



# Goalkeeping 1v1s

Category: Goalkeeping: 1 v 1  
Difficulty: Moderate

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Individual-Young Member

## 1v1 in Box (10 mins)

### 1v1 in the Box

Attacker dribbles into grid takes on goalkeeper and attempts to score.

If goalkeeper wins ball they attempt to score on target goal A, B or C.

#### Coaching Points:

Close space quickly.

Stay low, hands and feet ready.

Stay close to the ball.

Be patient, chose right moment to win ball.



## 3 Zone 1v1 (10 mins)

### 3 Zone 1v1

Player with ball dribbles at speed towards Zone 1. At line player passes ball into Zone 2.

Both player and goalkeeper try to win possession after ball is played.

If goalkeeper wins he can score in target goals A, B or C.

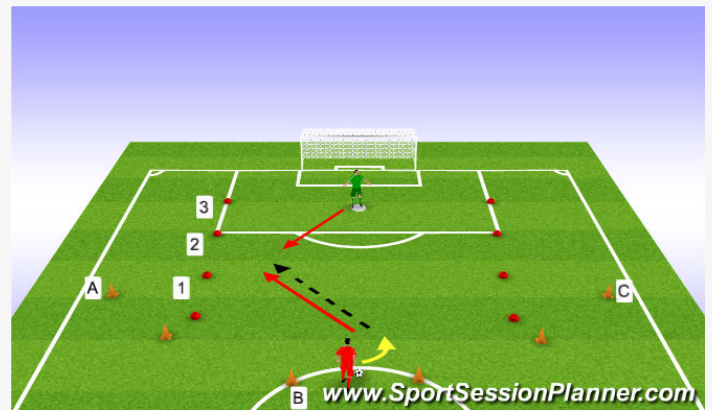
If player regains possession he can attack 1v1 to goal. Goalkeeper starts at backline of Zone 3.

#### Coaching Points:

Read path and speed of ball.

Make quick, smart decisions.

Find new position quickly.



## 3v3 to Counter Goals (15 mins)

### 3 v3 to Counter Goals with Four Teams

Teams play alternately for three minutes. Teams should have goalkeeper for one half each. Score in the counter goals by dribbling through them.

With so few outfield players there should be plenty of 1v1 opportunities with goalkeeper.

