

Breakaways



The Game

- Team A is shooting on team B's goalkeeper, starting from the line that is 40 yards away from the goal.
- Players go in one at a time and only get one shot each time.
- As soon as the shot is taken, the next player may go.
- Players must retrieve their own ball.
- Each team gets 90 seconds to take as many shots as they can. The amount of goals scored is recorded and compared to the other team's score.
- Teams switch after 90 seconds.

Coaching Points

- Keepers must determine how far they can come out without giving up a "chip" over their head.
- Keepers should stay on their feet, making themselves as "big" as possible, for as long as possible.
- Dive, slide, for the ball, hands first, only when sure of getting the ball. Dive immediately after the attacker's touch on the ball.
- Keepers must also work on guiding the ball over the crossbar.
- Shooters must decide between dribbling and shooting or chipping the keeper immediately after the save is made.
- When dribbling, if the keeper stays in the net, slot ball low, just out of reach of the keeper's feet.
- If the keeper come out of the goal, look to unbalance the keeper, then dribble around and shoot.
- Fitness for all involved.