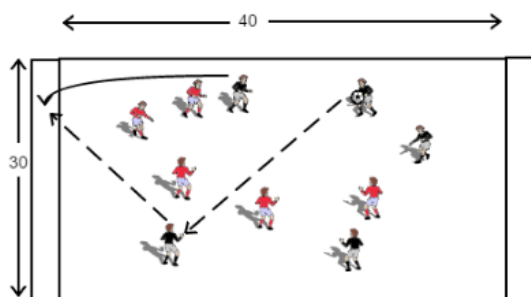




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## 5v5 / Under 8 / K, 1<sup>st</sup>, 2<sup>nd</sup> Practice #5.1 Goalkeeping & Distribution

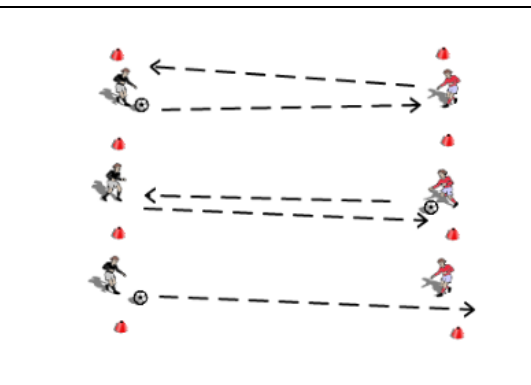


### Handball (Tactics/Cardiovascular) 40x30yd grid (with 3yd endzones on each end)

- Divide team into two groups to play against each other.
- Ball can only be thrown. If a teammate catches the ball, then they are allowed to pivot but not move off the spot they caught ball.
- Score by throwing to a teammate who catches ball in endzone. Players cannot enter endzone until ball is thrown.
- If the ball hits the ground, the other team gets it. The defending team can swipe the ball onto the ground to get possession, but cannot knock it out of someone's hands (like ultimate Frisbee)

#### Coaching Points:

- When the ball is above their shoulders, can they contour catch (make 'W' with hands behind ball)? When it is below their neck, can they basket catch (scoop ball and bring into chest)?
- Introduce distribution. Is it always a good idea to throw directly to someone? Can you lead them with a throw into space if there is room?
- Height vs. speed of distribution. Generally, higher throws take longer to get to a target than more direct throws. Learn when to throw high vs when to be more direct. (10 mins)



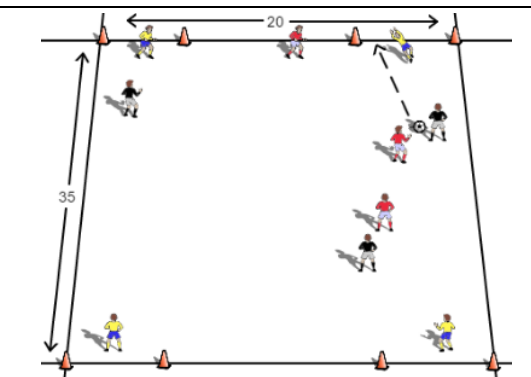
### Goal to Goal (Technique) Unlimited Space

- Players are in pairs with one ball per group
- Each player has a goal (2yds wide). The goals are 6yds apart. Make further away/closer depending on ability. Have extra balls close by.
- The object is to score a goal on the opponent, but you can only throw the ball underhand when it is between your own goal posts. Ball must be below shoulder height to count as a goal. Other player is the GK
- If ball goes in, they get a point. Opponent then starts with ball on their line and tries to score on opponent.
- Play for 1 minute. Ask who won and switch partners to play again.

#### Coaching Points:

- Goalkeeper needs to collect ball off ground using a scoop. Try to shuffle to get body behind ball.
- Show "ready position" for GK. Knees bent, on toes, chest forward. Hands need to be at hip height with palms facing towards body.

Encourage quick play, can you catch the opposing GK off-guard? (10 mins)



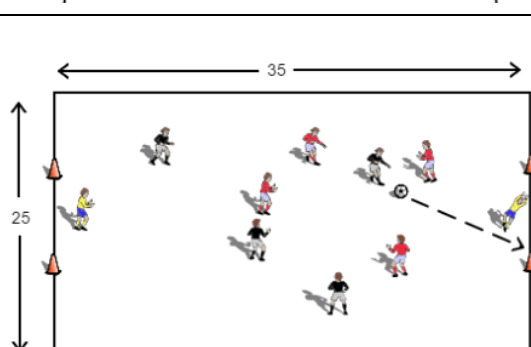
### 4 Goal Game with Goalkeepers (Technique/Decision Making) 20x35yd grid

- Make field and place two 4 yard goals at each corner. Each goal will have a goalkeeper.
- Play 5v5, with two goalkeepers from each team in the goals. 3v3 on field.
- Each goal counts as 1pt.
- Normal soccer rules, except no corners. Use goalkicks instead of corners.
- Can use the goalkeepers on own team to play backwards and help keep possession.

#### Coaching Points:

- Stress the techniques of the different catches. Get excited when you see proper technique!
- Encourage communication. Can the GKs give direction to the defenders on the field? Do they yell 'KEEPER!' when they are collecting?
- Distribution. Can the keeper distribute quick? When should they play to a teammate's feet vs. playing the ball into space for them to run on to? Make decisions based on the placement of teammates and the opposing team.

- (15 mins)



### Scrimmage (Holistic) Expand your grid to 35x25yds

- Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- Cones for goals are 5yds wide and use goalkeepers.

#### Coaching Points:

- None! Just sit back and let them play. Help remind them of ASA's rules for their age group: offside, thrown-ins, goalkicks and corners. Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

(20 mins)

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**Practice Conclusion:** What does a goalkeepers 'ready position' look like? (knees bent, on toes, leaning slightly forward, hands by waist with palms facing in). If you're collecting a ball off the ground, how should you collect it? (with a scoop. Forearms close together, and cradle ball up to chest). What about if the ball is shoulder height or above? (contour catch. Make a 'W' with hand to receive ball.) Why is distributing with a throw usually better than punting? (because we get to keep possession on the ball!). Practice your catching at home, and see everyone at the game!