

ROB PARKER GOALKEEPING
BREAKAWAY/1V1 EXERCISES

VOLUME 1

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Rob Parker has coached at the collegiate level for sixteen years. He has been working with youth keepers for over 20 years. Prior to joining Union College, Parker worked with the women's teams of Siena, UAlbany, Marist and Towson. At just 19 years old, Parker joined the coaching staff at Towson University making him, at the time, the youngest college soccer coach in the country.

Under his tutelage at Union, the Dutchwomen goalkeepers have carried a goals against average of under 1 in each of his years. In 2008, Union posted 9 shutouts with a 0.84 GAA. During the 2009 campaign, the Dutchwomen posted 6 shutouts and led the league with a GAA of 0.94. In 2010, Union once again posted 9 shutouts and led the league with a 0.63 GAA while 2011 saw the Union net minders with 8 shutouts and a 0.67 GAA. This past season, Union netminders had 10 shutouts and a 0.73 GAA.

During his tenure at Siena, Parker's goalkeeper was selected to the MAAC all-rookie team in 2005. Additionally, Saint keepers twice earned MAAC Goalkeeper of the Year honors and three first team All-Conference selections. Siena participated in the Conference Tournament in each of Parker's years at Loudonville.

Parker also coached the Adirondack Region women's squad at the Empire State Games for six years, guiding his team to four gold, one silver and one bronze medal in the open division. He is actively coaching with several clubs in the Capital Region.

He has also served as a member of the Eastern New York Olympic Development Program staff and is a contributor to keeperstop.com, writing articles on goalkeeper development and continues to work as a clinician for several coaching clinics and courses. Parker also contributes to several coaching educational resources, sharing lesson plans and blogs with goalkeeper coaches around the world. He can be found on twitter @goaliecoach00



Server runs to either of the two balls and shoots at the goal. Kpr. attempts to make save. If Kpr. is beaten then second keeper standing behind first Kpr. attempts to make save.

Coaching Points:

- Win the ball before the shot
- smother ball as shot is being taken
- force the forward to shoot wide

Progression:

- Shooter can run to one ball and change his mind and run to shoot the other ball



Breakaway Decision-Making:

Player at the cone closest to the goal starts with the ball with their back facing the goal. They play the ball back to the next closest player and makes an overlapping run around their pass and towards the goal. Players receiving the ball one touch pass into the runners path who has one or two touches to finish shot. Goalkeeper makes decision based on weight of pass, angle of approach and positioning to treat situation as a breakaway or shot. Repeat on other side.

Coaching Points:

- Decision-making
 - Stay on feet as long as possible-don't overcommit
 - Cut down angle of shooter
 - Remain on balls of feet.
- Stay low and make yourself as big as possible



Set-up:

2 Rectangular grids set up at half field at wide angles

1 Keeper in Goal; Coach stands on opposite half of keeper in the center of the pitch

2 teams of four players - each team goes into one of the boxes with one ball and is assigned a number #1-4

Exercise:

Players move in box and interpass using one and two touch. Coach calls out a number and the player with that number leaves their grid and attacks through ball played by coach. First player to the ball becomes the attacker, second player is defender and working with the keeper.

Keeper must make decision whether to attack the ball either through a breakaway; ground clearance before the attacker gets to the ball; or stay back on line to take shot from attacker. Once ball is either saved, scored or cleared both players return to their respective boxes and play is repeated.

-vary services

Progressions:

-Label one grid as the Attacking group and one as the Defending Group

-Add players 2 players from each grid, etc.

Coaching Points:

-Clear and Loud Communication

-Make a Decision-Stick to it!

-Consider the angle of ball and your positioning



Both players start on the endline opposite of goal they are playing towards. Each is on opposite sides of the post. Keeper starts with ball and rolls ball to attacking player (Player 1). Once ball is released both players are allowed to attack ball. Player 1 must avoid leaving until ball leaves keepers hands to avoid an offside call. The defender (Player 2) attempts to either:

- Win the ball
- Delay attacker and deny penetration
- Make the shot as difficult as possible for attacking player

Keeper communicates to organize back. If Attacker scores and or the ball goes out of bounds, opposite keeper starts with ball and two new players start a new rotation. If keeper saves shot, keeper plays ball to defender who then reverses their role and goes to goal, making the attacker now the defender.

Variations:

- Limit attack to 5 seconds to score

Coaching Points:

- Communication with defender advise and command in a loud/assertive voice
- Quick Decisions whether to attack the ball or stay back and let defender attempt to win ball
- Angle Play move out early to close space between ball and goal narrow angles
- stay low with hands in front
- Decision-making make a decision, go for it, learn from the outcome



Defender starts closer to attacker both on same side of field. Same rules as previous exercise.

Keeper distribution to attacker is key.

Coaching Points:

With even start, makes a tougher decision for keeper as to whether to stay or go attack ball



Defender now begins at a cone placed 10 yards in front of attacker and 5-7 yards to the side of the attacker

Same as previous exercises

Coaching Points:

- Close feed to attackers feet
- Attacker go at speed to goal
- Defender closes space early to defend as high as possible
- Keeper communicates to defender where to be and where to force attacker



Set-up:

three cones are placed outside the 18 yard box.

One cone is posted in the center of the field and 2 other are place on opposite angles. The Coach assigns a nubmer to each cone that both the keeper and player with the ball at the cone know.

Exercise:

On coaches call of the number, that player then dribbles and attacks the goal in a breakaway type scenario. Keeper Attacks ball to make save. Rebounds are live. Shooter can either dribble keeper and shoot. Play ends when either 1. the keeper collects the ball, 2. the shooter scores, 3. the ball goes out of bounds. After play is finished keeper recovers to goal and groups themself and then coach calls out number for next shooter.

Variations:

- Limit time play is live
- Limit touches of shooter
- Limit whether shooter can shoot or must dribble goalkeeper

Coaching Points:

- Determine how to play
 - when to cut down space
 - when to stay big
 - when to get low
 - when to dive
- How to cut down angle
- Decision Making Techniques



Set-up:

Gk in Goal

3 cones of three different colors each 5 yards away from each other in a straight line

Defender at last cone closest to goal

Attacker at top cone closest to server

Server has a pile of ball located around bottom of center circle.

Exercise:

On coaches command, defender sprints to yellow cone, touches cone and recovers to attempt to defend attacker who receives ball from server and attacks goal.

When defender runs to yellow cone, server plays attacking ball to server. Repeat to other side players

Variations:

-2v2, same motions

-starting positions of players can be altered

-positioning of server can be altered

Coaching Points:

- Keeper makes decision whether to attack ball or not - depending on defenders recovery run and positioning

-Can keeper get to ball played by server before the attacker does?

- Starting position

- Communication between goalkeeper and defender

