



# THE FA LICENSED COACHES' CLUB CPD 2014/15

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Incorporating Goalkeepers

&

The Retreat Line

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RCDM 5-11

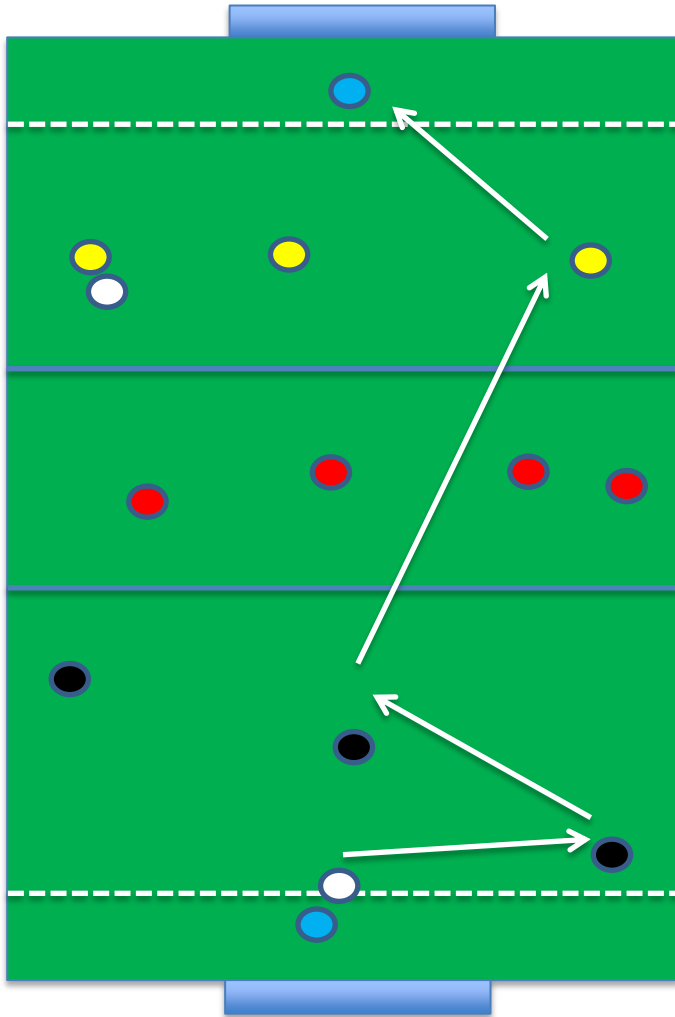
# WARM UP

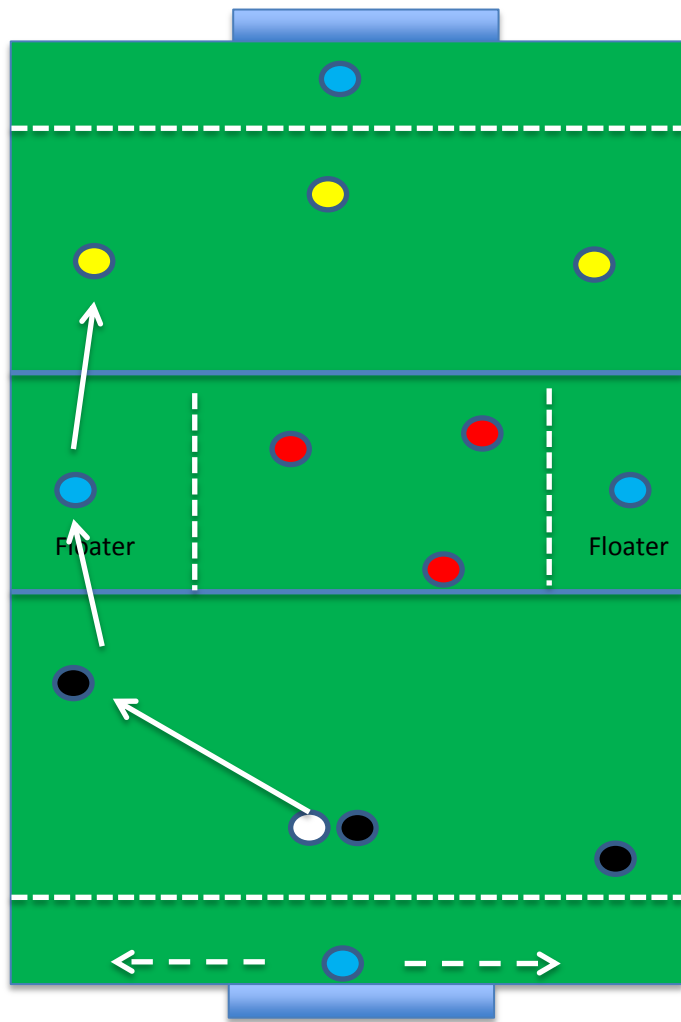
Organise players into 3 teams. 1 ball in each end zone and a ball each for the players in the middle.  
Players in end zone receive the ball from Goalkeeper and try to play inbetween the players in the middle.

Players in the middle have a ball each and practice dribbling/skills/keepie ups to act as interference.

Try to pass from one GK to the other

Rotate teams when appropriate





### Organisation:

- Organise players into 3 teams and pitch into thirds (they don't have to be equal). Include 2 floating wide players.
- Goalkeepers play behind the end line and cannot be tackled.
- Objective of teams in end zone is to transfer the ball across to the opposing end zone without being intercepted by the defending team.
- Teams get 1 point if they transfer the ball across direct and 2 points if they transfer using the floater
- Defending team rotates with the team that was unable to transfer the ball across

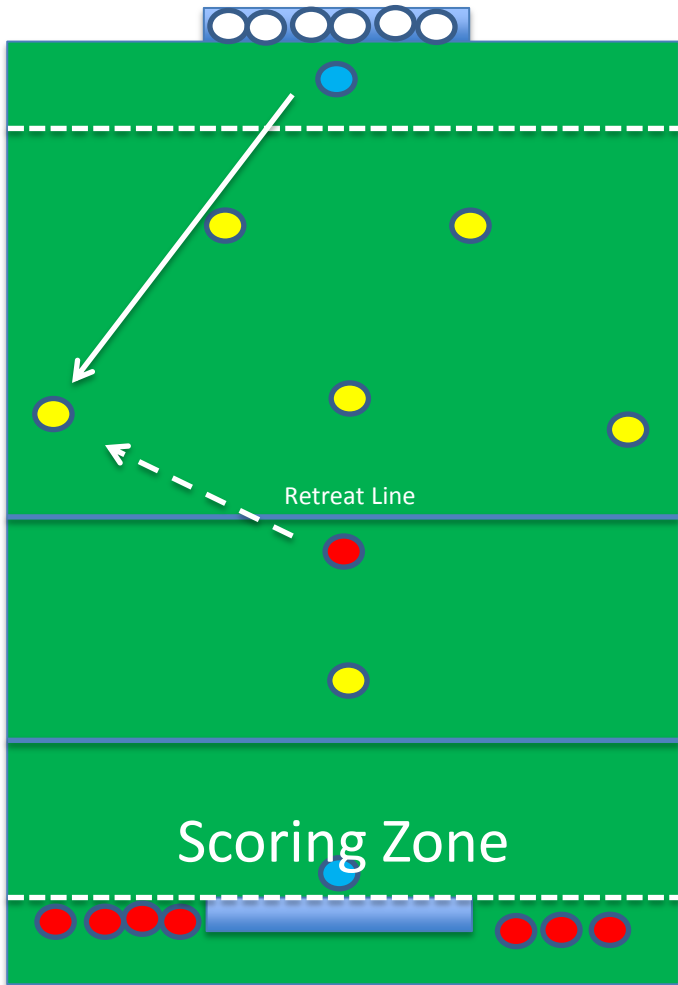
### Progressions:

- Add 1 defender
  - Add 2 defenders
  - Add 3 defenders
  - Players can dribble across
  - CF can 'drop in'
  - Floaters can play anywhere
- } Defenders can score in the goals for 2 points

### Key Points

- Try to know what's around you? (How will you know?)
- Try to receive the ball and play forward (Show me how you might do this)
- Try to play forward
- If you cant play forward, give it to someone who can
- How might you use the area to make it harder for the defender(s)?





### Organisation:

- Two teams. 1 team set up to play out from the back. The defending team waiting behind the opposite goal
- 10 balls in the Goalkeepers goal
- Start with 1 defender on the retreat line. GK rolls the ball out and they play 7v1. object is to try and score. If defender wins it they try to score and get double points
- If attacking team score they play 7v2. every time they score an extra defender starts in the retreat line.
- 1 point if you score against 1 defender, 2 pts if you score against 2 and so on
- Rotate after 10 balls

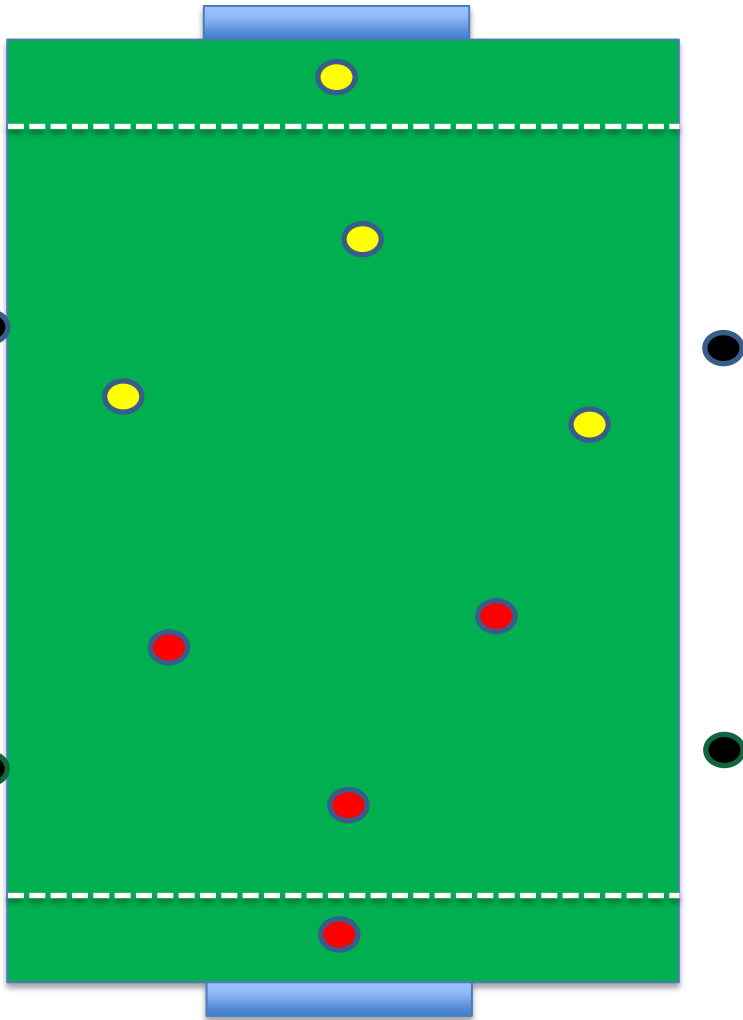
### Progressions:

- GK decides how many defenders to play against
- To make it easier – attacking teams only have to get the ball into scoring zone to score

### Key Points

- GK distribution and support
- Formations and Shapes – come up with a formation to help you get up the pitch
- How are you going to defend?
- What worked well? What didn't work well?

# 4 v 4 Games



## Organisation:

- 3 teams of 4 players
- 2 teams play against each other, 1 team rest (or act as bounce players)
- 3 minute games – winner stays on
- If a team score having received the ball from their GK they automatically win the game

## Key Points

- Risk v Reward – when and when not to play back to GK
- GKs lots of goes and receiving back passes

# Reminders

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- Try to incorporate GKs within your sessions. Don't leave them till last when planning your sessions
- Include them in your technical practices. They need just as much practice with their feet as their other players
- Do not expect to see massive improvements after just one sessions
- Expect mistakes – and stay positive!



# QUESTIONS

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