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1 V 1 AGAINST THE GOALKEEPER

The 4 Ways to Beat the Goalkeeper!

- Perfect drills for Counterattacks
- Detailed Analyses for 1v1 against the Goalkeeper
- Drills for 1v1 against the Goalkeeper
- Time Pressure, Through Passes, Combinations and Game Formats

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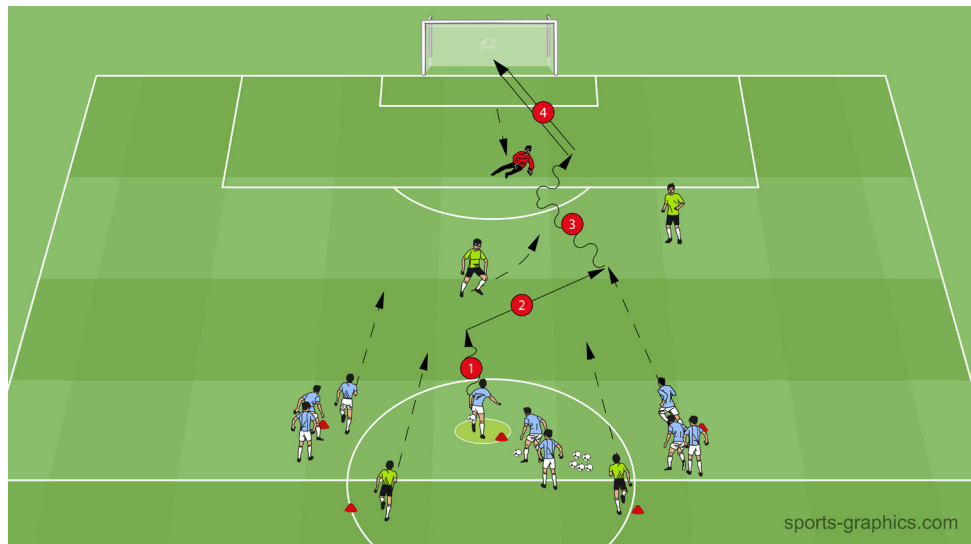
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3 against 1 +1 under time pressure



ORGANIZATION/PROCEDURE

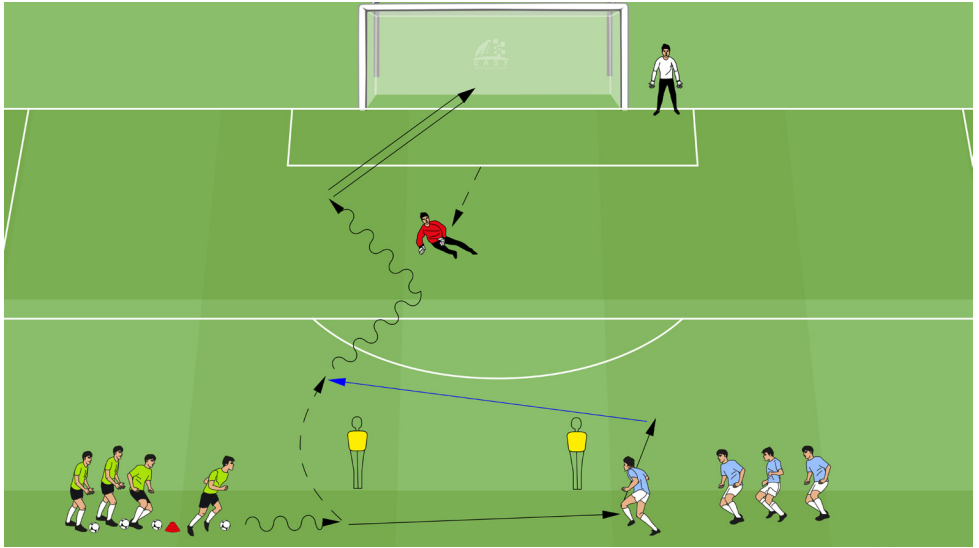
Three starting positions, one defender, a goalkeeper in the large goal, and a defender who starts from behind when the first player touches the ball.

1. Three attackers execute a fast break against one defender. Depending on the defender's behavior, the dribbler passes to the left or right.
2. Another defender starts approximately 2-3 meters behind the attackers.
3. This results in a 3 against 2 plus the goalkeeper situation.
4. After the final pass, the striker attempts to successfully complete a 1v1 against the goalkeeper.

COACHING POINTS

- Player A should dribble towards the defender at a high pace to prevent the trailing defender from intercepting.
- The pass should be made in a way that allows a teammate to receive the ball at a high tempo.
- The pass must under no circumstances be played into the back of the teammate.

Pass into the run for the 1v1 against the goalkeeper.



ORGANIZATION/PROCEDURE

Two mannequins define the gap between two defenders. On one side, the dribblers start, while on the other side, there are the forwards. A goalkeeper is in the large goal.

1. The passer dribbles toward the gap and passes the ball to the foot of the forward, then turns and runs around the dummy in a curve at the right moment.
2. The forward takes the ball past the dummy and passes it into the path of the starting player.
3. The starting player takes the ball with their first touch toward the goal and enters a 1v1 situation against the goalkeeper.

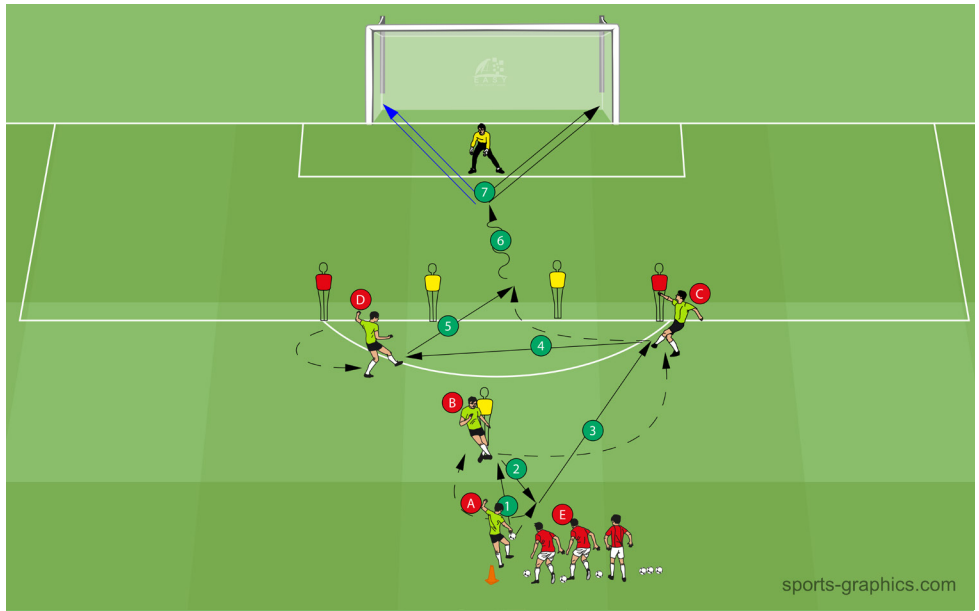
COACHING POINTS

- The starting player should not initiate the curved run into space too early to avoid an offside position.
- After each attack, the two involved players swap their roles.

VARIATIONS

- This training exercise can also start from the right side.
- The partner has the option to pass to the starting player or dribble towards the goalkeeper.
- The distance and position of the mannequins can vary.

1v1 against the goalkeeper from the Y-formation (3) – passes through the middle



ORGANIZATION/PROCEDURE

Set up two red mannequins 16-20m in front of the goal, spaced approximately 14-18m apart. Use 2 yellow mannequins to form the through pass lane, and 1 yellow mannequin for the wall player, with 1 player assigned to each mannequin. Have 4-6 players at the starting cones and 1-2 goalkeepers in the goal.

1. A passes to B, who drops the ball.
2. A then plays a through pass to C, who plays it horizontally to D, who has timely separated from the mannequin.
3. D plays a pass through the through-pass lane into the run of C, who curves around the yellow mannequin inside.
4. C dribbles towards the goalkeeper and overcomes him with a precise shot into the left or right corner.
5. The next round starts from the other side.
6. Everyone moves one station further.

COACHING POINTS

- Don't dribble too close to the goalkeeper and shoot past him with pressure.
- Quick passing sequences with precise passes.
- Smart off-the-ball movement at the last defensive line.
- Fast positional changes.

VARIATIONS

- Increase the distance from the goal.
- Passes and goal attempts from the other side.

