

The second six yards

When a cross arrives between the six-yard box and penalty spot, the goalkeeper can catch the ball or leave it to his defenders. This session will improve your goalkeeper's confidence and decision making in the crucial "second six yards".



What you tell your players the session is about

1. Goalkeeper coming to catch crosses.
2. Decision making on whether to come and catch or to let the defenders clear the ball.
3. Building a relationship and understanding between the defenders and the goalkeeper.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	Ladders	Quick footwork skills from <i>The Ultimate Warm-Ups Manual</i> , exercise 25
The session	Balls, cones, one goal	Goalkeeper now has clear guidelines on when and when not to come and catch the ball
Development	Balls, cones, one goal	Goalkeeper and defenders are working together to clear
Game	Balls, cones, two goals	Game situation where goalkeepers have plenty of practice saving crosses
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Catching, jumping, anticipation, decision making, communication with the defenders

Team skills: Communication, team work

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What to think about

- Giving the goal area zones and guidelines for the goalkeeper on where he should be coming to catch will improve decision making and game awareness.
- The goalkeeper needs to communicate loudly and quickly to defenders with calls such as: "keeper's" or "away". This will remove indecision in the defence.
- If the goalkeeper cannot catch the ball then he should punch it away.
- The goalkeeper must not be a super hero. He should only go to catch if he is certain of holding the ball. If not, he should stay on his line and let the defenders win the ball. Even if the defenders lose the header there is still the chance to save a shot or header.



