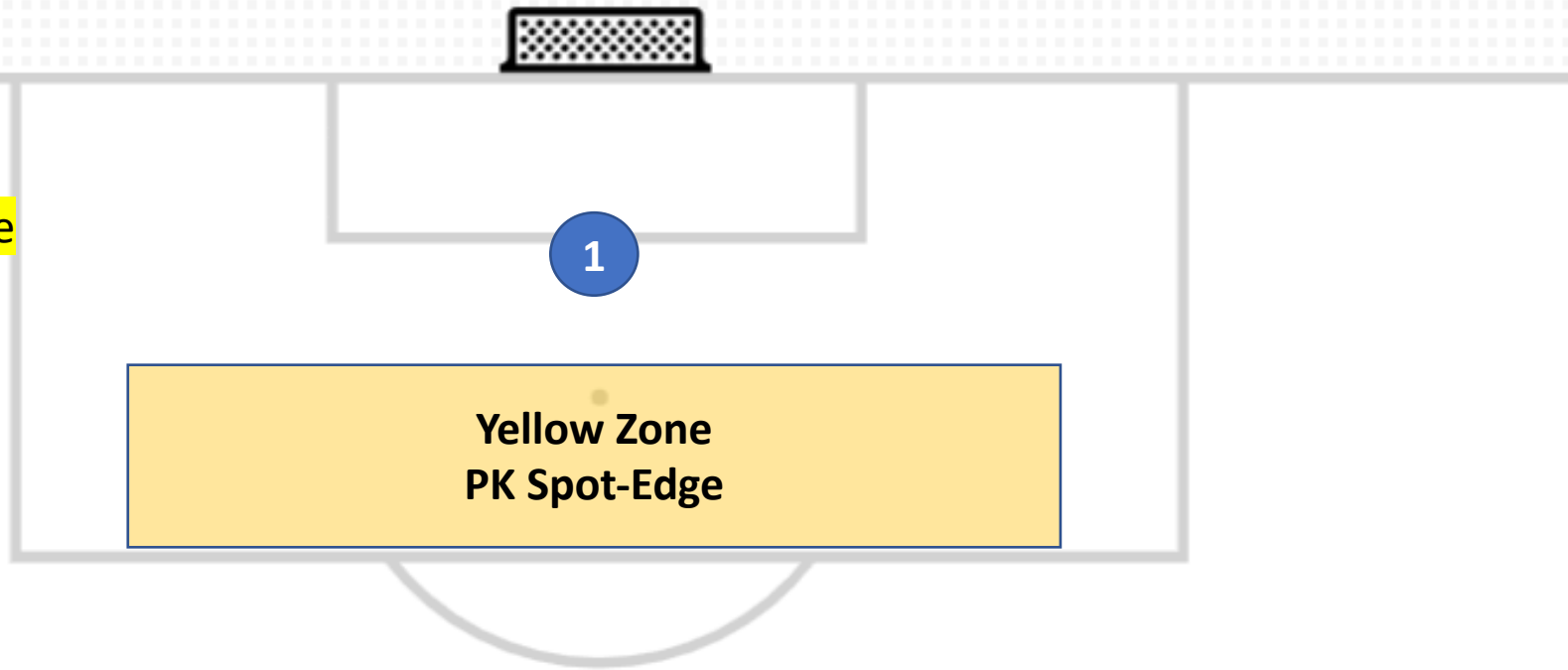
When FWD has ball in red zone (PK spot too goal) – GK needs to get out and be brave. Prepared to block, K save, dive at FWDs feet

CLOSE RANGE SAVES, POSITIONING & ZONES

GK KEY COMPONENTS

Balls in yellow zone

- get up and narrow angle
- don't over commit
- Get set



When FWD is in yellow zone (edge of box to PK spot) this is where most 1v1s happen.

GK needs to get up to edge of 6 yard box or outside of it & hold ground – be ready to set and react / ready for FWD to take extra touch or dribble

SHOT STOPPING, POSITIONING & ZONES

GK KEY COMPONENTS

Balls in green zone

- Hold ground inside 6 yards box
- Give defenders a chance to stop shot

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**Green Zone
Outside the box**

When FWD receives ball in Green zone – GK needs to hold back inside the 6 yard box. Prevent ball going over their head, be ready for a longer range shot.

DEFEND SPACE OUTSIDE THE BOX, POSITIONING & ZONES

GK KEY COMPONENTS

Balls played in blue zone behind back line

- Keeper Sweeper
- Stays connected to back line ready to defend the space behind back line

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Defend the Space
Behind back line

