



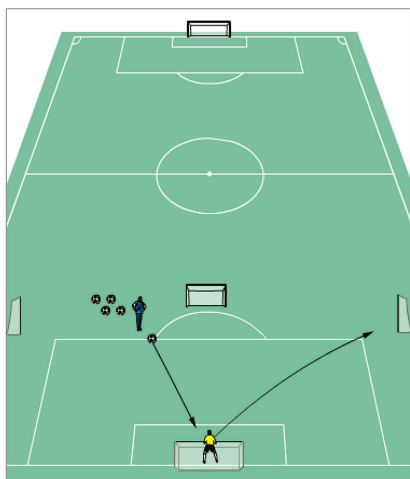
National Soccer Coaches Association of America

Session Outline- Functional Training for the Goalkeeper and Backs Presented By- Giovanni Pacini and Deb Raber- National Goalkeeper Academy Staff

Session Overview

- What is Functional Training?
- Modern soccer coaching and goalkeeper coaching.
- Modern soccer goalkeeper.
- Use of conditioned games.

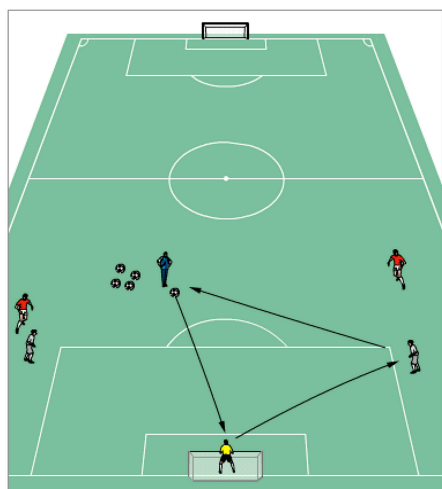
Phase One = Coach – Goalkeeper



1. Coach serves to goalkeeper. GK plays to a mini-goal of their choice. Serves can be a shot on GK or a back pass type of service.
2. Add pressure. After service, coach runs in on GK forcing a quicker decision. Coach varies the pressure so as to manipulate the appropriate play by the GK.

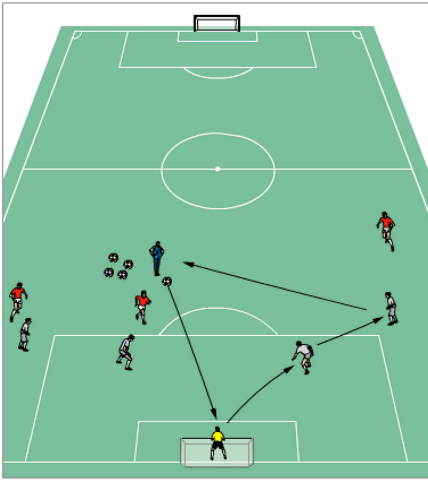
Notes:

Phase Two = Coach – Goalkeeper – Players



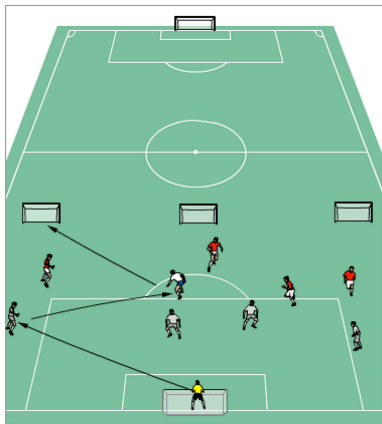
1. Coach serves to GK. GK plays to an outside back. OB plays ball back to coach.
2. Add pressuring defenders. Each varies their pressure on the OB's. GK makes appropriate decision based upon pressure. OB's play to coach, back to the GK, or the other OB. Finish should go to coach.

Notes:



1. Add center backs with pressure. Institute 2 strikers pressing with a roving mid-field player behind who can press an OB. All play returns to the coach.

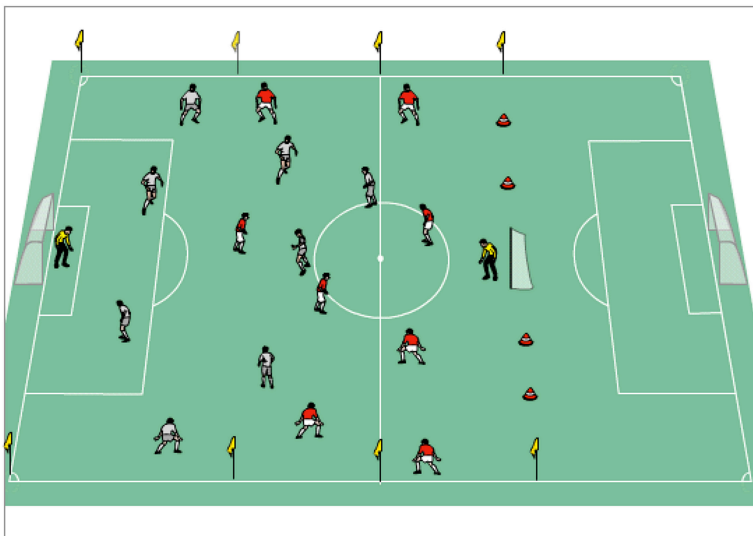
Notes:



1. 4 v 4 plus 1- Simulates the backs having an MF player they can transition to in order to score on one of the mini-goals.

Notes:

Phase Three = Coach – Goalkeeper – Team



9 v 9 (1-4-3-1)

1. On a goalkeeper save or any ball that goes out of bounds, the ball is played by the GK to a back. Before transitioning out of their third, the ball must be played by the GK at least once. The defending team may not press in that third.
2. Now, allow one player to press in that third.
3. Now, allow two to press.
4. Free play with no restrictions.