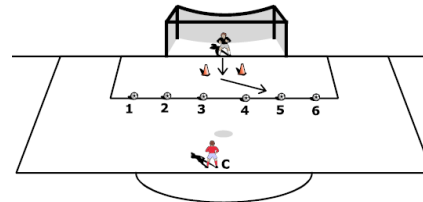


Chicago Fire Juniors West

IVI DUELS

Activity 1 – 6 Ball Challenge

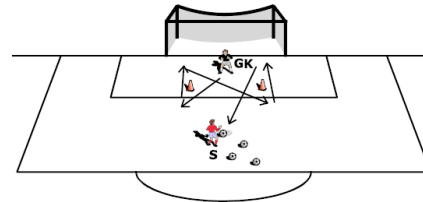
Balls are numbered and placed along the top of the 6 yard box. The goalkeeper steps forward to get set in between the cones. As the goalkeeper gets set, the coach calls out a number. The goalkeeper then explodes on the ball that has been called. Have striker attack the ball too. Add a keeper on opposite to perform same exercise, both can compete.



- Set Position
- Diving – When, how?
- Angle of approach – make the goal look small
- Decision Making – when to come and challenge for the ball.
- Fast footwork

Activity 2 – Figure of 8

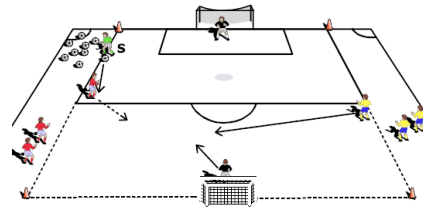
Two cones are 6 yards apart. The Goalkeeper performs a figure 8 around the cones to explode out onto the ball at servers feet. The goalkeeper performs 3 reps to each side. Have server take a touch as the GK is attacking the ball. Also have the server move back to top of penalty area with the soccer balls.



- Set Position
- Diving – When, how?
- Angle of approach – make the goal look small
- Decision Making – when to come and challenge for the ball.

Activity 3 – 1v1 in a Game Situation

Server (S) plays to Red. As the ball is travelling the yellow defender runs on to the field to defend. Red attacks goal to score. Yellow defends. If yellow wins the ball back they attack the opposite goal. New ball is played in only when goal is scored or ball goes out of bounds. Play 5 minutes games where one team starts with ball. Progress to 2v2.



- Set Position
- Diving – When, how?
- Angle of approach – make the goal look small
- Decision Making – when to come and challenge for the ball.

Activity 4 – Small Sided Game

Goalkeeper integrates with the team. Field size is reduced to a half field. Teams play 7v7 without restrictions. The idea is now to see if the goalkeeper has taken onboard the coaching points from the previous activities. Encourage quick decisions. Normal rules apply with corners, throw ins, goal kicks, etc.



- Have the goalkeepers understood the key coaching points from the previous activity?
- Re-iterate the points as necessary.
- Take position behind the goal and to be able to make points to goalkeeper