

CHAPTER 10 - 2 VERSUS 2 DRILL

STEVE COX: This is a two versus two activity that we are going to use to talk about offense. It's a great activity to talk about a lot of soccer principles, whether it's one versus one defending or two versus two defending. It's also great because players aren't standing around a long time. The players come on and off a lot so they're playing and getting breaks but we're not having players stand around a long time. It's a 15 by 20 yard field and we have goalkeepers in each goal. One team lines one sideline and one team lines the other sideline. How the players will transition is if you get scored on you come off and if the ball goes out of bounds you come off. So there is going to be quick transitions. You can use your team on the side as neutral players; you can have them have two touches to keep the ball in play.



CHAPTER 11 - GOALKEEPING

STEVE COX: We're going to do some basic goalkeeping so we are going to talk about footwork and handling right now. To start out with we have four cones about one yard apart and then we have a small gate that is about three yards apart. We'll have one server. To start out they will go one foot in-between each cone and they are always going to get set just in front of the green gate so they are always attacking the ball and the server will play the ball on the ground at their feet and they will use their hands to stop the ball. As you can notice coaches how they are collecting the ball – the proper way to collect a low ball is my feet should be shoulder-width apart, I want to take the ball early, my pinkies and my elbows should be tucked in so I have a first barrier and a second barrier and then I absorb the ball all the way into my body.

As you can see they are always attacking the ball, they are not moving back toward their goal, they are always coming forward and making the save in front of the gate.



The next set of footwork they are going to do is they are going to alternate which way they face and they're going to shuffle through the cones so we're just trying to replicate some of the footwork that a goalkeeper will use in a match. The server will drive the ball up into their hands so they are going to take the ball off their body and off their chest and try to absorb the ball.

Some of the things that you want to emphasize here: You always want the goalkeeper to take the ball, if possible, off their chest so they are able to absorb the ball into their chest and also we want to make sure that

they are moving their feet so they aren't reaching for a ball so they are moving their feet and getting their body behind the ball. That way if they mishandle it there is a second barrier which is going to be their chest.

There are a lot of different sets of footwork you can go through but now we're going to face the server, they are going to shuffle through; they are going to go around the outside of the gate, and once they get set the server is going to try and score on them. So we've gone from simple to complex, we've got their hands warmed up, worked on some different handling and now we're in a more game-like situation.

Just a point on how our hands should go: A basic rule is that any ball that is above our waist our fingers should be pointed up and any ball below our waist our fingers should be pointed down, so that's kind of the cue. Every goaltender is going to be a little bit different but that's just kind of a cue to help beginners know how their hands should go. This is a basic footwork and handling activity you can use. Again, you can be as creative as you want as far as the footwork and some of the different services that you can use.

CHAPTER 12 - CONCLUSION

JOHN ENGH: Alright coaches, we hope you enjoyed this program and thank you once again for your participation. We'd also like to remind you about all the great member benefits that are available to you simply by visiting www.nays.org and logging in to your Member Area. These resources are there to help you become the best coach you can be for the benefit of all your players, so we hope you take full advantage of them – you'll be glad you did.

We look forward to having you as an NYSCA member and we applaud your efforts to make a positive difference in the lives of your young athletes. Best of luck this season.