



Effectively dealing with a 1v1 situation

Category: Goalkeeping: 1 v 1

Difficulty: Moderate

Reseller-Club: GkNexus

Gk Nexus, www.gknexus.com, United Kingdom

Screen 1 (10 mins)

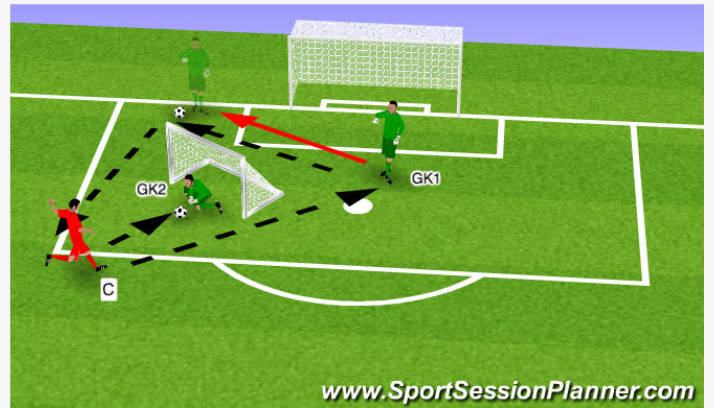
Organisation

Set up equipment as shows in image above, with sizes relative to individual Goalkeeper within the session.

C passes the ball to GK1, who will take a good first touch across the back of the mini goal, to replicate pressure within a game, before passing the ball back to the C who then passes the ball low into GK2 for a low save with the hands.

Gk2 then throws the ball over their head behind them to GK1, who controls the ball and passes the bal back to C.

Ensure GK1 is communicating verbally & visually when receiving the ball.



Progressions

Limit GK1 touches

Increase pace of passing

Introduce bouncing balls for control

Outcomes

1. Distribution
2. Control
3. Footwork
4. Handling
5. Communication

Screen 2 (10 mins)

Organisation

Set up equipment as shows in image above, with sizes relative to individual Goalkeeper within the session.

C plays a through ball to GK1 on either side of the mini goal, who will then attack the ball quickly to secure it, leading with the hands. At this point GK2 will move towards the post furthest away from GK1 within the mini goal. GK1 then rolls the ball back to C who plays a low shot into the mini goal for GK2 to dive and save.

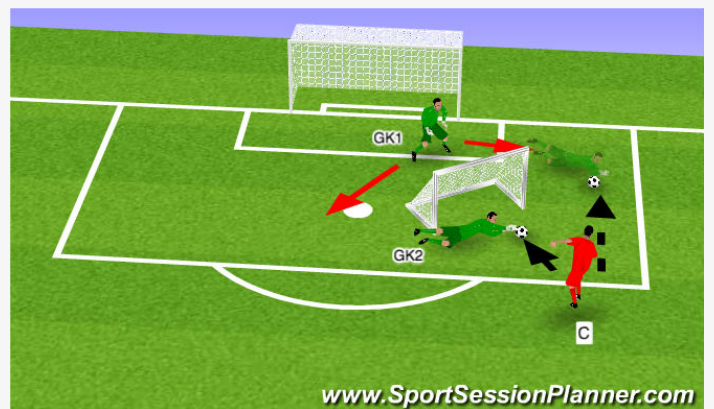
Progressions

Increase pace of passing

Introduce bouncing balls for smother

Outcomes

1. Distribution
2. Smother
3. Footwork
4. Handling
5. Communication
6. Diving



Screen 3 (10 mins)

Organisation

Set up equipment as shows in image above, with sizes relative to individual Goalkeeper within the session.

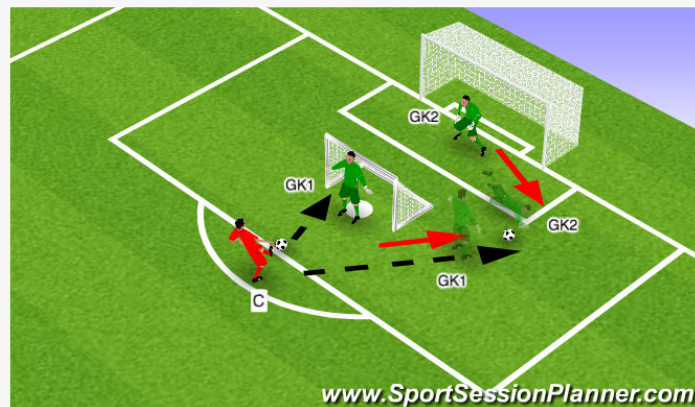
C now has two options. C can take a small touch forward and then shoot into GK1 who will attempt to save the ball within the mini goal. Or, C can play a through ball towards the left/right for GK2 to attack the ball and smother. When through ball is played by C, GK1 can attempt to score against GK2.

Progressions

Limit GK1 touches
Increase pace of passing
Introduce bouncing balls for control

Outcomes

1. Smother
2. Blocking
3. Footwork
4. Handling
5. Diving
6. Reaction saves
7. Distance control
8. Set-position



Screen 4 (10 mins)

Organisation

Set up equipment as shows in image above, with sizes relative to individual Goalkeeper within the session.

GK1 starts with a ball in hand, they then throw their ball into the left/right mini goal. When this happens, GK2 will move towards the opposite goal and attempt a blocking save against C who will attempt to score within the mini goal.

GK1 will smother their rebounded ball, quickly and leading with their hands.

Progressions

Use players to act as rebound/mini goal for GK1
C can increase pace inw hich they try to score
Make mini goals bigger, harder for GK2

Outcomes

1. Smother
2. Blioking
3. Footwork
4. Handling
5. Diving
6. Throwing



Screen 5 (10 mins)

Organisation

Set up equipment as shows in image above, with sizes relative to individual Goalkeeper within the session.

C has two options. C can take a small touch forward and then shoot into GK1 who will attempt to save the ball within the 2 x mini goals. Or, C can play a through ball towards the left/right for GK2 to attack the ball and smother. When through ball is played by C, GK1 can attempt to score against GK2.

Progressions

Vary height of shot into GK1

Increase pace of passing

Introduce bouncing balls for smother

Outcomes

1. Smother
2. Blocking
3. Footwork
4. Handling
5. Diving
6. Reaction saves
7. Distance control
8. Set-position

