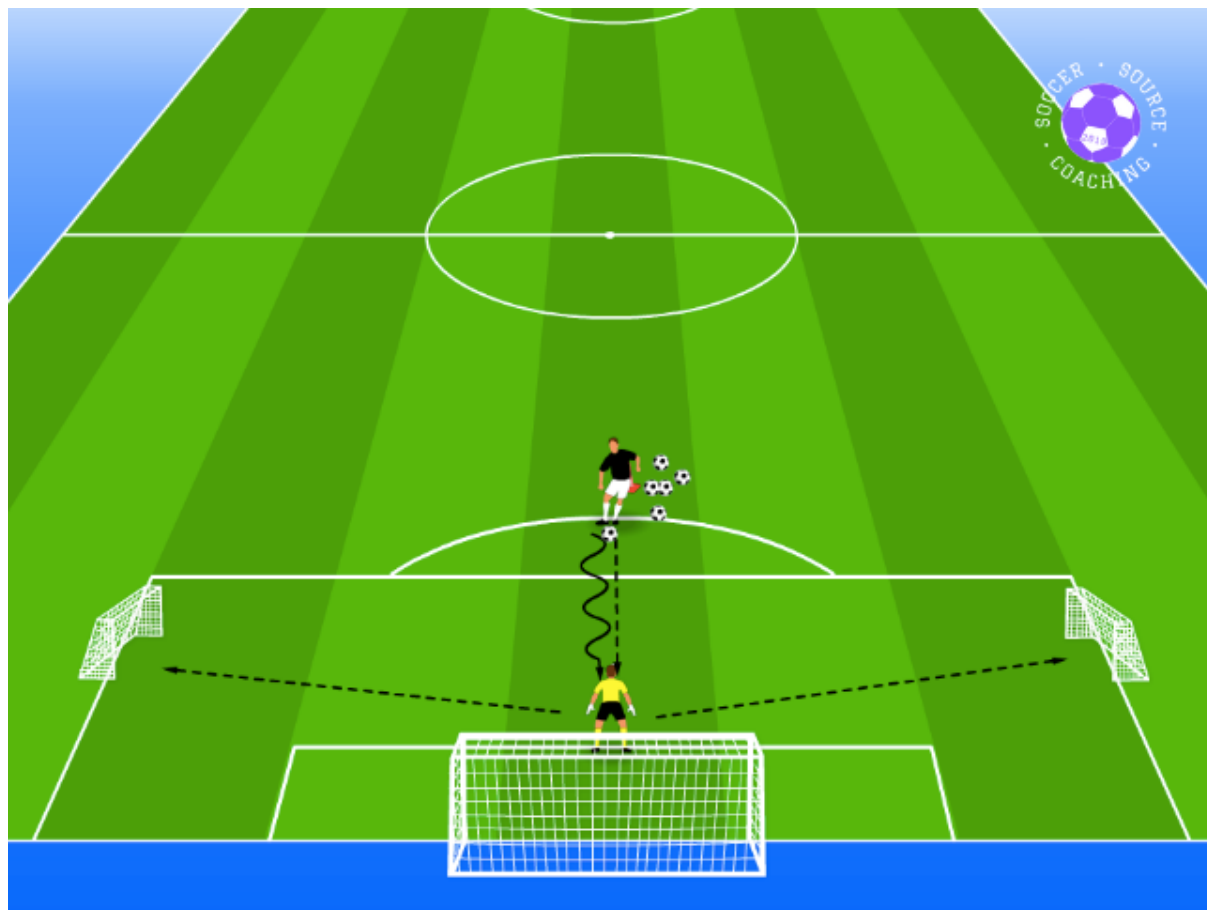


Passing underpressure drill



How it works

The keeper will start 2 yards off his goal line and receive the ball from player 1 who is 10 yards away, directly opposite them.

With player 1 immediately pressuring after playing the pass.

For 3 points the keeper must try to pass the ball into either of the pug goals located on the left and right side of the area.

If the keeper misses the pug goals they will get 1 point
If player 1 is able to win the ball back and score a goal they will get 1 point.

The winning player is the player who has the most points after 5 soccer balls have been played.

Coaching points

- Control and pass the ball with the inside of your foot
- Receive the ball with the backfoot in an open body position
- Play with your head up so you can see how quickly the attacker is pressuring you and decide whether or not you have time to take a touch

Questions

- What part of the foot should you be controlling and passing the ball with?
- What body position should you be in when receiving the ball?
- How do you know how much time you have on the ball?

Purpose

The purpose of this drill is to improve the goalkeepers passing while under pressure

Set up

- 5 soccer balls
- 2 pug goals
- 1 goal
- 1 player, 1 goalkeeper

Beginner