

Michael Rechner- 1V1s The German Way

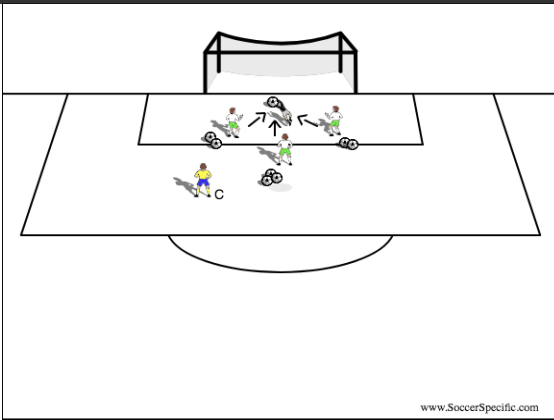


Date: Jun 02, 2017

Duration: 60 Min

Team: SoccerSpecific

Intensity: ● (8/10) | Category: Tech / Tact



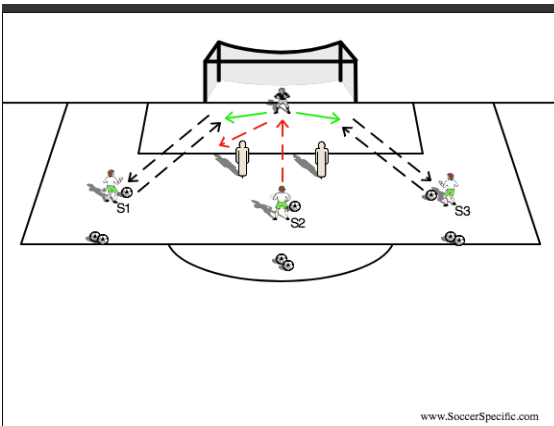
Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: Activation-core work *Wearing strobe glasses, one working GK, three serving GKs. The three servers serve from their hands, working the hands of the GK. 1. Sit up position 20 reps 2. On stomach 20 reps 3. Side plank 12 reps. GK throws the ball back to the same server quickly but under control.

Coaching Points: Strobe glasses provide less perception than normal vision. Focus on stability, core strength and overall activation of the muscles.

1

⌚ 5 Min ↗ Pen Area



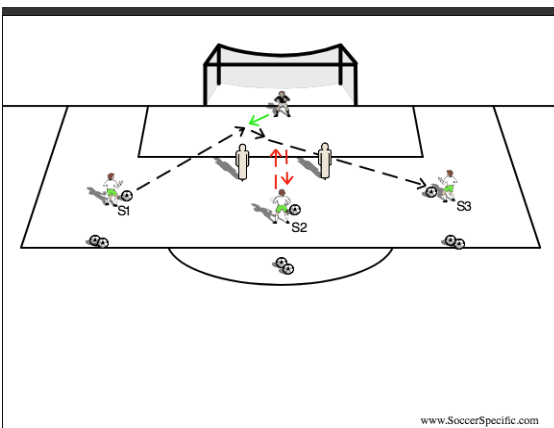
Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: *Wearing strobe glasses. The working GK gives a visual cue with his arm on which foot he wants to receive the ball from the server. Work through a sequence of 3 or 6. GK plays a one touch pass with S1, moves laterally to receive a pass from S2 and play the ball back to either S1 or S3, lastly plays a one touch pass with S3.

Coaching Points: Strobe glasses provide less perception than normal vision. Make sure the GK has an open stance as he changes location, making sure he can see all players. When the ball is played back to the server, make sure the ball is played to the front foot (front foot for an outside back in attack).

2

⌚ 7 Min ↗ Pen Area



Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: *Wearing strobe glasses. The working GK moves laterally across the goalmouth to receive a ball from S1, GK takes a clean prep touch and then plays the ball on the second touch to S3. The GK then plays two one-touch passes with S2 and then finishes the sequence by receiving a pass from S3 and then switching the point of attack to S1.

Coaching Points: Strobe glasses provide less perception than normal vision. Make sure the GK has an open stance as he changes location making sure he can see all players. Good first touch to efficiently switch the point of attack. Make sure the GK is changing their starting position. S1 and S3 can give a visual cue to the GK on which side he should receive the ball from.

3

⌚ 7 Min ↗ Pen Area

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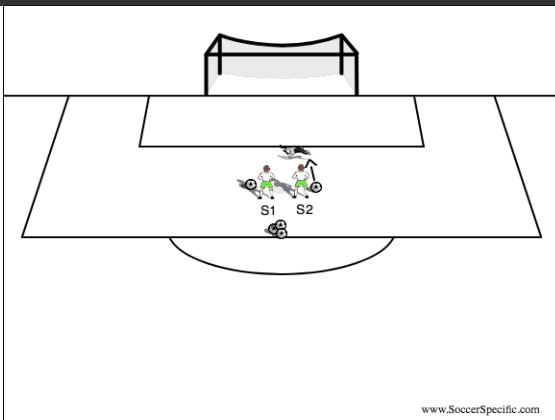


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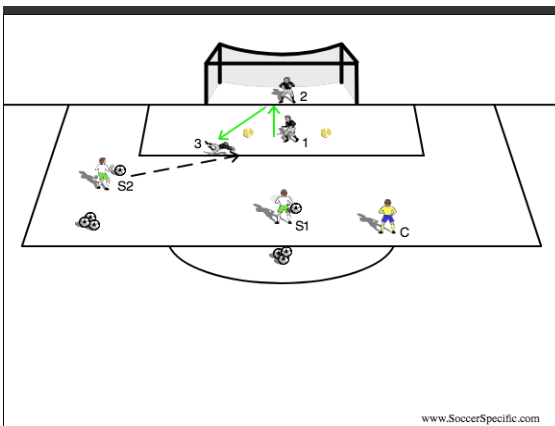
Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: *Wearing strobe glasses. GK is on one knee, S1 is serving a volley, S2 is serving a low dive. The low dive is played to the side of the GK, their leg is back. S1 hits several volleys and then S2 strikes one ball for a low ball save. Work both sides with all GKs.

Coaching Points: Attack the ball with the hands. Attack the ball forward with prep step/body. Keep two hands on the ball and pin it to the ground, do not release the bottom hand on diving save.

4

⌚ 7 Min ↗ Pen Area



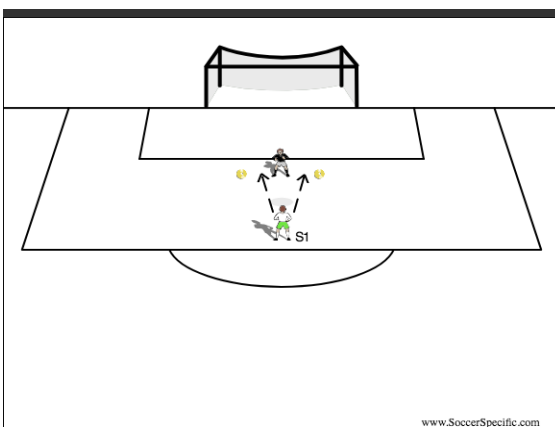
Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: Introduction Basic Position- *GK starts in an open stance. Coach makes a signal with his arm and the GK must move from an open stance, back peddle and get set on the goal line. Receives three volleys from S1 and then moves and get set for a fourth service from S2, shot is placed on the ground back post.

Coaching Points: Open stance perception, when changing positions make sure the GKs feet are on the ground, GK must look at the server (track the ball/play) when back peddling to the goal line. When the attacker is prepping to shoot, make sure the GKs feet are nice and quiet.

5

⌚ 7 Min ↗ Pen Area



Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: Main Part- activate muscles around the hips. S1 serves from the hands to each side. Technique 1: Knee height service, GK goes with one foot and one hand (leg fully extended, toe up, heel on the ground) catch the ball with one hand and throw back to S1. Technique 2: shoulder height service, GK goes with one foot and one hand (leg at a 90 degree L and arm higher up at a 90 degree L). After desired success, mix the service.

Coaching Points: Toe pointing upwards, foot and hand reactions.

6

⌚ 7 Min ↗ Pen Area

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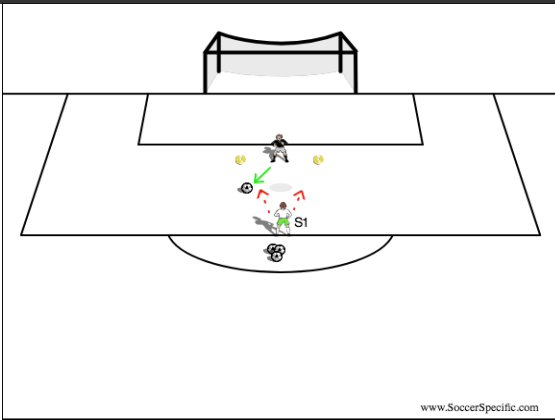


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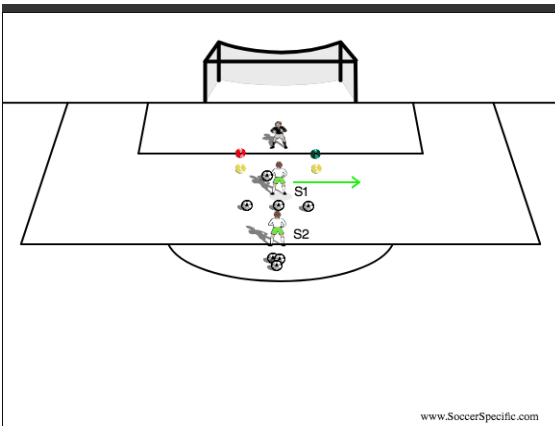
Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: Block Technique- S1 takes a positive touch and the GK must use the *Star technique to block the shot. Work both sides equally and switch GKs.

Coaching Points: Lower body in a lunge position and arms out in front of torso.

7

⌚ 7 Min ↗ Pen Area



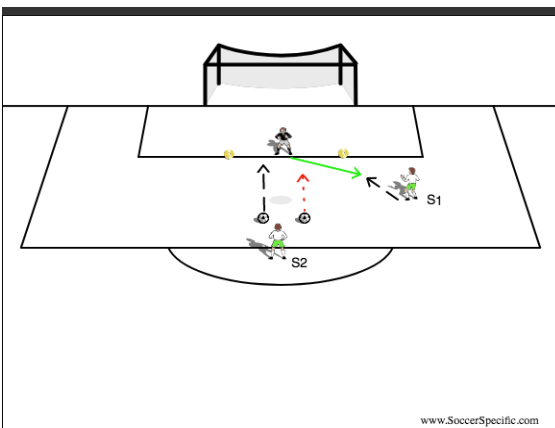
Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: S1 serves two from the hands low or high, GK uses prior techniques learned. GK quickly rises to his/her feet and gets in the "set" position. The coach shouts "red" or "blue", the GK must touch that cone and then take a series of three shots in a row from S2. S1 has cleared the space.

Coaching Points: Close range shots at the GK's ankles, use the foot/hand technique instead of diving. Kick the foot out instead. React, don't guess and don't go too early.

8

⌚ 7 Min ↗ Pen Area



Setup: Group of four GKs, cones, two mannequins, plenty of balls, one pair of strobe glasses.

Instructions: Block-Shot-Dribble, yellow cones are slightly farther apart than previous progression. S1 takes an elongated touch and GK makes a block save, S2 takes a shot with the first ball and then penetrates on the dribble with the second ball. Three action sequence and rotate the GKs.

Coaching Points: Close range shots at the GK's ankles, use the foot/hand technique instead of diving. Kick the foot out instead. React, don't guess and go too early.

9

⌚ 7 Min ↗ Pen Area