

GOAL KEEPERS CORNER



HOW TO TRAIN GOAL KEEPER'S

ACADEMY LEVEL TRAINING TOOL



Copy Write



Designed and coached by Karen A.M Morgan





ACKNOWLEDGEMENT

- ▶ Would like to say a special thank you to Jonas Joe Mason & Dan for your support in the making of this Manual . This manual was designed from working as a Keepers Trainer using the methods I have designed myself and learned over the years, while being a coach. These methods have turned out really brilliant efficient and effective goal keepers.





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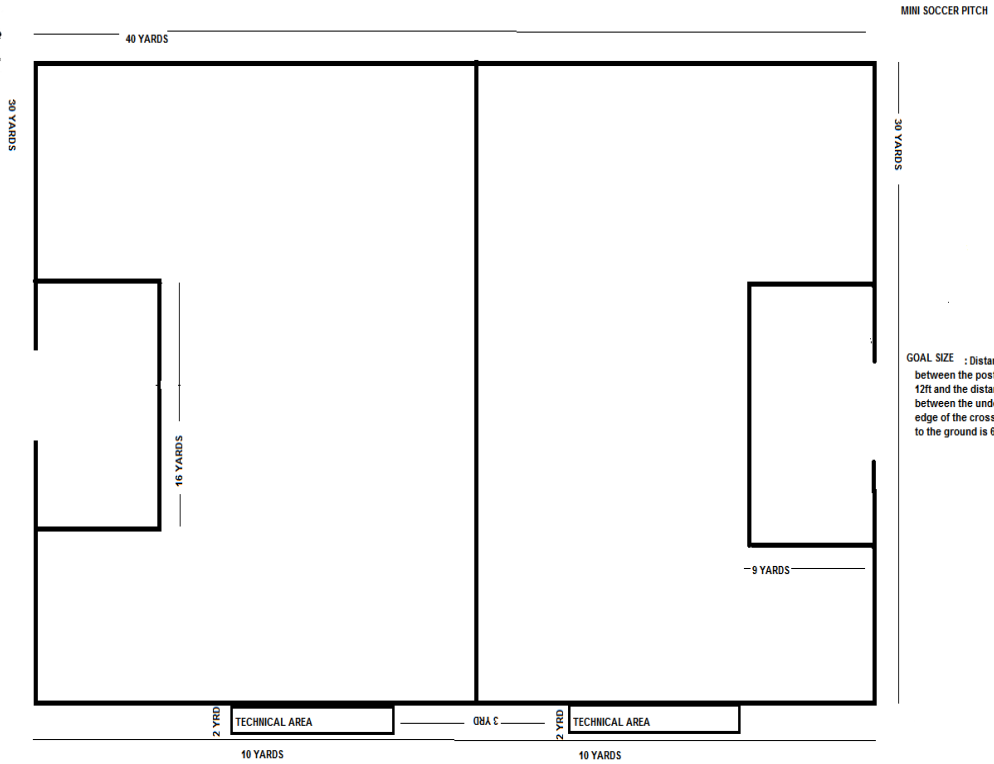
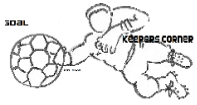
▶ INTRODUCTION

1. Pitch Diagram and Goal Area Dynamics
2. Keepers Needs
3. Keepers Responsibility
4. Understanding Diagrams
5. Training Exercises and Routines (8 levels)
6. Keepers Exam
7. Certificates of level achieved
8. Rules of the Game





GOAL AREA DYNAMICS

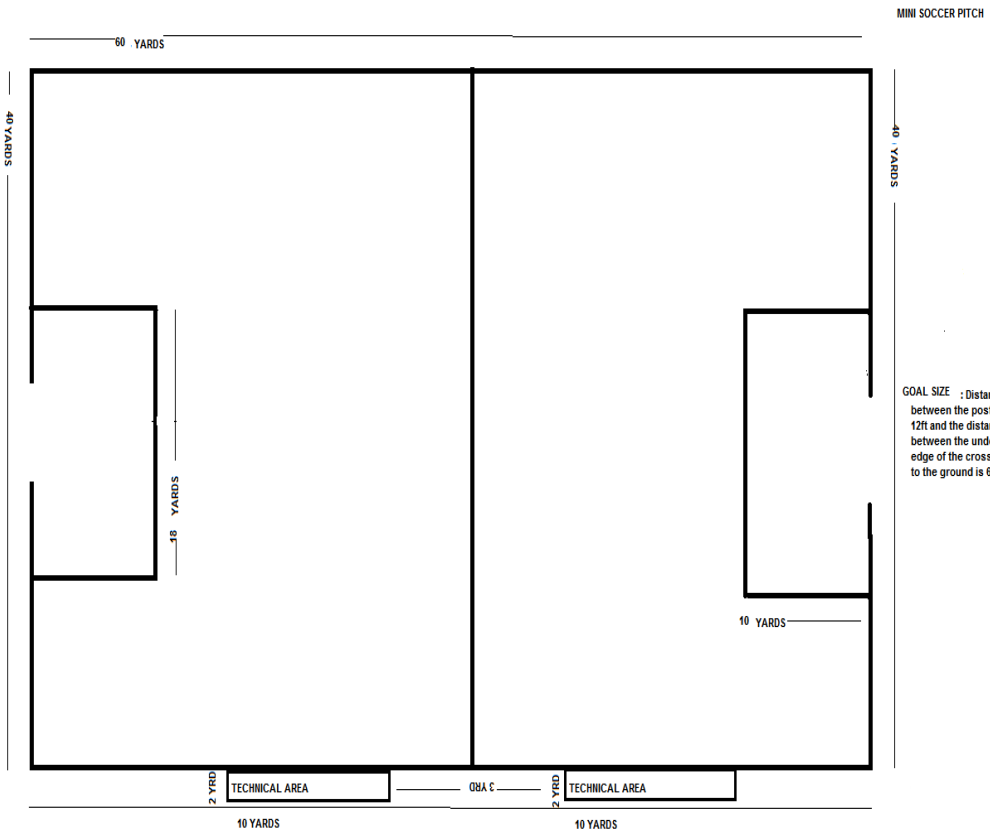


MINI- SOCCER PITCH





GOAL AREA DYNAMICS

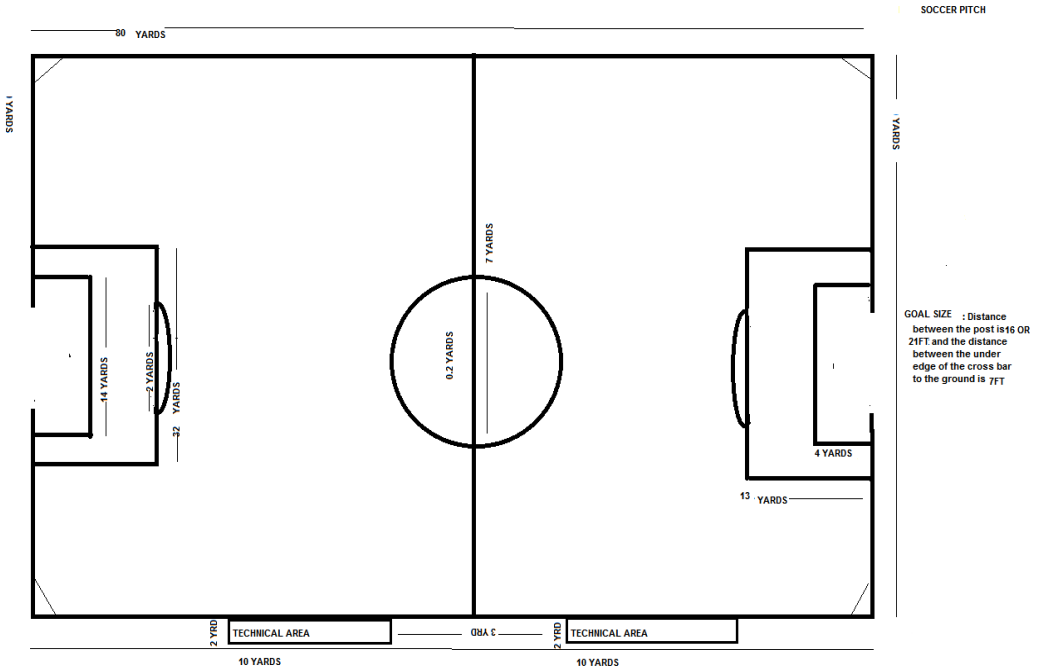


MINI SOCCER PITCH FOR UNDER 9'S & UNDER 10'S





GOAL AREA DYNAMICS



The field of play is divided by a halfway line and the centre mark indicates the mid point of the half way line.

The game is played in thirds from back to the middle then from the, middle to the oppositions front of goals. As a keeper you get to read the game from the best position on the field. Make sure you control your defenders to help you defend the goal. Be sure to shout clear instructions of where you need their support.





KEEPERS NEEDS

- ▶ Keeper must be using the **Correct Posture** on the goal line always appearing in the set position. Facing Forward with feet shoulder width apart. Try to keep the heels of your feet off the floor. Using **Skip movement** in goal area for faster interception on the target. Elbows tucked in , **head up**. Arms held out in front open palm facing forward, fingers slightly bent arc the hands in wards so your, for finger is touching and your thumb tips. This will form a **W shape**. Using this technique will be more effective as the ability to grasp the target will be more efficient.





KEEPERS NEEDS Continued

- ▶ Correct posture technique will enable you to dive more effectively from this position. Increasing your agility when practiced moving on the balls of your feet you will find more easier using the skip movement in the goal area.
- ▶ **Kit:**
- ▶ Keepers Shirt
- ▶ Keepers Padded bottoms
- ▶ Foot ball Socks
- ▶ Shin Pads
- ▶ Football Boots
- ▶ Goal Keeping Gloves
- ▶ Keepers Helmet
- ▶ **Safe Play Area** : Pitch ,Goals,
- ▶ **Ball** : Ensure your using the correct size ball to suit your age group. (see rules of game for further information).





KEEPERS RESPONSIBILITY

- ▶ Being a good keeper is having to make the correct decisions at the right time. Positioning your body in front of the ball direction. Making sure your **keeping your eye on the ball**, watching the ball into your hand 's. Trying to anticipate the balls trajectory , moving quickly into position so you can intercept the ball .Then get it out up field to the correct player in the most effective position. The Keeper will watch the game as it progresses , so **communication** is really important, shout , give instructions to your defenders so they can help you defend the goals.
- ▶ It is an FA rule that keepers may only handle the ball for **SIX SECONDS** at any time while the ball is in possession, then has to release it sending it out to awaiting players within that same time frame of six seconds.
- ▶ It is an FA rule that in a penalty situation no players may move into the box until the player who is taking the penalty has kicked the ball. Players not taking the penalty must be five yards distance, behind the ball.



KEEPERS RESPONSIBILITY Continued

- ▶ Being an effective keeper depends on understanding the game well. Be a good communicator with outfield players.
- ▶ **Coming off your line** when necessary to intercept the target.
- ▶ Closing on attacking players making your shape wider holding or waving arms palms facing forward. Shorten the length of shot or maybe cut into the angle of the shot.
- ▶ Good guide line to **goal keeping principles** is being able to move quickly towards the ball and intercept the target as quickly as possible. After diving, a quick recovery
- ▶ And getting the ball out to awaiting players.





KEEPERS RESPONSIBILITY Continued

- ▶ **Goal kicks** are important, accuracy is a must , placing the ball at the feet of the midfield or in the area they can get to the ball before the opposition have the opportunity to move on the ball.
- ▶ The Keeper can see how the game is progressing by feeding the ball to the right out field player, in the right position can create opportunities for your team to move forward with the ball.
- ▶ A good goal kick can create opportunity for the your midfield and striker to break forward and take fight to the opposition playing in there half of the pitch. Keeping up the pressure so your team can break through the other team defences.
- ▶ **Goal Kick Procedure:**
 - ▶ A player of the defending team kicks the ball from any point within the penalty area or six yard box. Opponents must retreat to their own half until the ball is in play.
 - ▶ The defending team does not have to wait for the opposition to retreat and has the option to restart the game , should they prefer to.
 - ▶ The ball becomes out of play when it is kicked out of the penalty area over the goal line either side of the outside of the goals.





UNDERSTANDING DIAGRAMS

- ▶ Make sure you have all the equipment you require.
- ▶ Ensure its a safe play area where you are permitted to play ball games. Work in a park area or open field, Maybe Astro turf pitch in your area. DON'T play where the ball can go into a road and you have to run and retrieve it, chances are, you may run into the path of a car so **SAFE PLAY AREA** is a must.
- ▶ Read the descriptions carefully , place the cones where instructed on the diagram.
- ▶ Place the pole as required distance always at least eight feet apart to create the goal line area instructed on the diagram. Working with this distance no matter what the age makes the keeper start stretching to make the length of the goal line.





UNDERSTANDING DIAGRAMS

Continued

If working with goals in place and fitted nets then realistically you will need to use the size goals to suit the age group.

More examples videos can be viewed on Face Book web site [Goal Keepers Corner](#).

<u>AGE</u>	<u>TYPE</u>	<u>GOAL SIZE</u>
▶ Mini soccer U7/ U8	5 v 5	▶ 6 x 12
▶ Mini soccer U9/ U10	7 v 7	▶ 6 x 12
▶ Youth U11/U12	9 v 9	▶ 7 x 16
▶ Youth U13/U14	11 v 11	▶ 7 x 21
▶ Youth U15/U16	11 v 11	▶ 8 x 24
▶ Youth U17/U18	11 v 11	▶ 8 x 24
▶ Over 18 (Senior ages)	11 v 11	▶ 8 x 24
		▶ Height x width (ft)





USING EXERCISES AND ROUTINES

- ▶ Follow instructions in the diagrams shown. Make sure you have started from the beginning of the manual so can observe every aspect of what will be expected of you as a Keeper.
- ▶ **MAKE SURE YOU COMPLETE WARM UP EXERCISES AND COOL DOWNS WITH STRETCHES.**
- ▶ Pay attention to all aspects of the game, as you get to read the game better than any other player on the pitch because, you get to see the game played out from the best position .
- ▶ SO get the best out of the manual so it will work for you repeat the exercises as instructed. Making sure your using the correct body position with your head up watching the ball go into your hands at all times. Keep your heels off the floor and stay on your toes so you can move more quickly when required repeat the exercises so catching ,coming off your line going out to intercept the target and diving will become like a natural movement. Remember Practice Makes Perfect.





USING EXERCISES AND ROUTINES

- ▶ **Level 1** : Ball Handling & Ball Familiarisation.
- ▶ **Level 2** : Balance / Foot work.
- ▶ **Level 3** : Goal Kicks / Controlling Defenders.
- ▶ **Level 4** : Coming Off your Line.
- ▶ **Level 5** : Using your Area . Dealing With Corners.
- ▶ **Level 6** : Exam :Test Keepers Knowledge / Keepers Ability.
- ▶ **Level 7** : Working from the Back.
- ▶ **Level 8** : Repeat Basics : Refresh with Game Play Routines.



Level 1 : Ball Handling & Ball Familiarisation



- ▶ **Ball handling** is the way you hold the ball . How you can control the ball and guide the ball into the right position into your gloved hand.
- ▶ Placing and watching the line of the ball assessing the distance of how far away it is from you or how far you want it to travel when you kick it or over arm throw it. Has to be done in a split second and reaching for the ball, using the correct body shape , movement towards the ball.
- ▶ Using the **W shape** when approaching the target, helps you intercept the ball and grasp it, holding the ball firmly so you don't drop it unexpectedly.





Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ The training examples you are given will teach you , how to catch throw and roll out the ball . How to collect and retrieve the ball using the **K shape**, that is with one knee touching the ground and the other in the step position. Your hand still together forming a basket shape with your hands..





Level 1 : Ball Handling & Ball Familiarisation continued



The hands are cupped together to collect the ball then it is pulled into your chest so you have maximum contact with the ball.



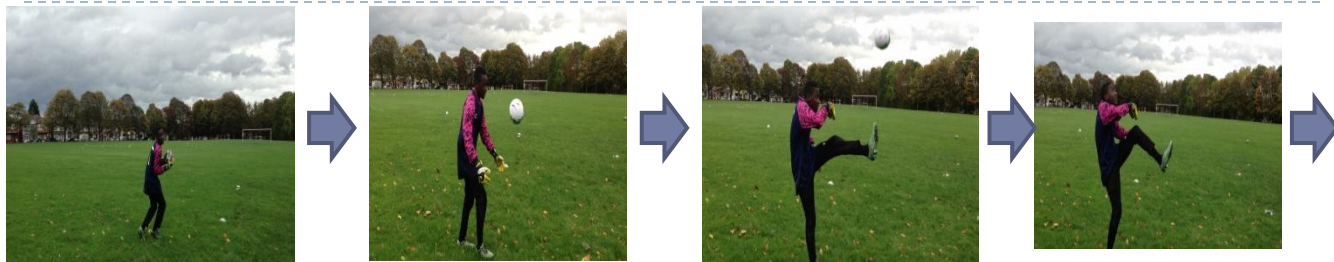


Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ Catching is always the first example and is the most fundamental and important aspect of being a keeper.
- ▶ Using a diamond shape grid instruct the keepers to **JUMP STRETCH**.
- ▶ The ball should be served high so that the keeper has to run and jump, pushing off the right foot to get as much height as possible, stretching out his arms into the air to intercept the ball. **REPEAT 20 TIMES PER KEEPERS**



Level 1 : Ball Handling & Ball Familiarisation continued



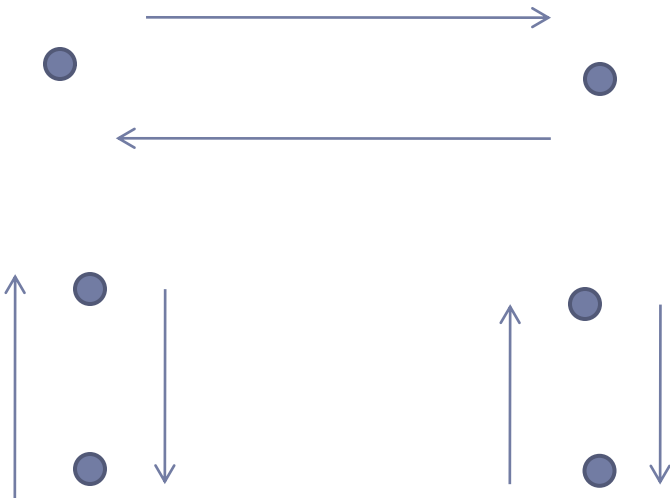
- ▶ **Kick and catch** exercise should be given next as the keepers to kick the ball high into the air above their heads and jump and catch it . Making sure they watch the ball go into their hands. Tell them to get underneath the ball to catch it. Not to kick it away ,but above their heads. REPEAT EXERCISE FOR 2 MINUTES





Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ **Catching Ball** in pairs. Stand 6th foot from each other the practice throwing over arm .Then underarm. Repeat x10.
- ▶ The ball is thrown in the direction of the

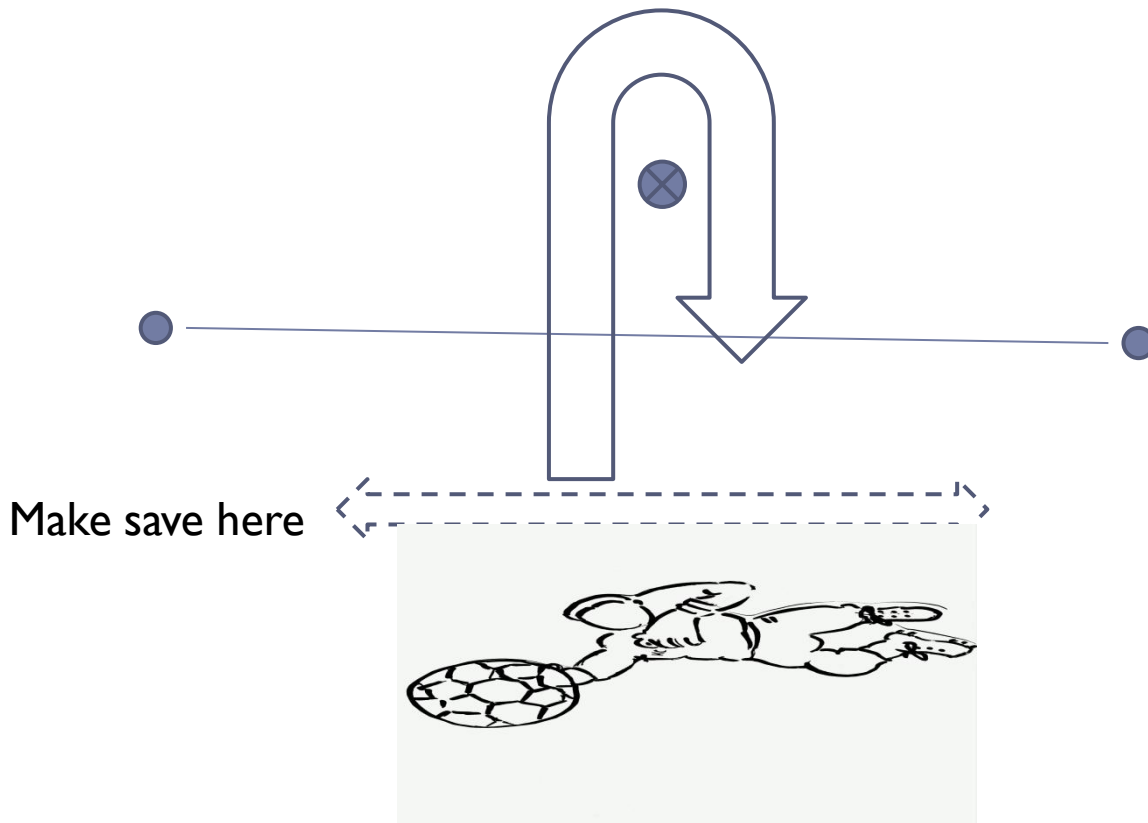


- ▶ arrow is pointing. Then use to two cone per player creating two points which the keepers should move between. Each keeper should be using the skipping movement between the cones.

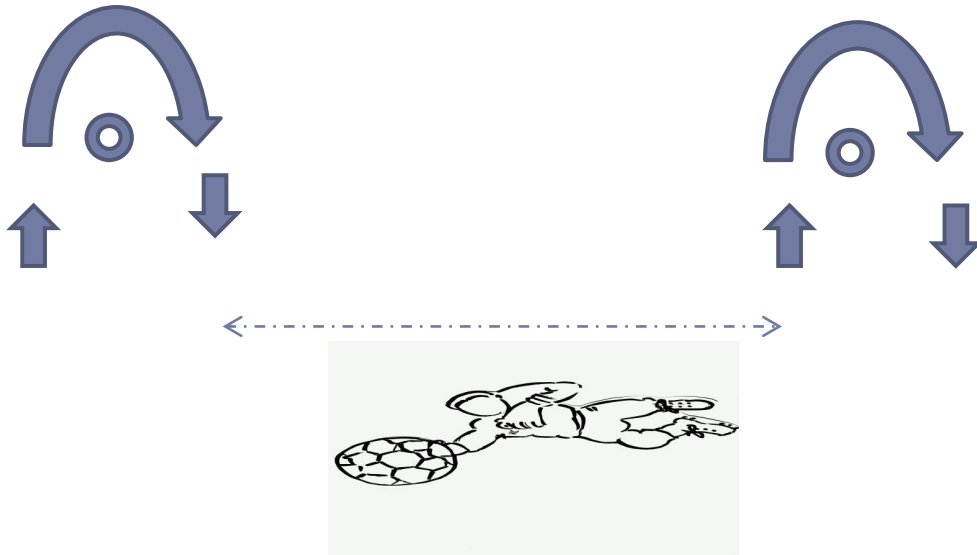


Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ Ro: I. Drop back around the cone then make the save in front of the goal line.



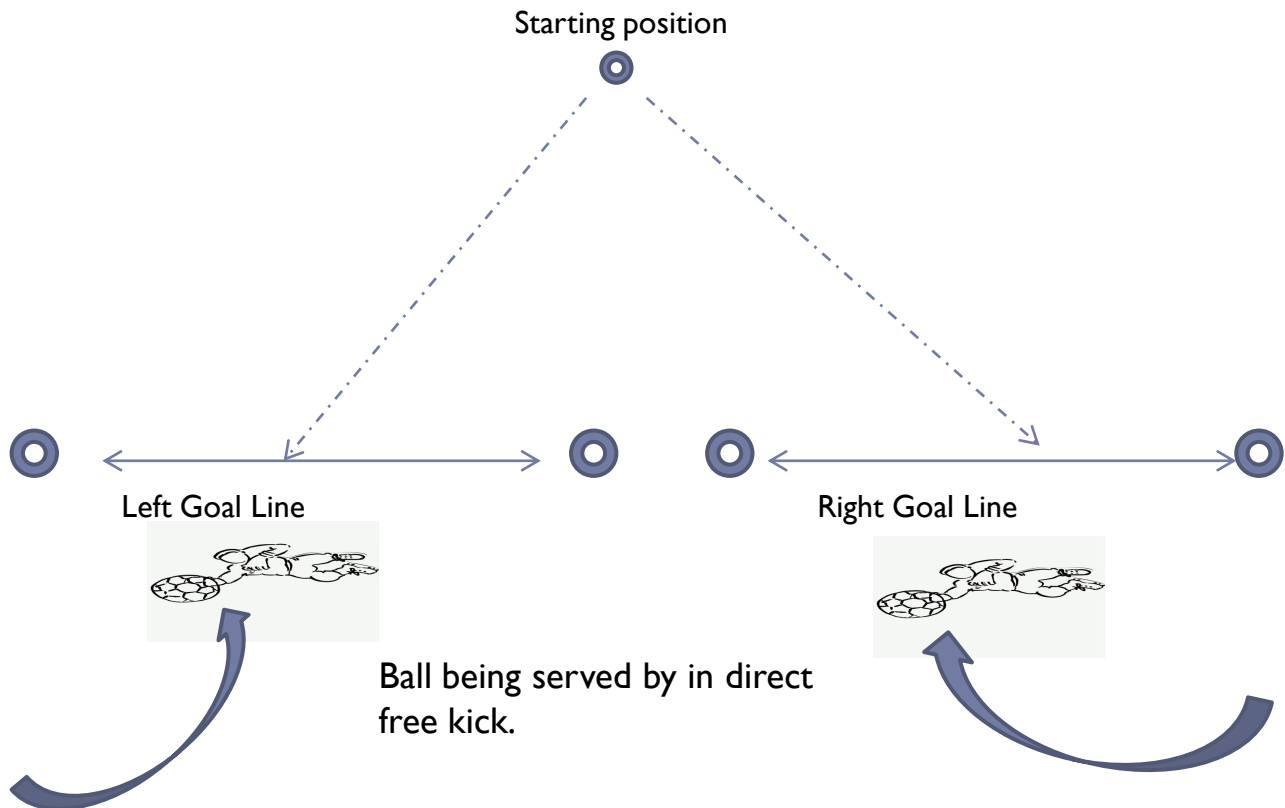
Level 1 : Ball Handling & Ball Familiarisation continued



Ro:2 .This routine encourages the keepers to be using the skip movement, on the balls of their feet to travel around the cones at pace. The keepers is to use each of the cones alternatively then make a rolling dive after each time a cone is travelled around.



Level 1 : Ball Handling & Ball Familiarisation continued

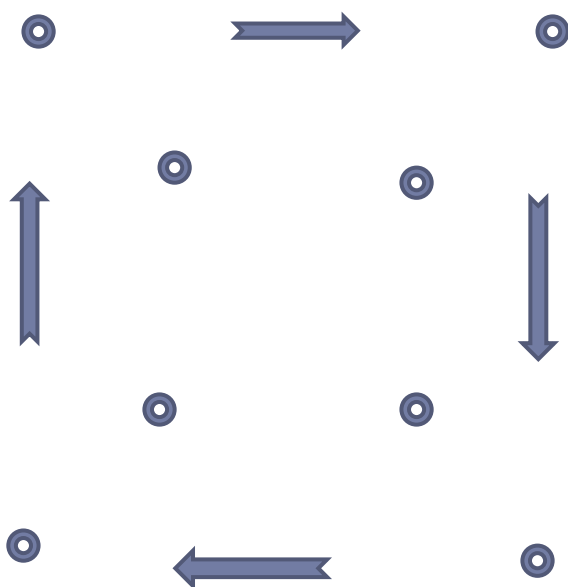


Ro:3. Using two goals instruct the keepers to run into the left goals to make 10 catches then run into the right goals for x10 catches Then repeat exercise x 10 dives per goal then x 10 saves per goal using just the feet. This will encourage greater control of the ball when saving just using the feet.





Level 1 : Ball Handling & Ball Familiarisation continued



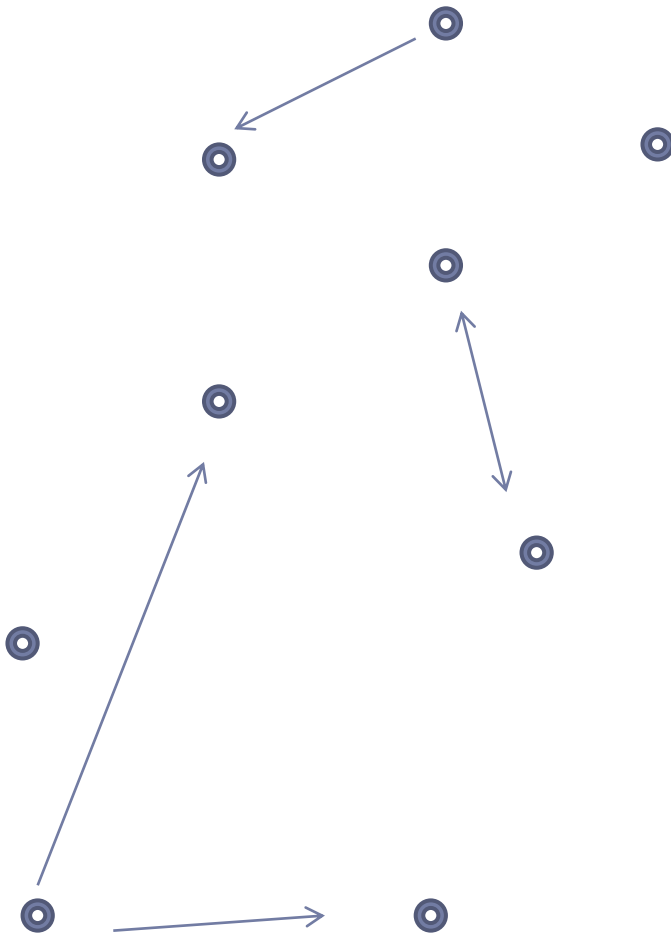
Ro:4. Using the correct keepers standing position .With the ball held out in front of the body with arms slightly bent using the W grip. Keep the feet shoulder width apart and skip around the out side of the four outside cones. Once the keeper has reach the corner cone he should turn sharply towards the inside cone skip towards it and touch it with the held ball.Then skip back towards the outside corner cones. Then skip towards the next corner cone and repeat complete routine x 4.

This exercise will encourage the skip movement in goals and aids keeper in travelling at speed when moving on the balls of his feet in goals





Level 1 : Ball Handling & Ball Familiarisation continued

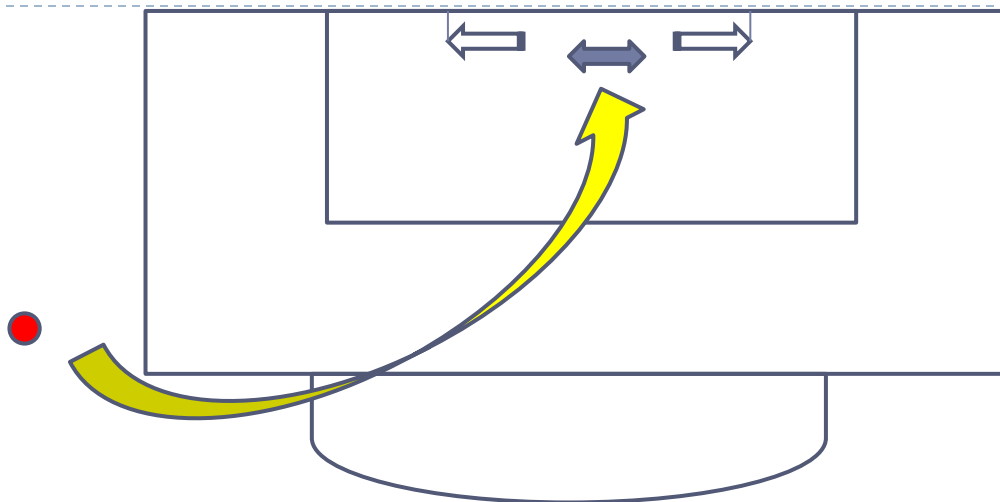


Ro: 5. This routine improves hand eye coordination for repeat catching of the ball. Once again using the skipping movement to travel from cone to cone. The keeper must receive the ball by catching it using the W grip, only then can he move to another cone by throwing the ball to another keeper, who then has to pass the ball again, before moving to another cone. This routine is played at pace so movement is constant for 2 minutes. Then repeat the exercise using a bounce pass, where the keeper will bounce the ball in front and towards the other keeper, before moving to another cone. On receiving the ball the keepers chooses his own direction. A bounced ball may not always go in the direction expected so the catching the ball becomes random.

Ensure all cones are placed at 4 or 5 feet apart. Any pattern may be used the more space the better, Encourage over arm throwing for more than 6 feet apart. Under arm throwing and rolling the ball to target at distance.



Level 1 : Ball Handling & Ball Familiarisation continued



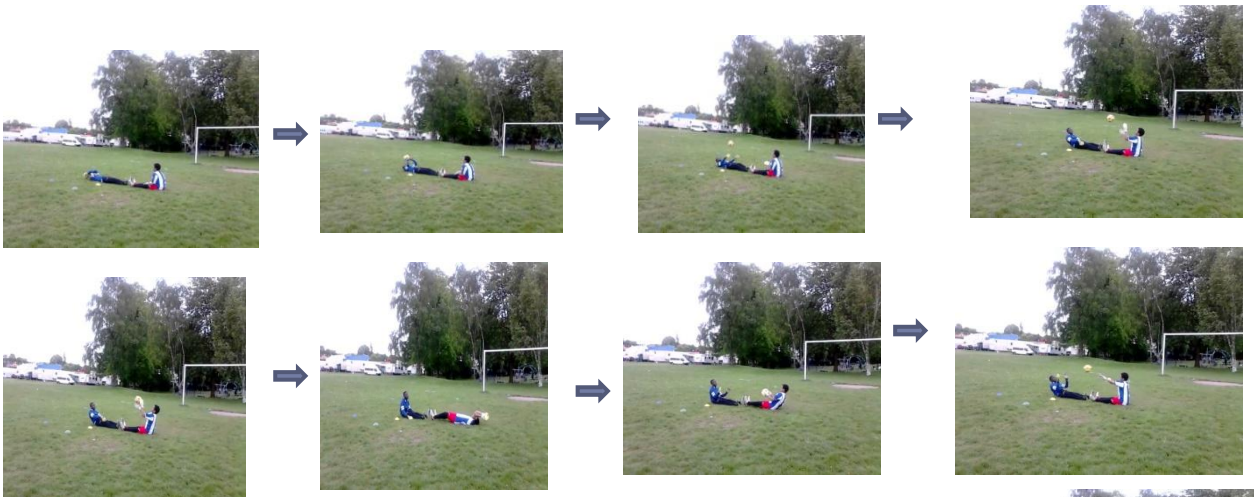
Ro: 6. Instruct your keepers on the goal line to touch each goal post in turn while keeping their eye's on the ball. They have to move from one then the other in turn and repeat touching the posts until otherwise instructed. The ball must be served while the keeper is moving . Repeat x 10 serves per keeper





Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ **Sit up and Catch** A routine that builds the core, introduce it as part of your warm up it will make all the difference to the keepers ability of endurance .

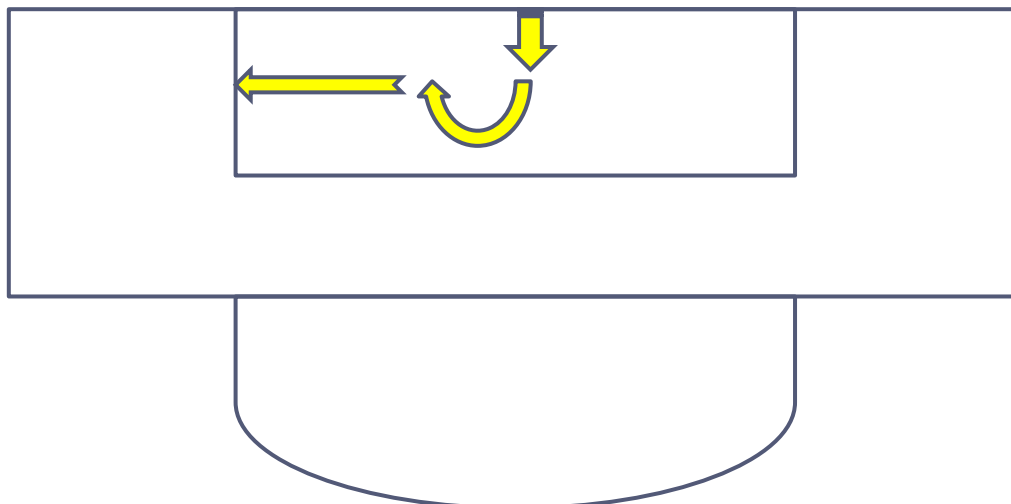


- ▶ Ask the Keepers to complete
- ▶ The sit-up lying down holding the
- ▶ Ball out in front elbows tucked pass the ball when receiving it catch it, using the W glove shape. Touch the ball on the floor behind keepers head , return to the sit-up position pass the ball back to the other keeper. Repeat 3 x 10 repetitions each keeper.





Level 1 : Ball Handling & Ball Familiarisation continued

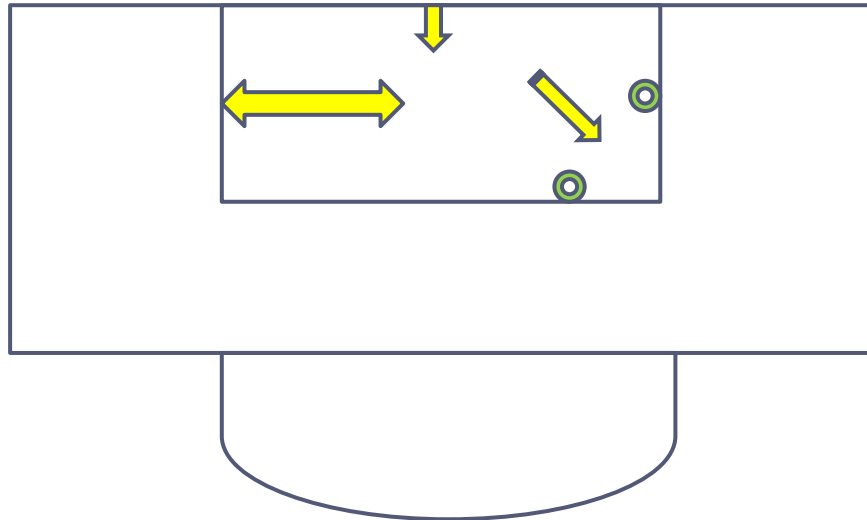


Ro: 7. Instruct the keepers to come off his line and touch the ball being held out at arms length, on the edge of the 6 yard box line then, the keeper has to keep his eye's on the ball as it is thrown into the air in the area of the 6yd box. The keeper should stretch jump into the air taking off the right foot and snatch the ball out of the air. Repeat exercise x 10.





Level 1 : Ball Handling & Ball Familiarisation continued



Ro: 8. Instruct keeper to come off his line at the blow of the whistle run out and touch the left line of the six yard box then turn 180 degree's run back to make the save in between the cones. Then change the cones to the right side or left side as required of the box . Repeat exercise x 10 per side.





Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ To help with your keepers hand eye coordination hand use parrying exercises . Helps with aiding concentration on the target . Instruct keepers to lay on their back then parry the ball with the left hand then with both then with right hand.





Level 1 : Ball Handling & Ball Familiarisation continued



Repeat exercise for 2 minutes per keeper each lesson. Then instruct the keepers to complete the exercise in the half sit up position this helps improve there core and concentration .



Repeat the half sit up parrying exercise for a further 2 minutes per keeper



Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ Instruct the keepers from the half sit up or sitting up position. Catch return the ball from the left then to centre then to the right and back to the centre. Repeat exercise 10 stretches per side.



Level 1 : Ball Handling & Ball Familiarisation continued

- ▶ Now ask the same technique only using one hand at a time . 10 times using each hand. This will encourage the keepers to stretch as they are diving.





Level 2 : Balance / Foot work.

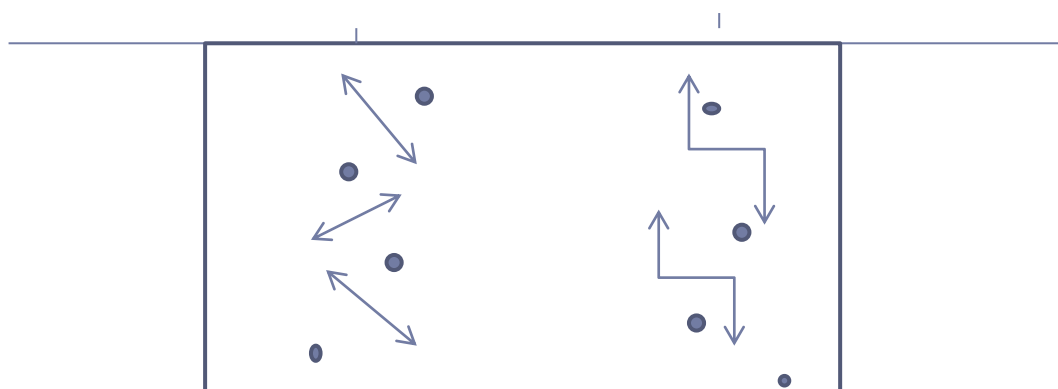
- ▶ Use **Aerobic agility training** when practiced moving on the balls of your feet you will find more easier using the skip movement in the goal area.
- ▶ Moving constantly to the direction of where the ball is being played. In or out of possession. You must remain fluid in goal.
- ▶ **Balance** is important so work with your feet shoulder width apart. You must be able to react to the pace of the ball and the game. Movement in goal is important to dominate the 6 yard box. Be focus at all time on the game and a **MUST FOCUS ON** where the ball is, in or out of possession.





Level 2: Balance /Foot work Continued

- ▶ Here are some examples which will enable the keepers to come off their line and focus on the ball. Working the area warm up instruct the keepers to move between the cones then make the save in front of the



- ▶ last cone, they are not allowed to come in contact with any cones. Use jockey steps going off your line, then after attempting save, keepers have to move backwards using jockey steps in reverse back to their line. Repeat for five each keeper.





Level 2:Balance /Foot work continued

- ▶ **Effective footwork** is the ability to move in the goal area, with agility and speed following the game and the direction of where the ball is coming from. Being fluid in movement, moving in symmetry with the game and the ball.

Getting the ball out to the space where or the player can get to it , or directly to the player, making sure your playing the ball to the foot instructed by the receiver letting you know weather he is left footed or right he will instruct with signing which side of him to play the ball.

- ▶ **Kicking the ball correctly and accurately** is important, if using the volley kick. Kicking the ball effectively pointing your toes using the laces of the boot when kicking the ball.





Level 2:Balance /Foot work continued

- ▶ Holding the ball out in front of the body waist height with both hands , then releasing the ball on to the foot that you kick with. If the keepers leans back when kicking the ball. It will be elevated high into the air. Not always reaching the player, so get your head over the ball hold the ball out front of you in the direction you intend to kick it tilt your pointed foot inwards slightly so when you contact the ball it will travel over head height in the direction which it was intended for.
- ▶ **Practice Kick and Catch** routine kicking the ball directly up above your head then jumping high using a stretch catch to catch it.





Level 2:Balance /Foot work continued

- ▶ **Practice** kicking the ball just over head height **Long Balls** cross the centre line into the oppositions area to help midfielders and centre forwards break into the area they can gain ground and create opportunities. It will help with accuracy of finding the player you need to get the ball out to. Also if the opposition are concentrating the game on your side of the pitch a long ball play can enable switch play and take the fight to the opposition.
- ▶ As a keeper make sure the player your kicking the ball out to is going to receive it, or the space your playing the ball into your team player will receive it.
- ▶ Your team mate will indicate which side of his body they want the ball played to the left side of the player or the right . This is telling the keeper that the player is either **RIGHT footed** or **LEFT footed**. Be sure to look at where they are showing you where to play the ball.





Level 2:Balance /Foot work continued

- ▶ When in goal and receiving the ball coming back from a defender, it could be that the ball may come back off the ground so Practice bringing the ball down to the ground and controlling and releasing in x 2 touches. Then sending the ball out wide to an awaiting player. Always beware to switch play so the opposition can be caught off guard .





Level 2: Balance / Foot work continued

- ▶ Routine .9. This routine will need three players / Goal Keepers/ x 2 Balls/ Cones. Place four cones between fourteen and ten paces apart. Then instruct two of the players they will be serving the balls and the one in the middle will be working the ball routine. Each serving player must take their turn in the centre.
- ▶ The first server will pass the ball along the floor to the players in the centre, who will come off his line to meet the pass and the ball with the left foot receive the return pass it with the inside of the right foot, firstly using the left foot then the right .
- ▶ Then the player in the centre will need to repeat the same procedure to the second server Pass and Return must be repeated x 10 each foot Then use the same routine each server will flick the ball up to the player in the centre who will return the ball by using a tap volleys foot kicks. Which the serving player will bring down the ball with his feet when the ball is returned to repeat the routine again. Repeat x 10 each foot.
- ▶ Then as a progression use the same routine each server will flick the ball up to the player in the centre who will catch it and return it at pace, by rolling it back to the serving player. Repeat x 10.

▶ Serve ball from here

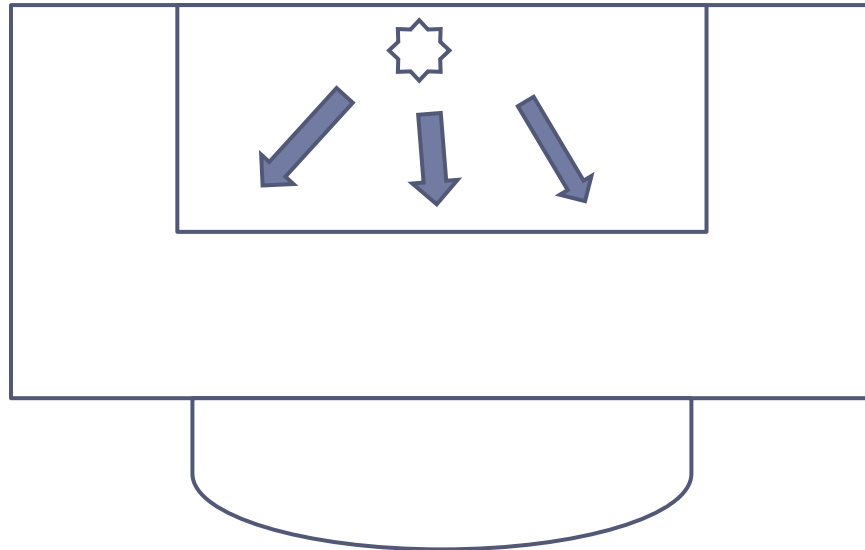
Ball played in direction of arrows

Serve ball from here





Level 2: Balance /Foot work continued

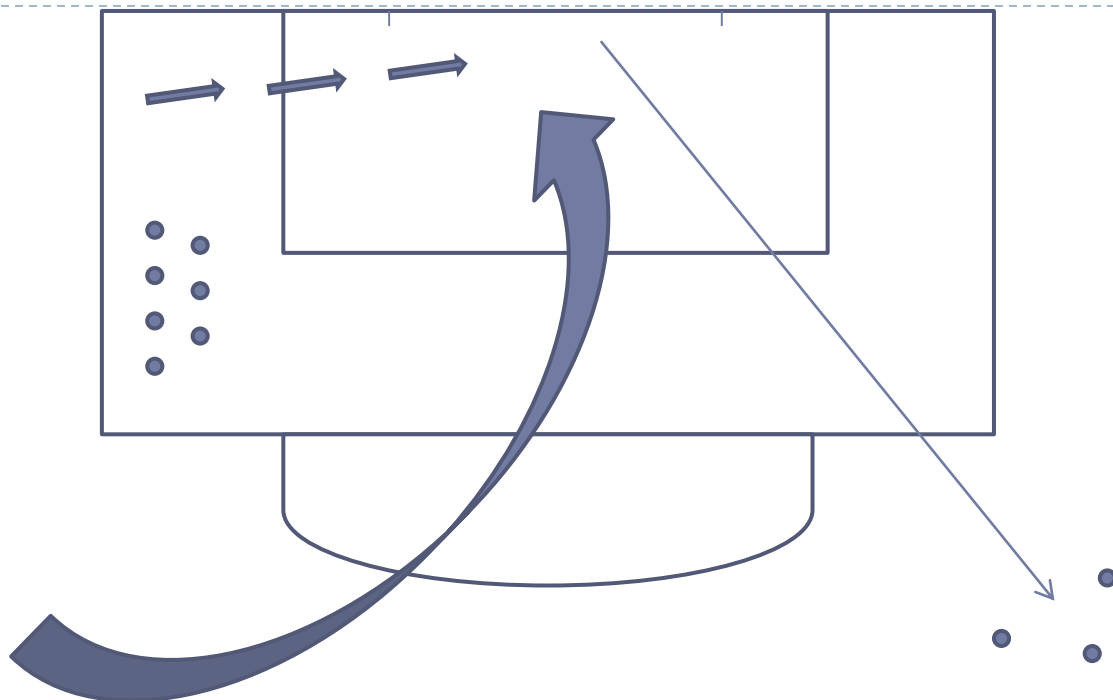


Ro:10. Instruct the keeper to be in the kneeling position facing forward off his line but in front of the goals. His arms out in front USING the W shape and open hand parry to return the ball back to the server. First using the left open hand parry the return then catching with W shape on the 2nd serve. Then return ball. On the 3rd serve parry the ball back using the right hand. Repeat x 10





Level 2: Balance / Foot work continued

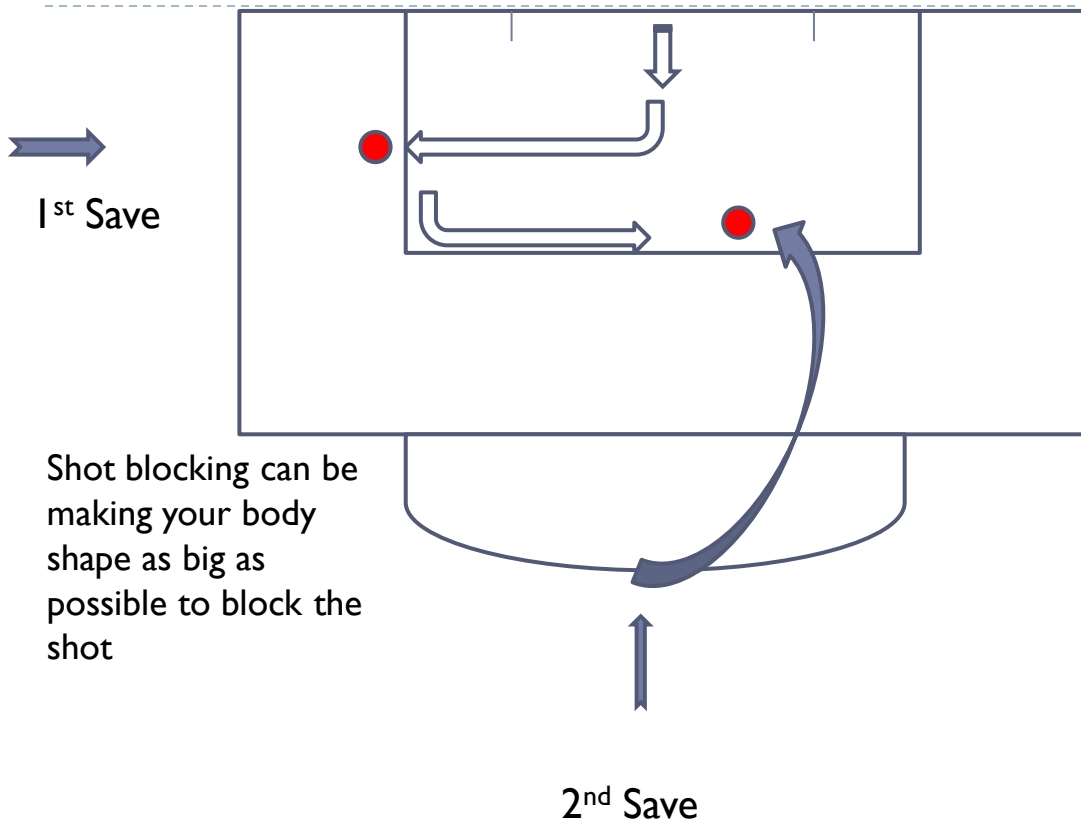


Ro:11. Using the k shape with your hands in the basket collection shape. Touch each of the cones that are laid out in a zigzag shape, using alternative knee's touch each cone in turn, left knee then right knee. Then keeper makes the run into goal area makes the save .Then rolls the ball out under arm to the target area. Repeat x 10





Level 2: Balance / Foot work continued



Shot blocking can be making your body shape as big as possible to block the shot

Ro: 12. This routine will improve shot blocking techniques. The keepers needs to come off his line to the out side line of the six yard box. Then block the first shot, then change direction run and dive to make the 2nd save from the 2nd shot



Level 3 : Goal Kicks / Controlling Defenders.



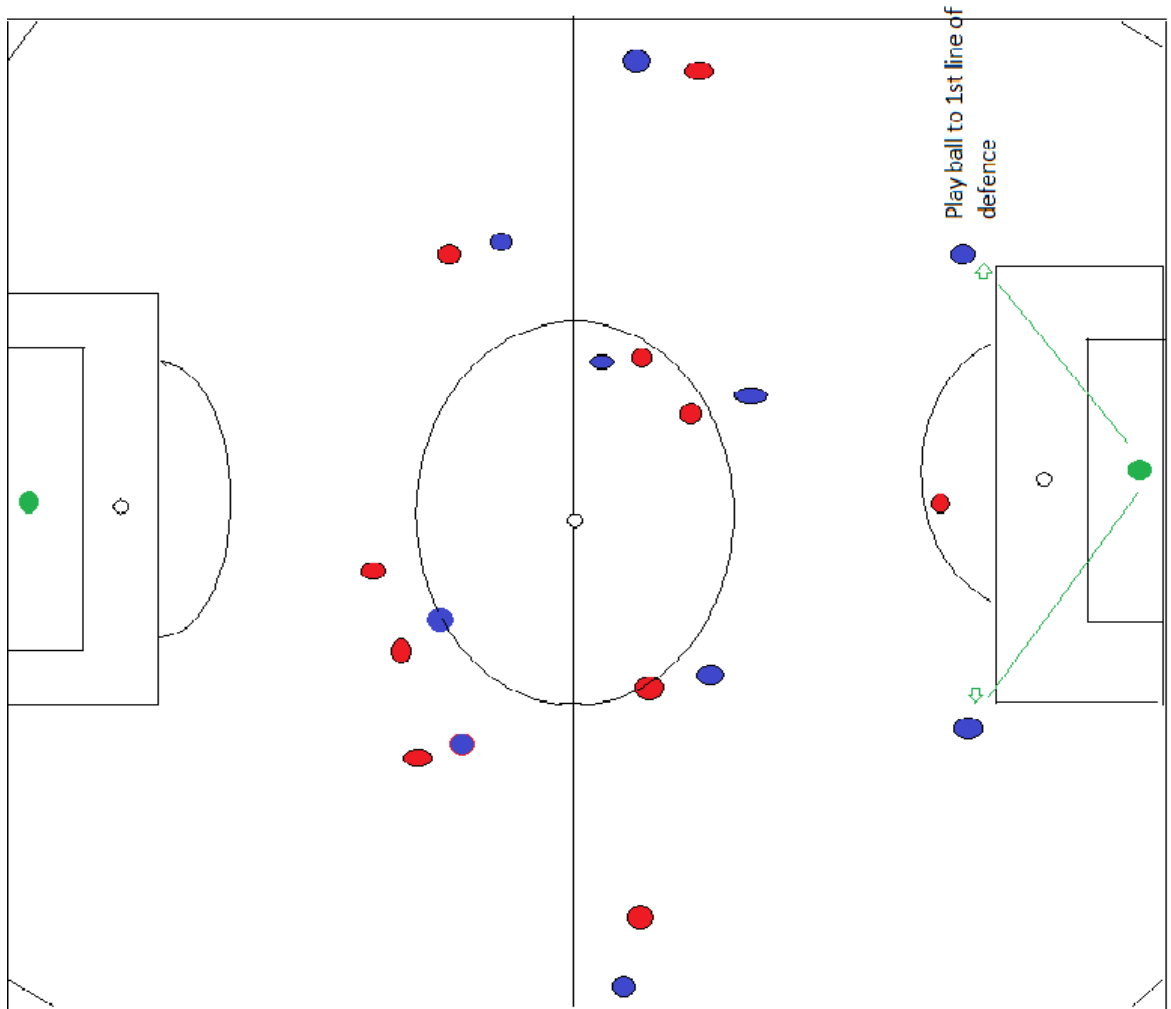
- ▶ Describe how to do a **Goal Kick**. Kick the ball on the ground from the edge of the six yard box to cover as much distance of the pitch as possible .The ball is in play when kicked from any where in the penalty area.
- ▶ **Working from the back** using the keepers to switch play and get the ball into the oppositions side quickly. **Communicating with defenders and out field players** for accurate play of the ball. Ball coming back from one side of the pitch to the keeper, to be sent wide to the other side of the pitch to another defender to be passed to the wing or a different form of play using the **Centre back** and **mid field** player to take the ball through the centre of the pitch when a break in the oppositions defences is spotted to be un marked.
- ▶ **Communication** is a must with defenders if you want them to defend then shout '**AWAY**' ! This will instruct the defenders to kick the ball away from the goal area. '**CLOSE HIM**'! If an opposing attacker is approaching at speed with the ball.





Level 3 : Goal Kicks / Controlling Defenders

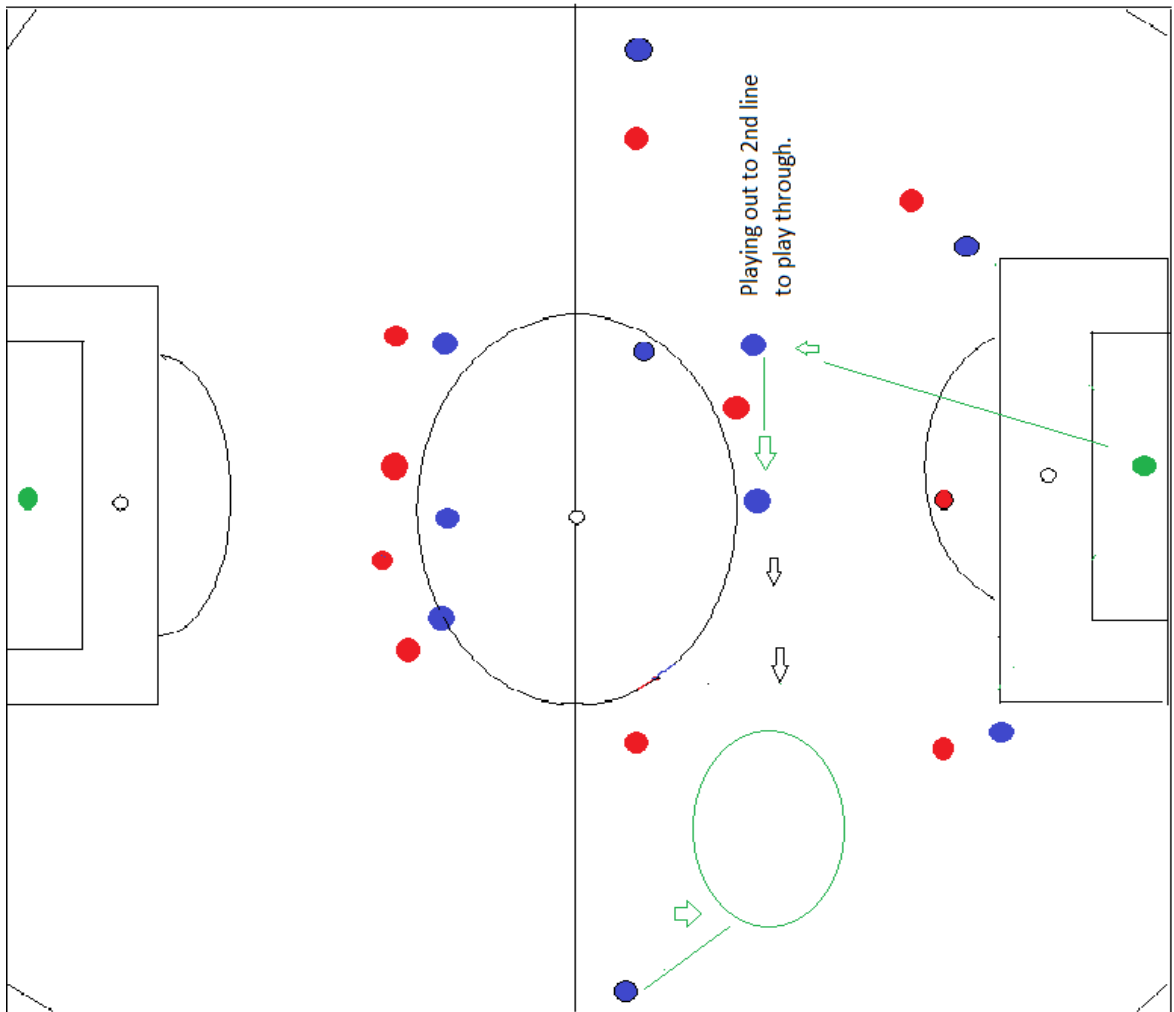
Using the 1st line of your defence





Level 3 : Goal Kicks / Controlling Defenders

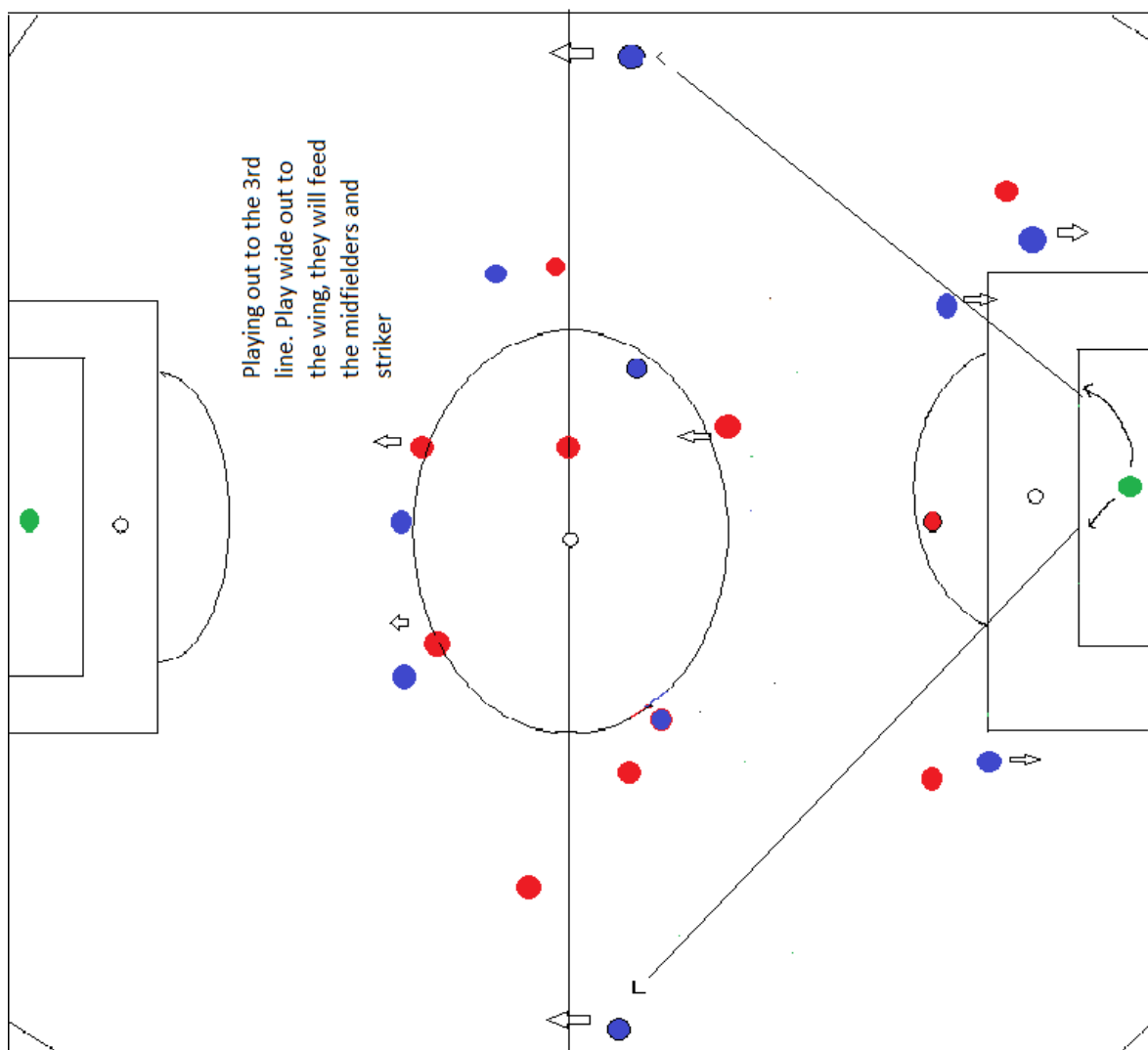
Using the 2nd line of your defence





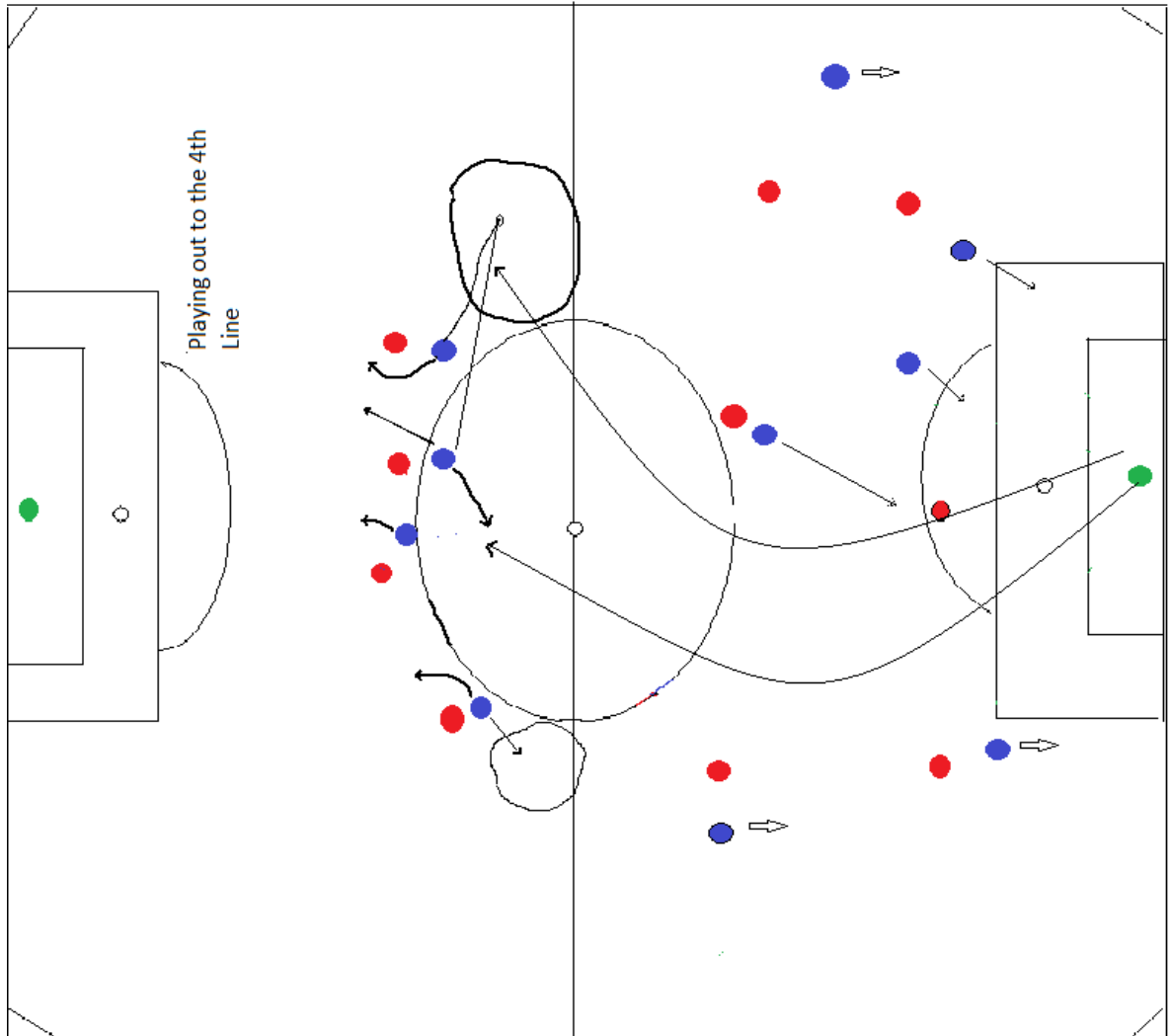
Level 3 : Goal Kicks / Controlling Defenders

Using the 3rd line of your defence



Level 3 : Goal Kicks / Controlling Defenders

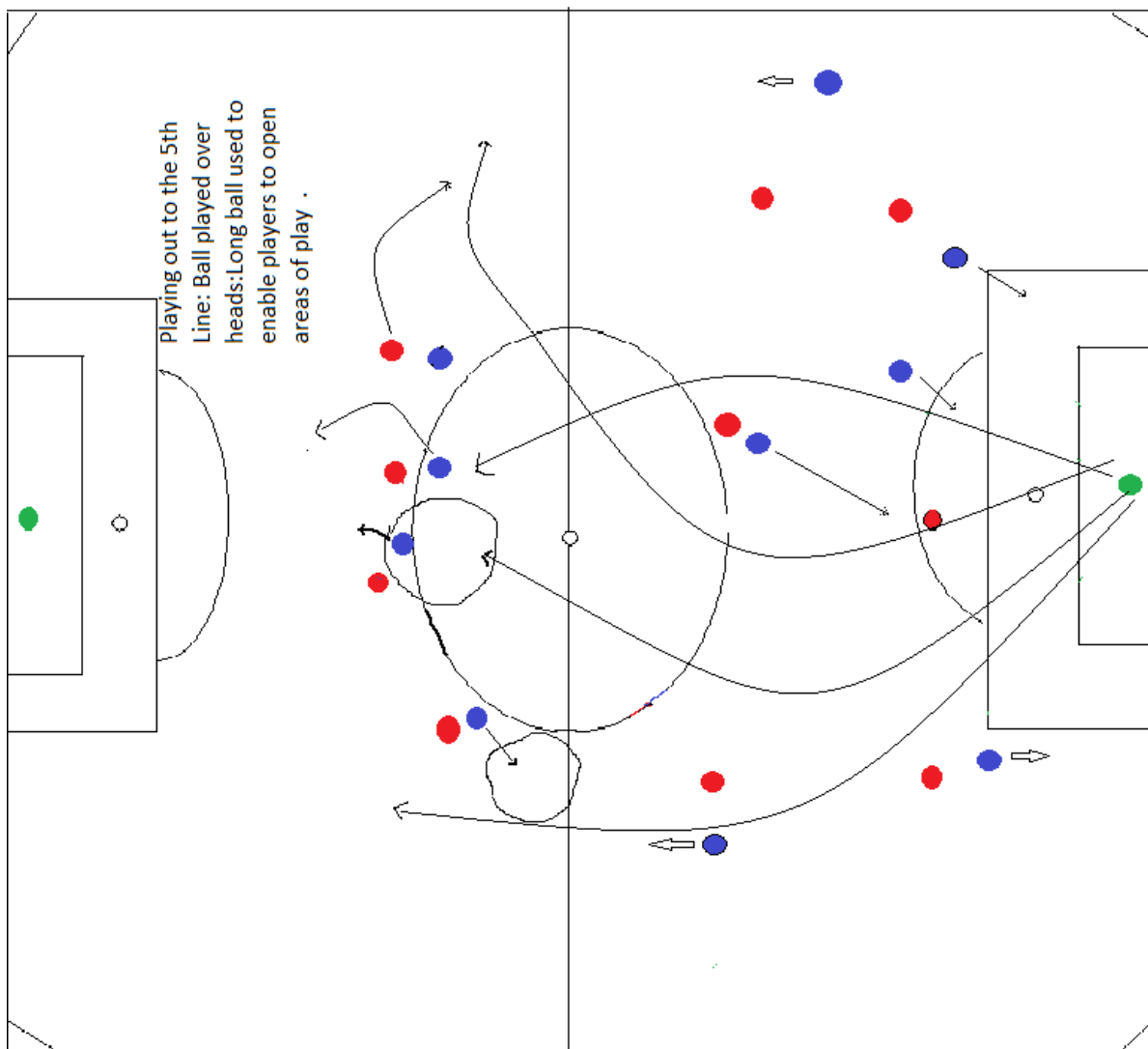
Using the 4th line of your defence





Level 3 : Goal Kicks / Controlling Defenders

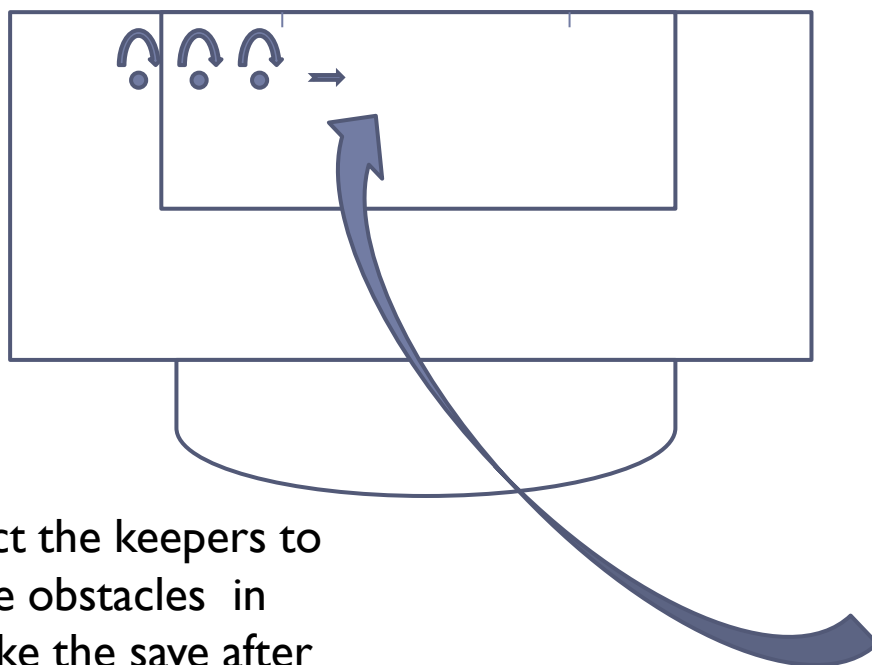
Using the 5th line of your defence





Level 3 : Goal Kicks / Controlling Defenders

- ▶ This example encourages keepers high stretch for the ball.

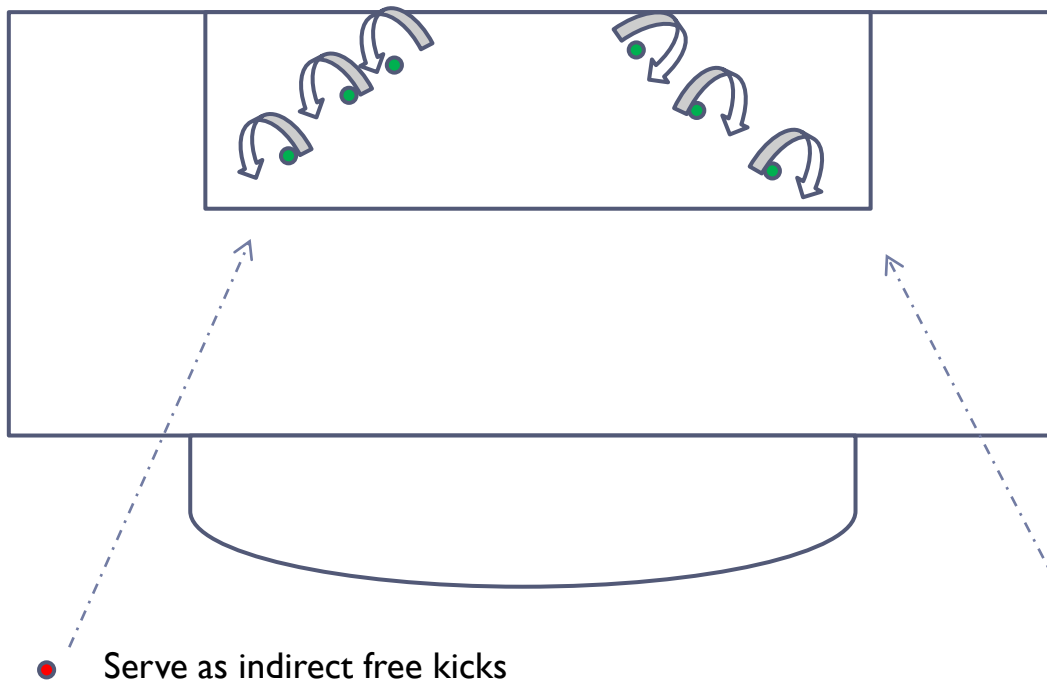


Ro:13. Instruct the keepers to jump over the obstacles in turn then make the save after the last obstacle. Keepers must keep their eyes on the ball ,reach high for the save. The save should be served at head height or to high corner to force the keeper to stretch for the target





Level 3 : Goal Kicks / Controlling Defenders

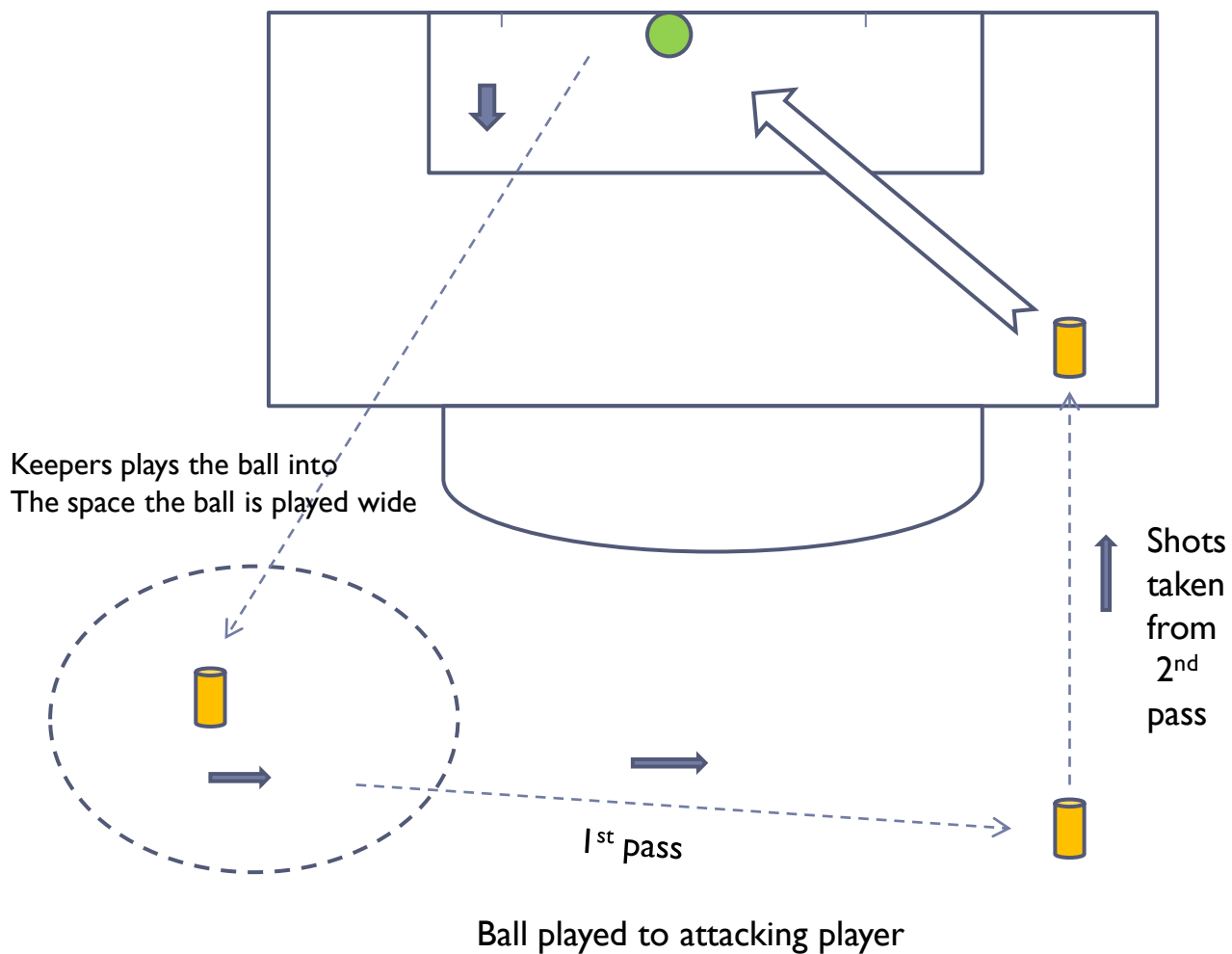


Ro: 14. Instruct the keepers to come off there line at 45 degree angle, jump over obstacles then make the save , the progression will be to weave in and out of the cones as if the keepers would be to go around an opposition player in the box then make the save. Repeat x 5 per side of the 6 yard box.





Level 3 : Goal Kicks / Controlling Defenders



Ro:15. Keepers play the ball out wide shots taken from after a 2nd pass.





Level 4 : Coming Off your Line.

- ▶ Support where necessary High, Deep, Narrow and Wide.
- ▶ When to support as early as possible, if change is needed then do so even if your late doing so change your position, to benefit the situation.
- ▶ Understanding how your team plays is a must. Quick decisions can change the play and the game in the moment .
- ▶ Receiving the ball for the 1st time is often a pass. There are various methods of moving the ball big touches move the ball fast firm strong passes. When needed fake a long pass and play wide.





Level 4 : Coming Off your Line.

- ▶ When taking charge of that moment be decisive, be calm you have watch the play, understand the situation of play. Keep focused on the ball. Your Quality and accuracy is important so even if its not so perfect, just keep the ball moving it will make all the difference.
- ▶ **REMEMBER: In Possession**
- ▶ Throw or roll the ball out to wide positions, look to switch play.
- ▶ Support the centre back be aware and ready to receive the ball.
- ▶ Centre midfields players take time to come back, into shape position after a goal kick.





Level 4 : Coming Off your Line.

- ▶ **REMEMBER: Out of Possession**
- ▶ Movement is the key , so never take you eyes off the ball and dominate the six yard box.
- ▶ Communicate with your defenders shout loud clear instructions when you need support.
- ▶ But ultimately be a Sweeper Keeper **SWIFT AND ACCURATE.**
- ▶ When do you try and beat their attacking player when attacking striker, is coming at pace. A long ball is played over the top. The opposition striker beats your defence charging at the ball. When would you make the decision to come off your line and beat the ball.





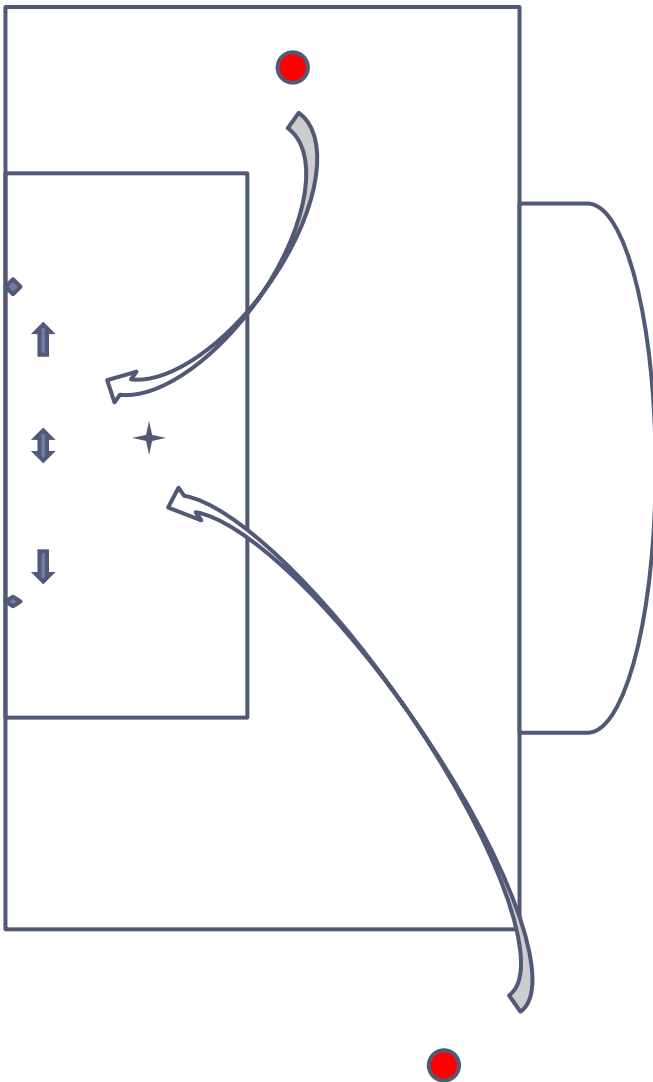
Level 4 : Coming Off your Line.

- ▶ **Decision Making**
- ▶ The keeper has to assess the distance between you and the ball, and the striker and the ball. If the keeper is closer to the ball than the striker, the decision making is the key is being able to assess the distance and close on the ball coming out off his line using the area.
- ▶ **Quick assessment of the situation** and applying the correct response will be made in seconds, so be ready to make changes in play that will benefit the team. Make use of your area come off your line and close on opposition player that threaten to score . Snatch the ball from their feet. Pull the ball into your chest lying facedown with your body covering the ball. Recover quickly to standing position and get the ball out to awaiting player.



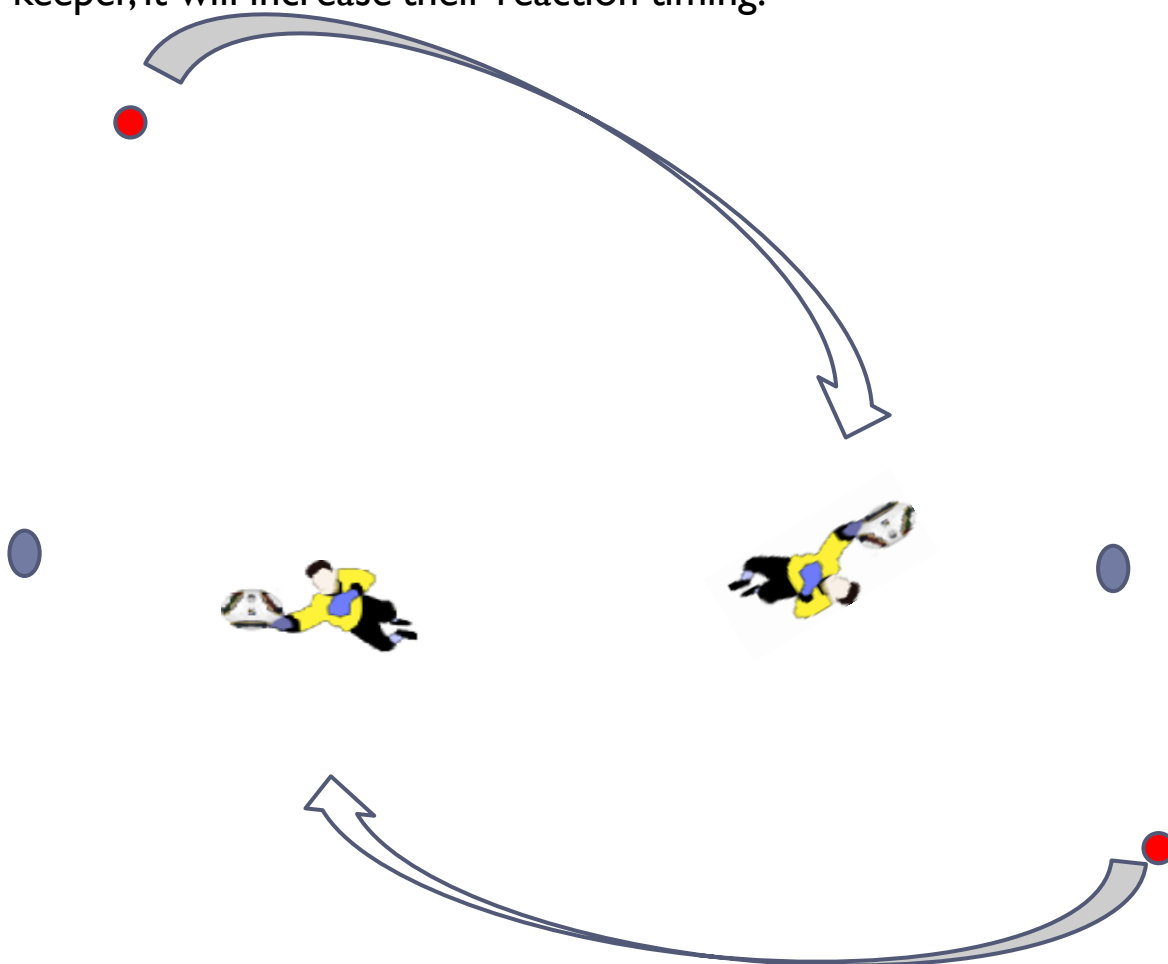
Level 4 : Coming Off your Line.

- ▶ Ro:16. Instruct the keeper to move on his goal line touching each goal post in turn left one then the right one, tell him to be on his toes and skip between each goal post in turn . With his head up and eyes on the ball , while the ball is being served from both sides of the 6 yard box. The ball must be served while the keepers is moving. Repeat x10.



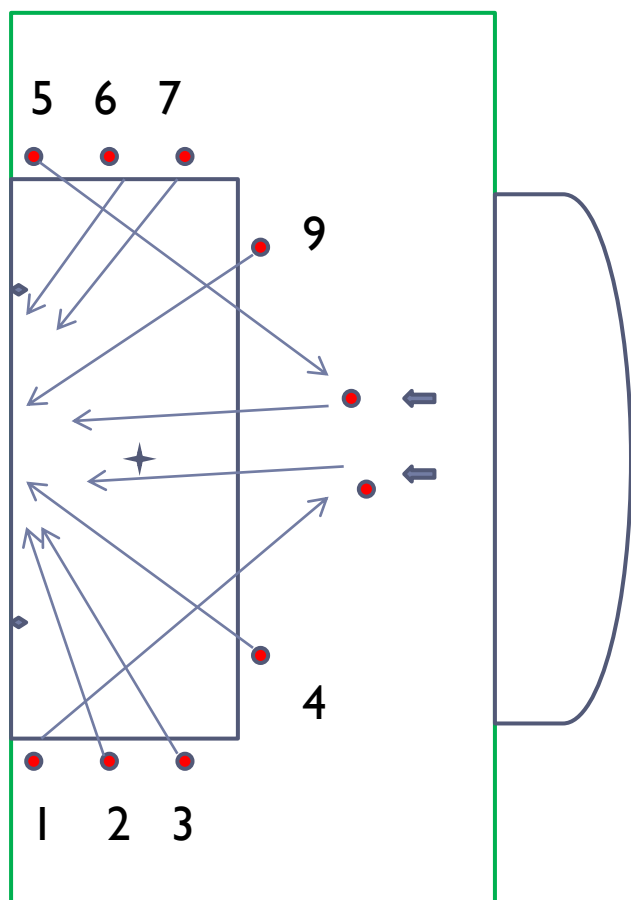
Level 4 : Coming Off your Line.

- ▶ Introduce quick change response exercises where the keepers has to response quickly to pace and game.
- ▶ Ro:17 .Create an open goal area where their are two post a keeper in the centre and a striker either side of the goals penalty distance apart. In turn each striker with there own ball will take fast shots at the keeper he will have to complete the save then turn 360 to complete the save to the other facing striker. Repeat x 20 per keeper, it will increase their reaction timing.



Level 4 : Coming Off your Line

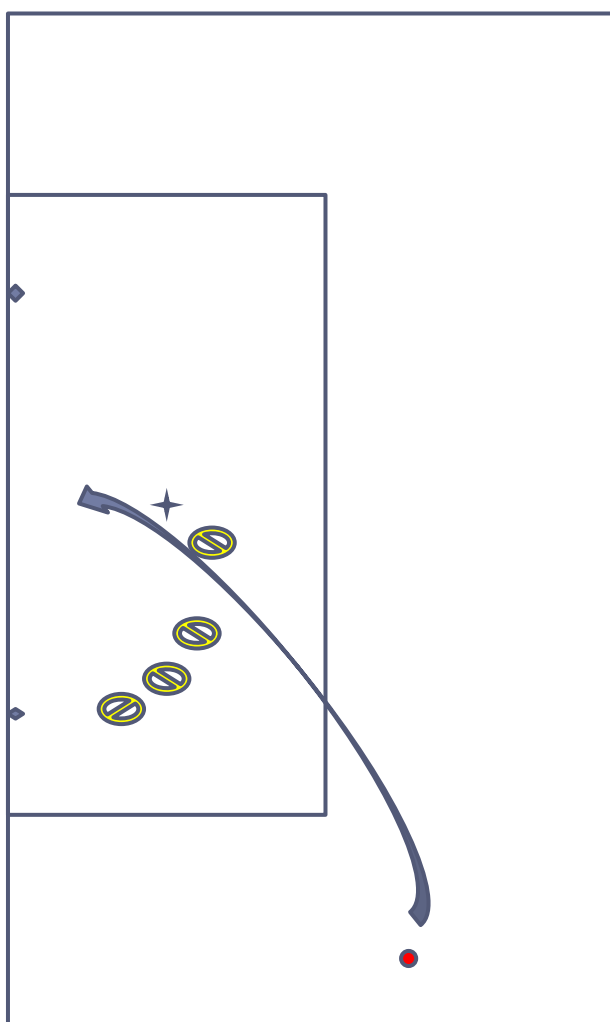
Ro: 18. Rapid fire , this exercise must be played at pace, the keeper needs to respond quickly to each ball served. The 1st and the 5th ball served must be lay off to shooter in the 18 yard box who can then take the shot. Each ball served must be done at 2 second intervals. Repeat exercise x 5.





Level 4 : Coming Off your Line

- ▶ Ro:19. Instruct keeper to come off his line and save the ball in the 6 yard box area. If he has a wall obstacle then he should be aware of change play when a free kick is being taken, the ball can be passed to a 2nd and 3rd player before the shot is taken. Keeper must make an attempt to save when the ball comes immediately into the area threaten. Or shout to defenders to cover that area.



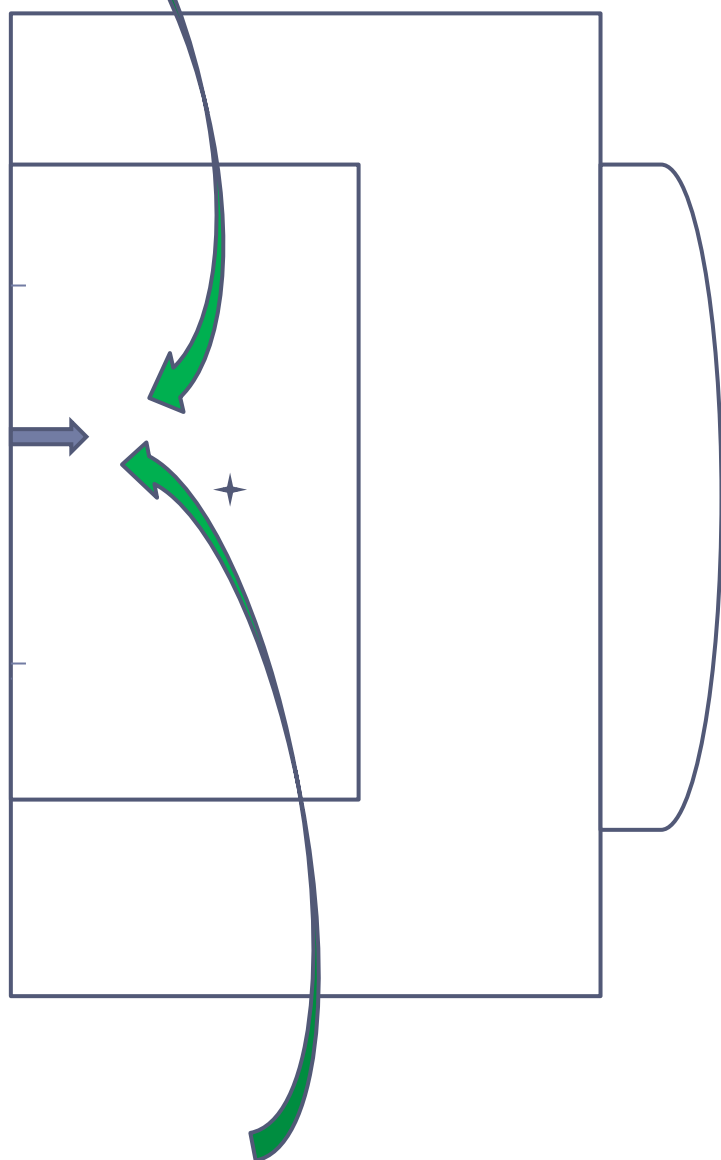
Obstacles should be placed in the box area so keeper gets use going around players and get to the target.





Level 4 : Coming Off your Line

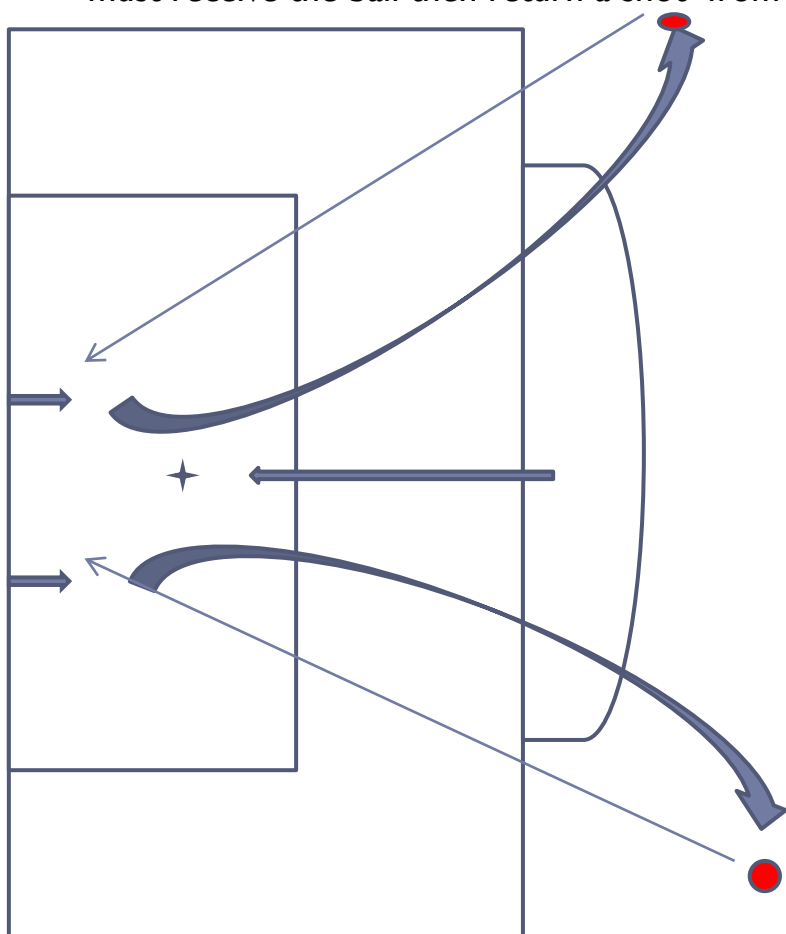
- ▶ Ro:20 . Far post Cross: Leave late wait to see the trajectory of the ball then come out to meet the ball. Keepers must be moving on the tips of his toe's, his head should tip back get right underneath the ball and come out to make the catch. Repeat x 10.





Level 4 : Coming Off your Line

- ▶ Ro: 21. When working to play **wide /wing** stay positioned in the centre . This exercise the ball is served 1st from the D at pace the keeper makes 1st save the throws the ball **over arm** to wide player aiming at the correct foot, the player will indicate which side he will want the ball played so be aware. Play into place which is indicated. The 2nd player will receive the ball then take a shot at the goal from the wing position. Keeper must make 2nd save .Then Roll ball out wide to alternative wing using **under arm** to 3rd Player. 3rd player must receive the ball then return a shot from the wide position. Repeat x 5



Level 5 : Using your Area . Dealing Corners.



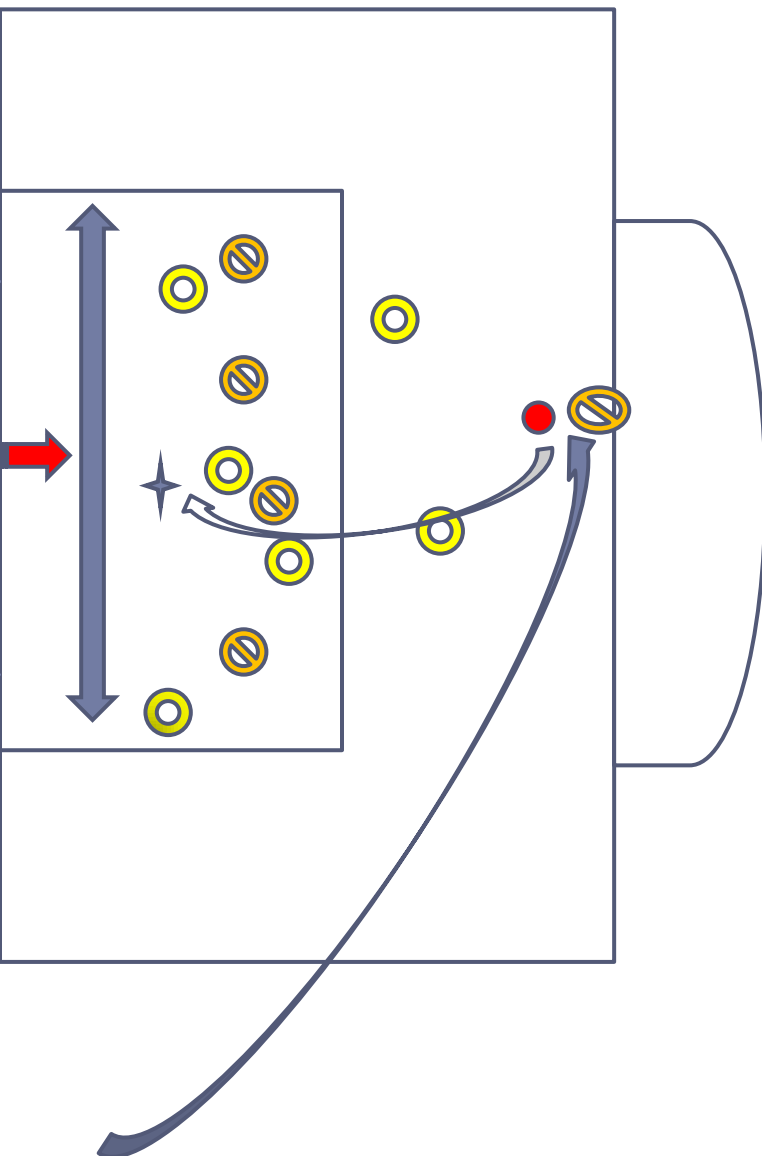
- ▶ **Crossing** : Be ready to come off your line and come out to meet the target be aware of the oppositions players in the box intercepting the target once its elevated into the box. Elevating your self to snatch the ball out of the air before the opposition can get a head to it..
- ▶ If the ball is driven away then comes back through the centre of play. Be patient the ball will be moving more frequently and faster, so control your defenders never take your eyes off the ball focus, move in semis try with the game be ready to be a shot blocker.
- ▶ You may have to make repeated saves, one after the other. When the game is concentrated in your half of the pitch, once you receive the ball execute a Long ball to change play to the ball out to the 5 line of play, allowing the midfielders and striker a chance to create opportunities of scoring





Level 5 : Using your Area . Dealing With Corners.

- ▶ When you have players in your area their is at some point , in the game where they block your sight to the ball, they actually create an pathway of uncertainty, in the space between the keeper and the players in his path. The wall of opposition players that could prove to be a worrying moment for the keeper. In this exercise use patients composure when closing.



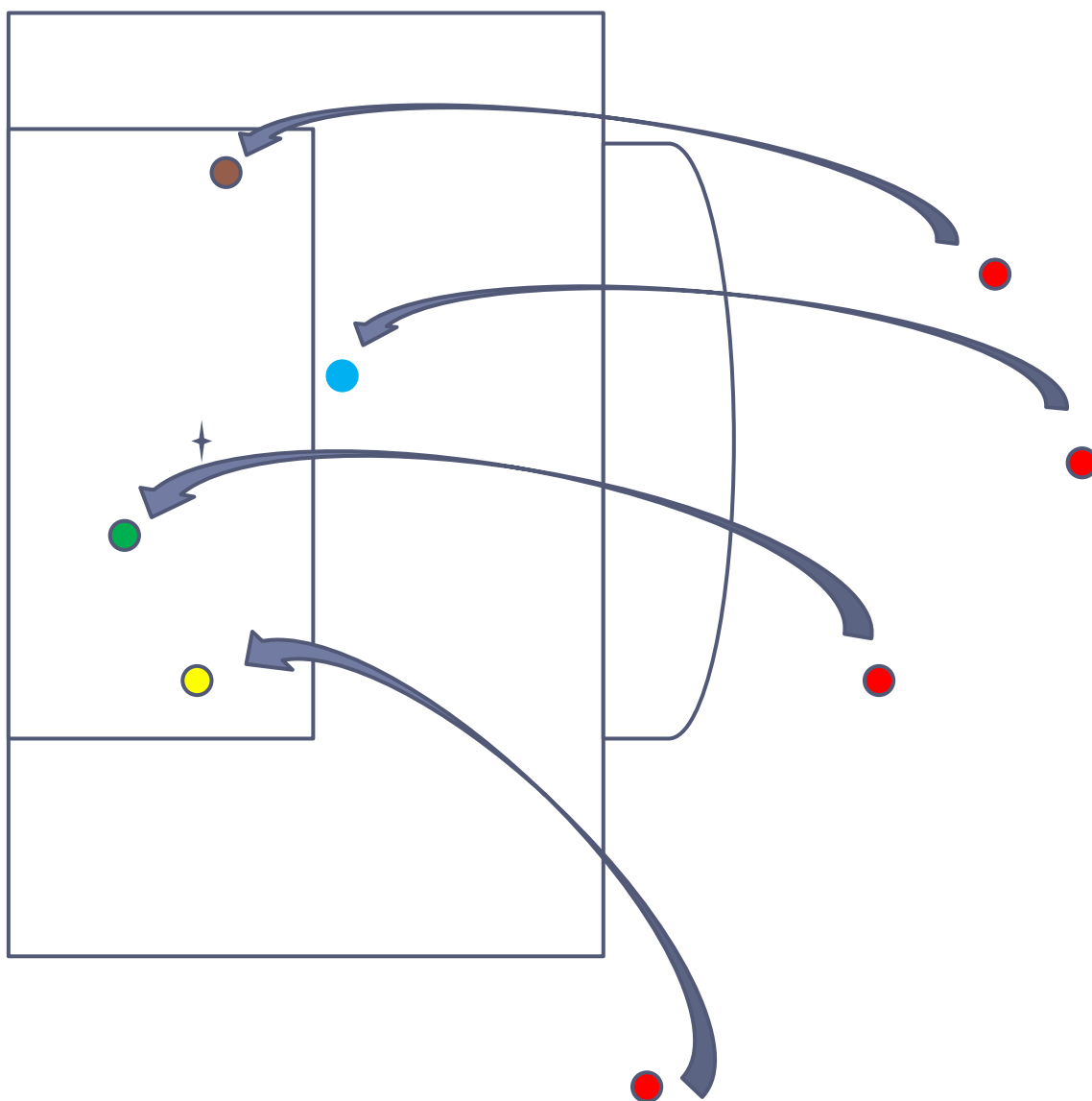
closing. Blue line indicating the danger pathway. The red line indicating the keeper coming off his line into his area to block in coming shots.

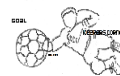




Level 5 : Using your Area . Dealing With Corners

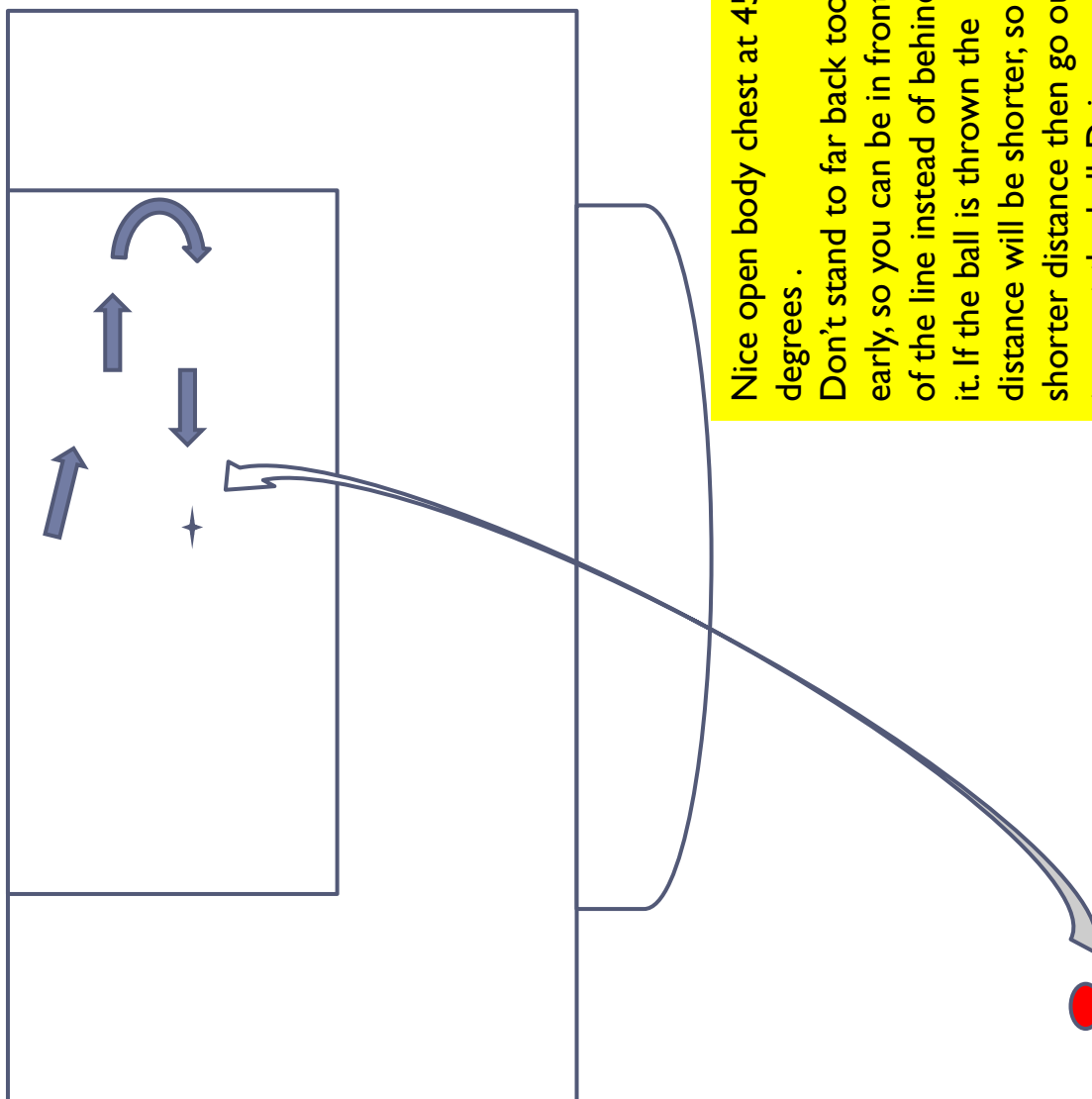
- ▶ Ro:22. Place four cone's of different colours in spaced areas of the 6yd box. Then instruct the keepers to come out to each coloured cone in turn. Ball to be served from the outside of the 18yd box, keepers decision making is important, he must determine how soon to close on the ball , when coming off his line. The ball must be saved where the cone is placed.





Level 5 : Using your Area . Dealing With Corners

Ro: 23. Instruct keepers to come off there line and touch the line of the 6yd box then run back to the starting position to make the save. Repeat for x 5



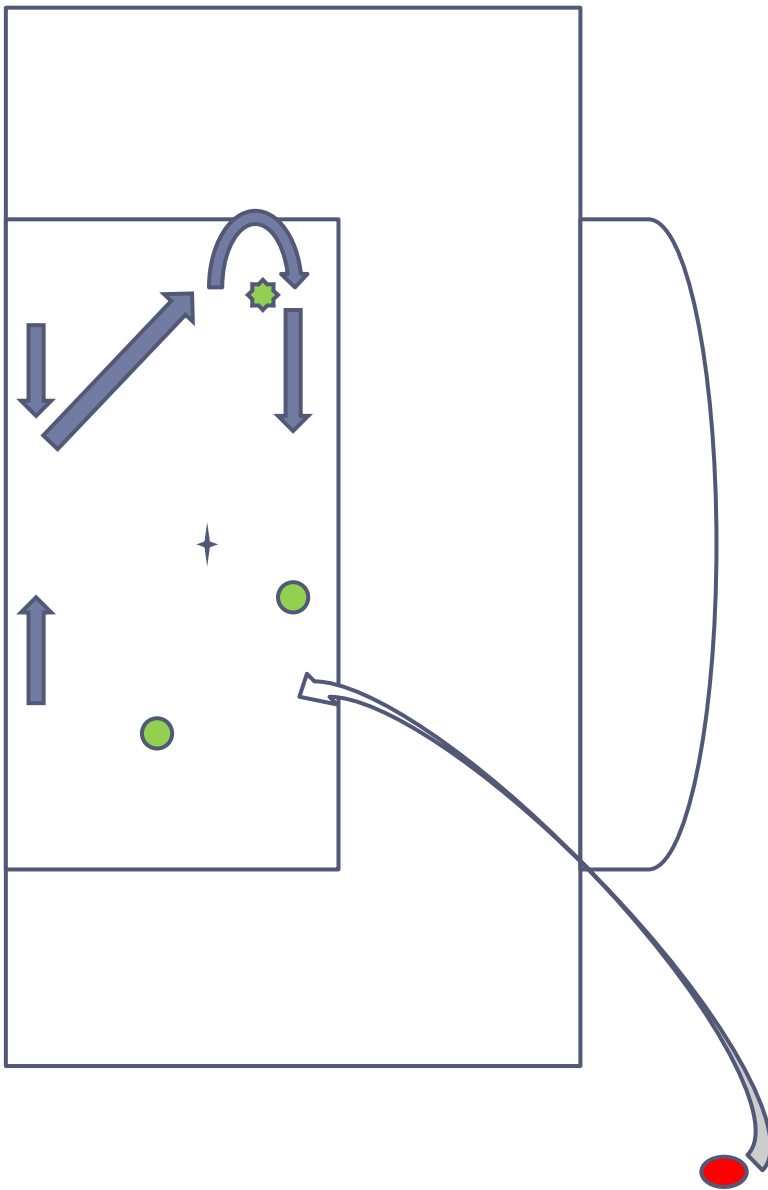
Nice open body chest at 45 degrees .
Don't stand to far back too early, so you can be in front of the line instead of behind it. If the ball is thrown the distance will be shorter, so shorter distance then go out to meet the ball. Drive up with the outside knee, move your feet. Get underneath the ball.





Level 5 : Using your Area . Dealing With Corners

- ▶ Ro:24. Instruct the keeper to move in between the goal post while on his line touching each post in turn. Then at the blow of the whistle come off his line go around the obstacle in the 6yd box when coming back into position make the save between cones



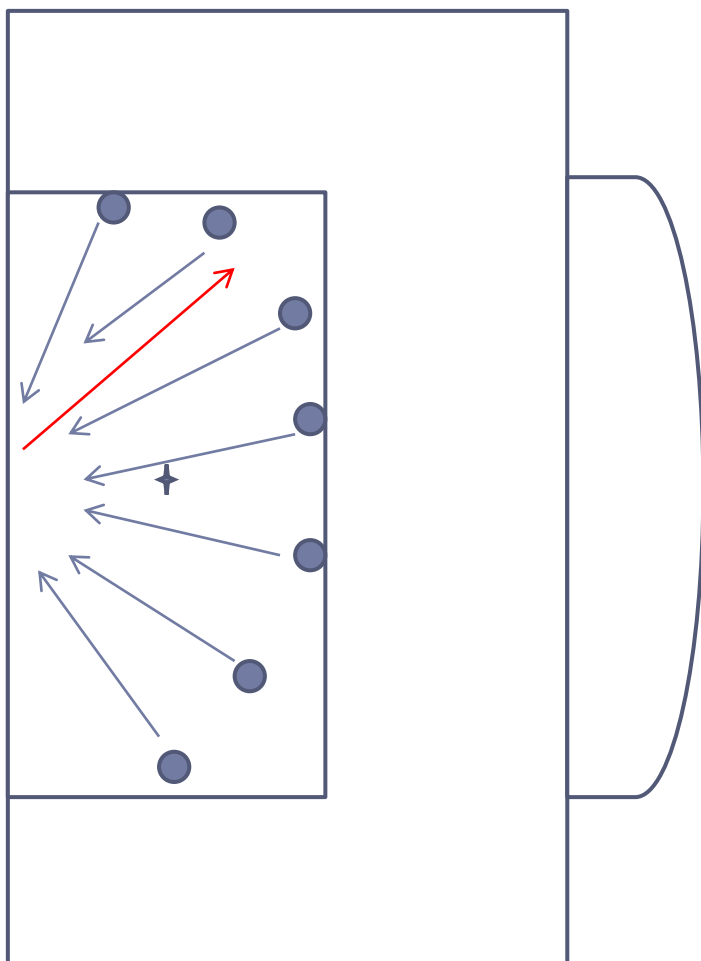
Nice open body chest at 45 degrees .
Don't stand too far back too early, so you can be in front of the line instead of behind it. If the ball is thrown the distance will be shorter, so shorter distance go out to meet the ball.
Drive up with the outside knee, move your feet. Get underneath the ball.





Level 5 : Using your Area . Dealing With Corners

- ▶ **TIP:** When we haven't got the ball as a team you will only need to defend 2/3 (Two thirds) of the pitch. Defence should be goal keeper defenders and mid field or the front and mid field. Play from back to middle then from middle to front always very effective.



Ro: 25. In this exercise the keeper has to make the save from the serve. If Keepers catches the ball. Keepers has to return the ball to the spot it was served from. Back peddle and return to position for the shot to be taken again. This is to be repeated until all the balls are missed by keeper.



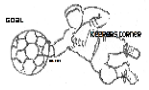


Level 5 : Using your Area . Dealing With Corners

- ▶ Crossing: As a keepers when having to deal with a cross, the jumping timing, judgement thinking ,finding the pathway to the ball. Must be like an automotive response. Almost like a natural response when responding to the situation.
- ▶ Accessing the distance and speed happens in a moment, it could be that the flight of the ball may change. The principles of being a keeper are always the same.
- ▶ Position in relation to the goal.
- ▶ Position in relation to the ball.
- ▶ Accessing the flight of the ball.
- ▶ Taking off on the right foot when looking to achieve height.
- ▶ Tipping your head back and watching the ball go into your hands.
- ▶ Must use the most effective hand position the W.
- ▶ As coach always test varying angles of height, pace, of deliveries of the serving balls.
- ▶ Test players use of footwork, body angle, timing, communication, decision making and jumping techniques.



Level 6 : Exam : Test Keepers Knowledge.



▶ Goal Keeper Exam

▶ Q.1. What six qualities of ability would a Goal Keeper need to be an effective Goal Keeper?

▶ Answer:

6 points

▶ Q.2. Which of the six answers would you need to control or advise the back four players.

▶ Answer:

2 points

▶ Q.3. There are three areas of need when working as the 11th player.

▶ Answer:

▶ Give examples of Support:

3 points

▶ Give example of Receiving:

3 points

▶ Give example of Execution:

3 points





Level 6 : Exam : Test Keepers Knowledge.

▶ Q.4. What would be the correct proactive response?

▶ Your defenders are on the half way line, your position striker is in the wrong position. The opposition striker gets away from your defenders, at pace coming fast towards the goal area.

▶ What do you do to make yourself look bigger in goal?

▶ Answer:

5 points

▶ Q.5. When do you try and beat their attacking player when attacking striker, is coming at pace. A long ball is played over the top. The opposition striker beats your defence charging at the ball. When would you make the decision to come off your line and beat the ball?

▶ Answer:

6 points

▶ Q.6. In a Corner Kick situation a corner taken by the opposition, Make the correct choice tick in box A or B.

▶ Answer:

▶ A: Come out try and intercept the ball.

3 points

▶ OR

▶ B: Stand back in goal awaiting defence support.

▶ Q.7. What is a back pass?

▶ Answer:

3 points

▶ Q.8. When can a keeper touch the ball with your hands, when the ball is played back by your team player?

▶ Answer:

2 points



Level 6 : Exam : Test Keepers Knowledge.



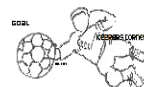
-
- ▶ Q9: What is the size of adult goals : Tick the right answers
 - ▶ A: 24 square yards
 - ▶ B: 192 square feet
 - ▶ C: 34 square yards
 - ▶ D: 124 square feet

 - ▶ Q10: How many square yards in the 6 yard box
 - ▶ A: 120 yards
 - ▶ B: 130 yards
 - ▶ C: 140 yards

 - ▶ Q11: What's the Size of penalty area
 - ▶ A: 729 square yards
 - ▶ B: 820 square yards
 - ▶ C: 792 square yards

 - ▶ Q12: What is the importance of the penalty mark : Discuss





Level 6 : Exam : Test Keepers Knowledge .

ANSWERS

▶ Q.1. What six qualities of ability would a Goal Keeper need to be an effective Goal Keeper?

▶ Answer:

- ▶ 1. Communication
- ▶ 2. Shot Stopping
- ▶ 3. Concentration / Game understanding
- ▶ 4. Crossing
- ▶ 5. Starting position / Supporting distances
- ▶ 6. Distribution

6 points

▶ Q.2. Which of the six answers you have used? Would you need to control or advise the back four

▶ Answer:

▶ Communication

2 points

▶ Q.3. There are three areas of need when working as the 11th player.

▶ Answer:

▶ Give example of Support: Controlling defenders and communication, always looked to drop deep.

Always, supported ball side.

3 points

▶ Give example of Receiving: Controlling whole area of 6yd & 18yd box. Coming out and closing on the ball. First touch didn't set up 2nd touch. Support offered / received.

3 points





Level 6 : Exam : Test Keepers Knowledge.

ANSWERS

▶ Give example of Execution: Effective techniques playing ball out. Rushed / Quality / Accuracy

▶

3 points

▶

▶ Q.4. What would be the correct proactive response?

▶

▶ Your defenders are on the half way line, your position striker is in the wrong position. The opposition striker gets away from your defenders, at pace coming fast towards the goal area. What do you do to make yourself look bigger in goal?

▶ Answer:

▶

▶ Coming off line, open self up and drop deep, closing on the ball. Use waving arm gestures movement in goal.

▶

5 points

▶

▶ Q.5. When do you try and beat their attacking playing when attacking striker, is coming at pace. A long ball is played over the top. The opposition striker beats your defence charging at the ball. When would you make the decision to come off your line and beat the ball?

▶

▶ Answer:

▶

▶ The keeper has to assess the distance between you and the ball, and the striker and the ball. If the keeper is closer to the ball than the striker, the decision making is the key is being able to assess the distance and close on the ball coming out off his line using area.

6 points

▶

▶

▶





Level 6 : Exam : Test Keepers Knowledge.

ANSWERS

▶ Q.6. In a Corner Kick situation a corner taken by the opposition, Make the correct choice tick in box

▶ A or B.

▶ Answer:

▶ A: Come out try and intercept the ball. ✓

3 points

▶ OR

▶ B: Stand back in goal awaiting defence support.

▶ Q.7. What is a back pass?

▶ Answer: Your players playing ball back to you using their feet

3 points

▶ Q.8. When can a keeper touch the ball with your hands, when the ball is played back by your team player?

▶ Answer: Only when receiving the ball by a header or deflection of the chest

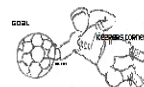
2 points

▶ Answer:

▶ The keeper has to assess the distance between you and the ball, and the striker and the ball. If the keeper is closer to the ball than the striker, the decision making is the key is being able to assess the distance and close on the ball coming out off his line using area.

6 points





Level 6 : Exam : Test Keepers Knowledge.

ANSWERS

- ▶ Q9: What is the size of adult goals : Tick the right answers
 - ▶ A: 24 square yards
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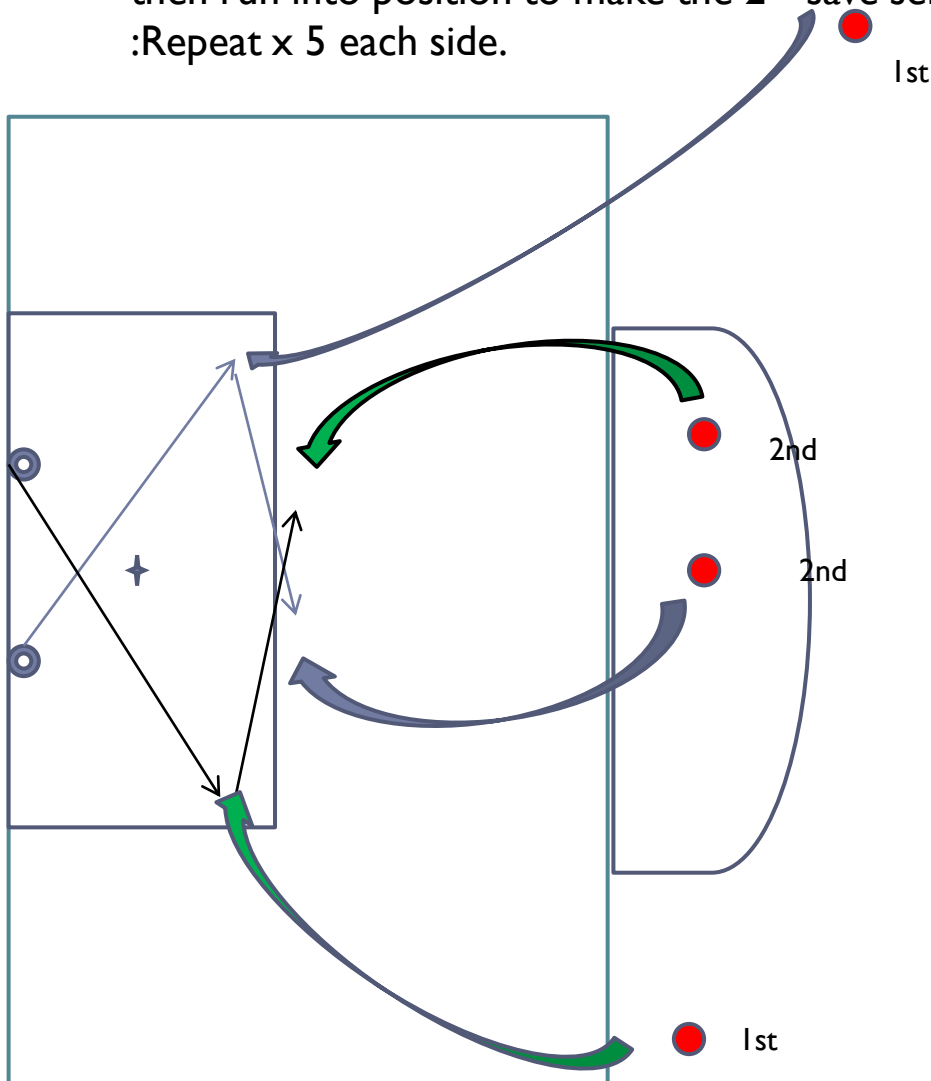
- ▶ Q12: What is the importance of the penalty mark : Discuss: It give the correct point of average of possibilities of the ball being able to be score a point against the opposition. From a direct position in front of the goals.





Level 6 : Test Keepers Ability.

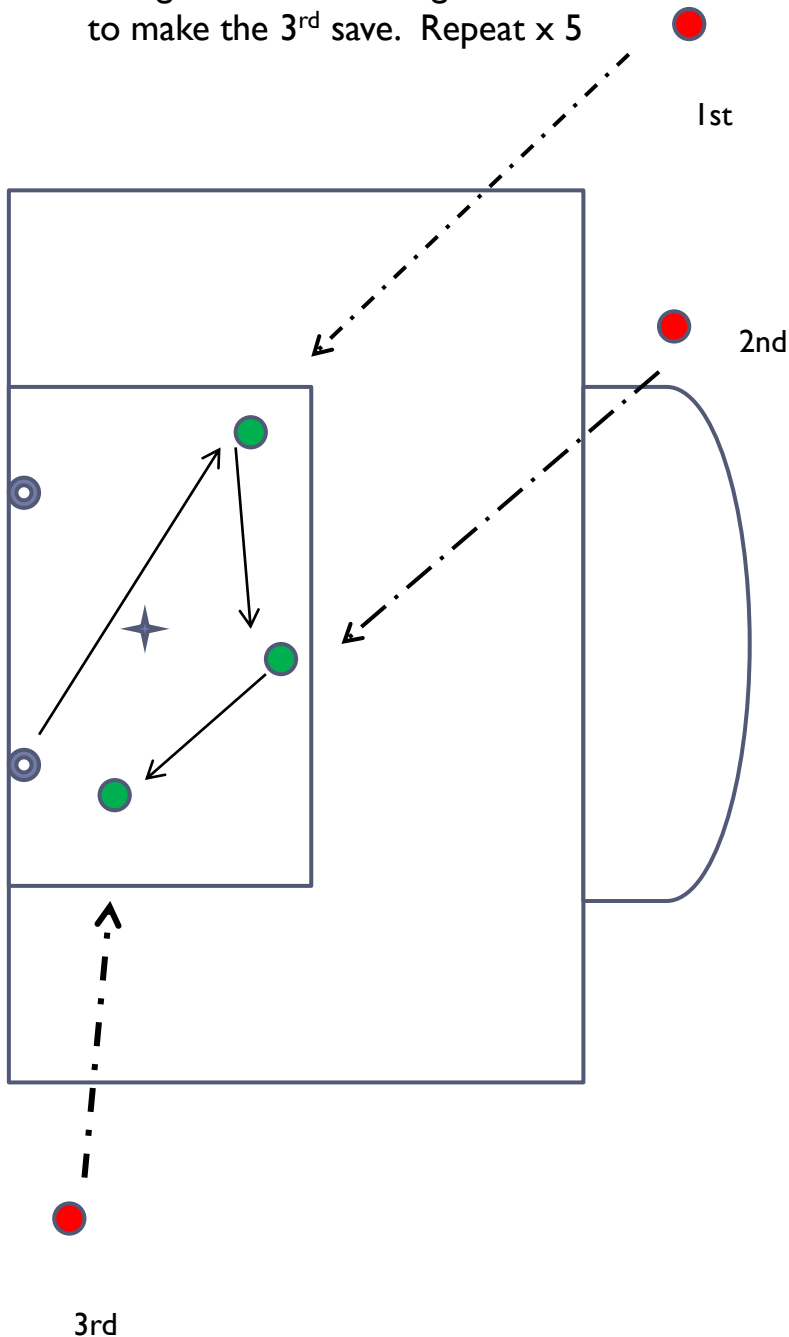
- ▶ Ro: 26: Instruct keeper to come off his line from the right post then the left to meet the ball and make the 1st save keeper has to be fast when ball is parried away. Change body angle recover. Keeper must then run into position to make the 2nd save served from the D :Repeat x 5 each side.





Level 6 : Test Keepers Ability.

- ▶ Ro:27. Instruct the keeper to come off his line to make the 1st save then change direction 45 degrees make the 2nd save then drop back wide and deep to make the 3rd save. Repeat x 5



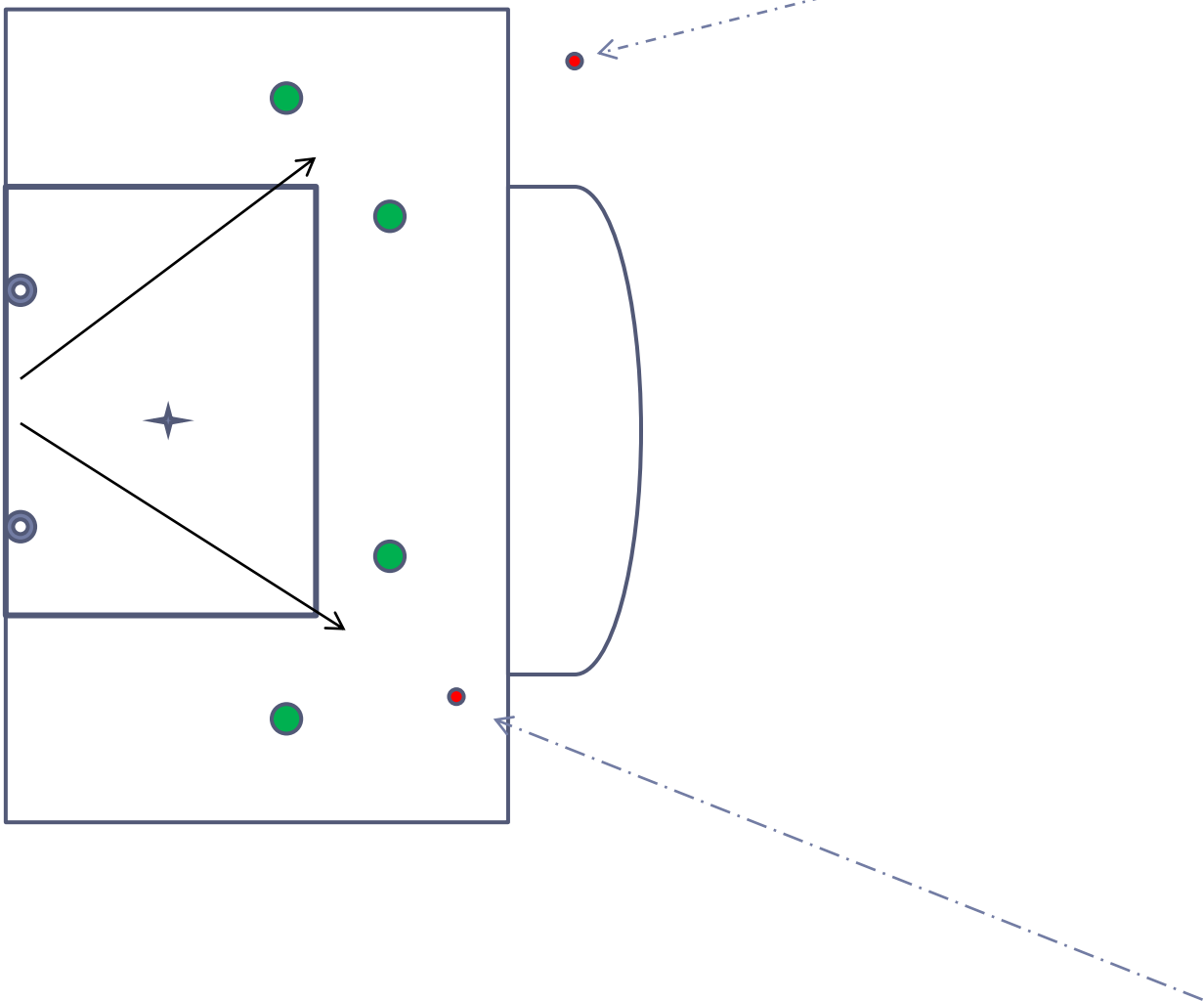
3rd





Level 6: Test Keepers Ability.

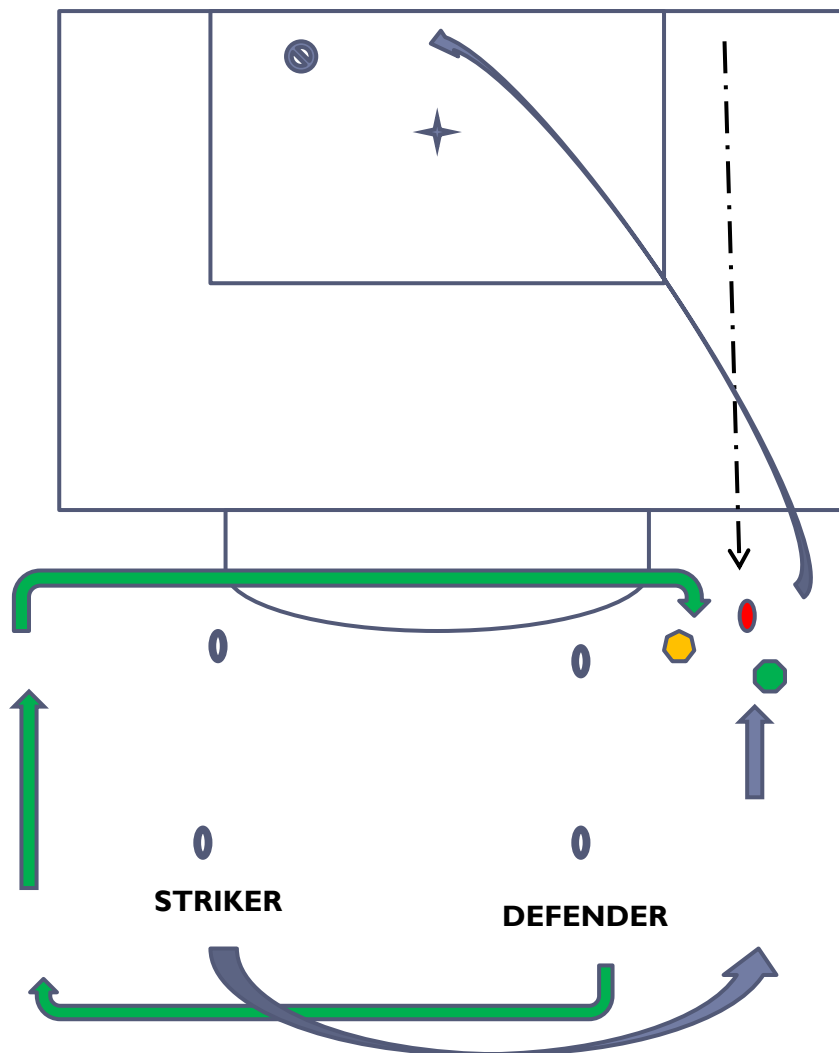
Ro: 28. This routine encourages the keepers to close on an incoming threat in the 18yd box. Instruct the keeper to close the threat by coming out to meet the ball. Sliding tackle with feet. Make sure keeper makes contact with ball, when using your feet to close. Then finish by recovering the ball and totally covering ball with body. Making sure you pull the ball into your chest. Repeat x 5 each side.

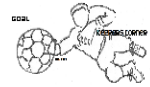




Level 6: Test Keepers Ability.

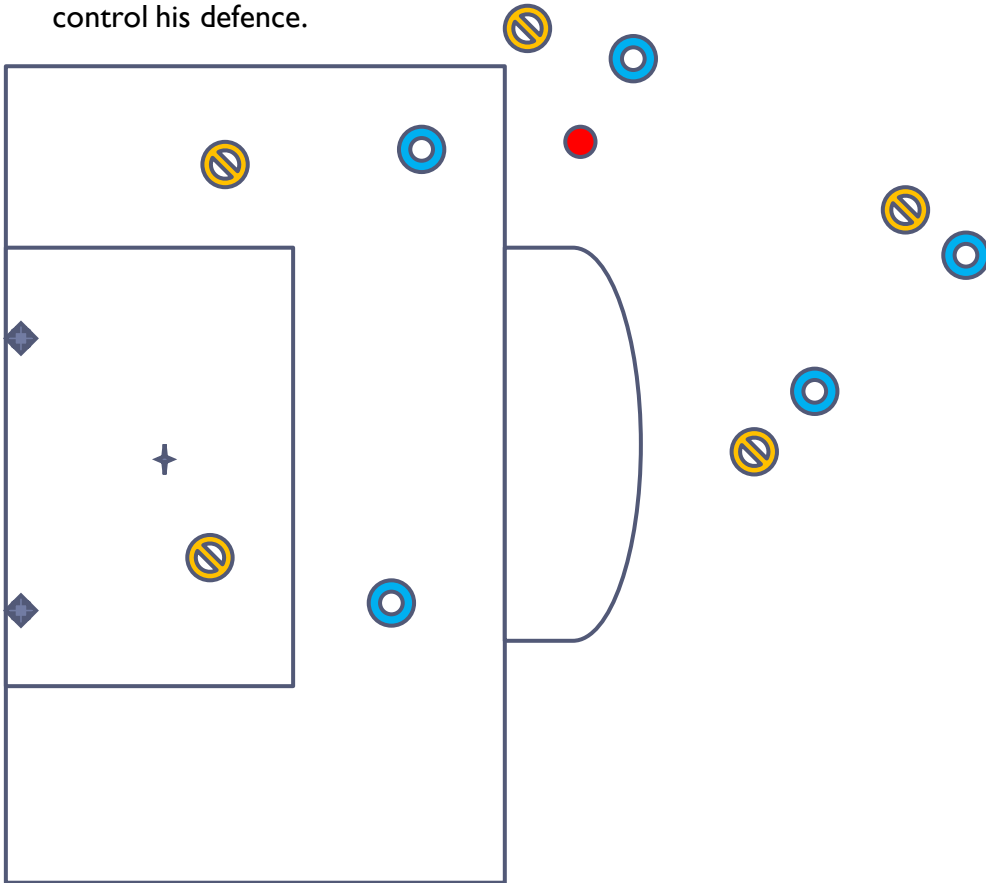
- ▶ Ro:29. This routine is played at pace. The defender has to run around the cones anti clock wise to then intercept the ball side on. The striker who is attempting to run clockwise to intercept the ball then try and get a shot off before the defence can close the attack. Keeper on his toes for the defending position must be aware and moving in the goal area.





Level 7 : Playing from the back

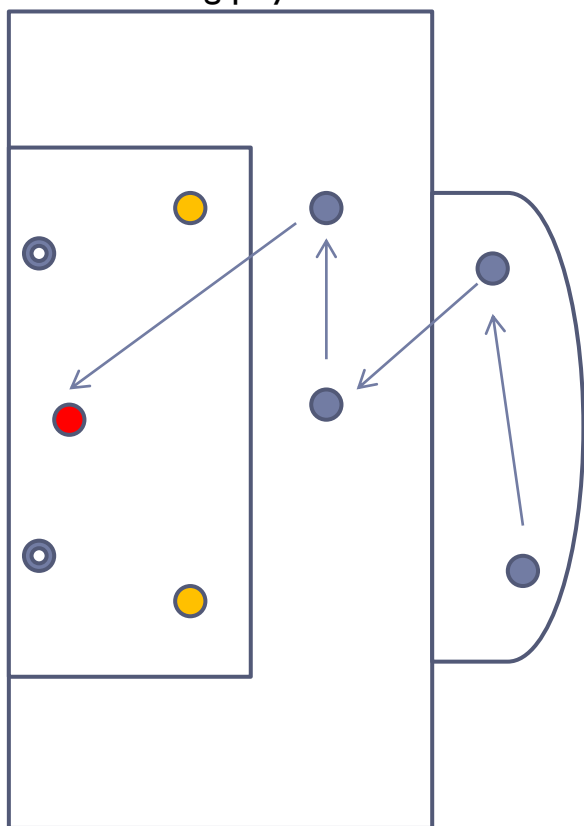
- ▶ Ro: 30. Introduce a game of 5 v 5 with one keeper, start with three touches then pass the ball. When starting the game they must complete four passes before shooting. This will warm up the players and gain a fluid ball sequence, plus players moving into the required positions. After 3 minutes, change instructions to two touches before a pass. And three passes before shooting. Shooting from only outside of the 6yard box. The keeper must control his defence.





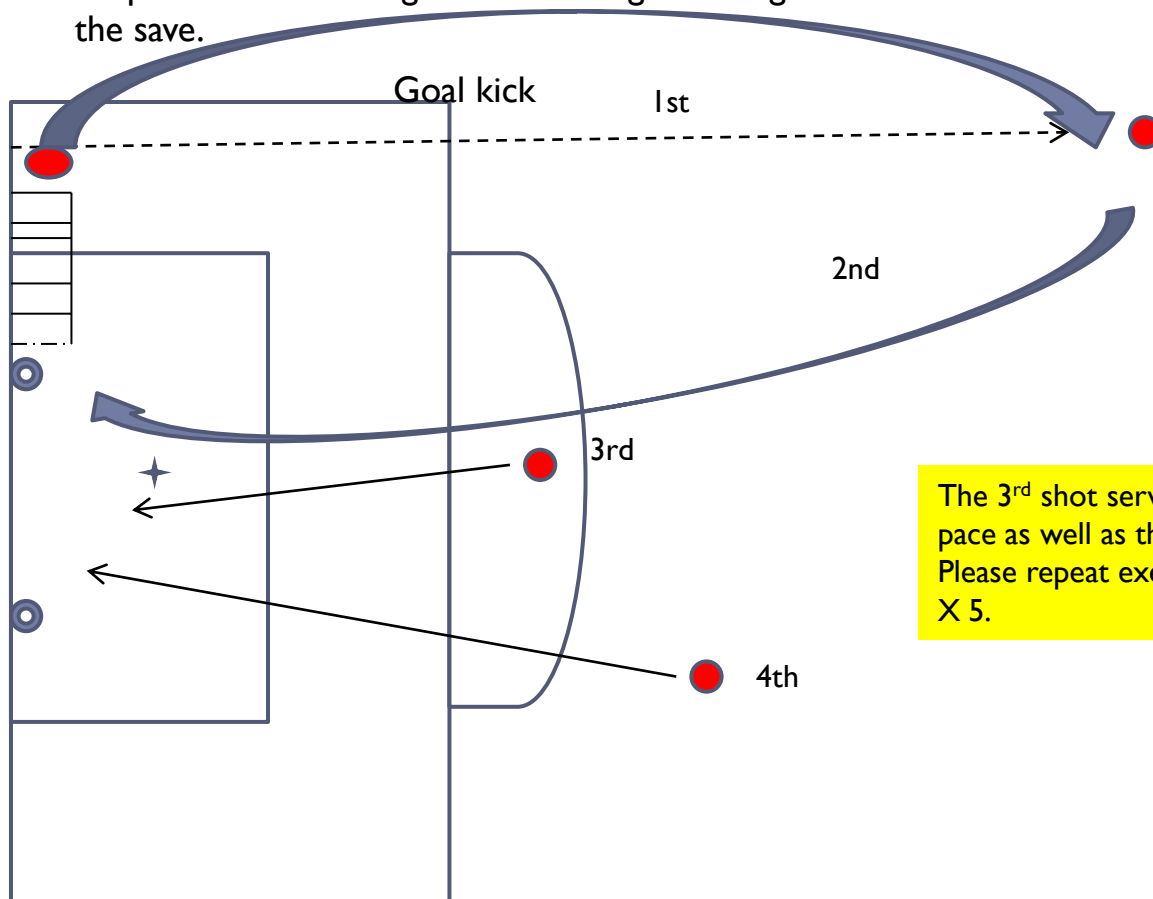
Level 7 : Playing from the back.

- ▶ Ro:31. This routine really test keeper and defence at pace use a 4 v 3 setup. 2 defenders and a keeper. Instruct the attacking midfielders and striker to use 2 touches on the ball. You can start with 3 touches on the ball and progress to 2.
- ▶ This encourages the defence to play from the back play for two minutes. If you choose to add wing players as a progression. You then have to increase the attacking players x3 so it will be 7 v 5. so the defence is always under pressure to perform more effectively. They will have to keep the ball moving and retain possession without giving away a goal.



Level 7 : Playing from the back .

- ▶ Ro:32. With this exercise you will need three servers. Keeper must kick the 1st ball as though it was a goal kick so it has to be a long. Of which is returned to keeper after he has high knees through training ladders and then must dive for the save.

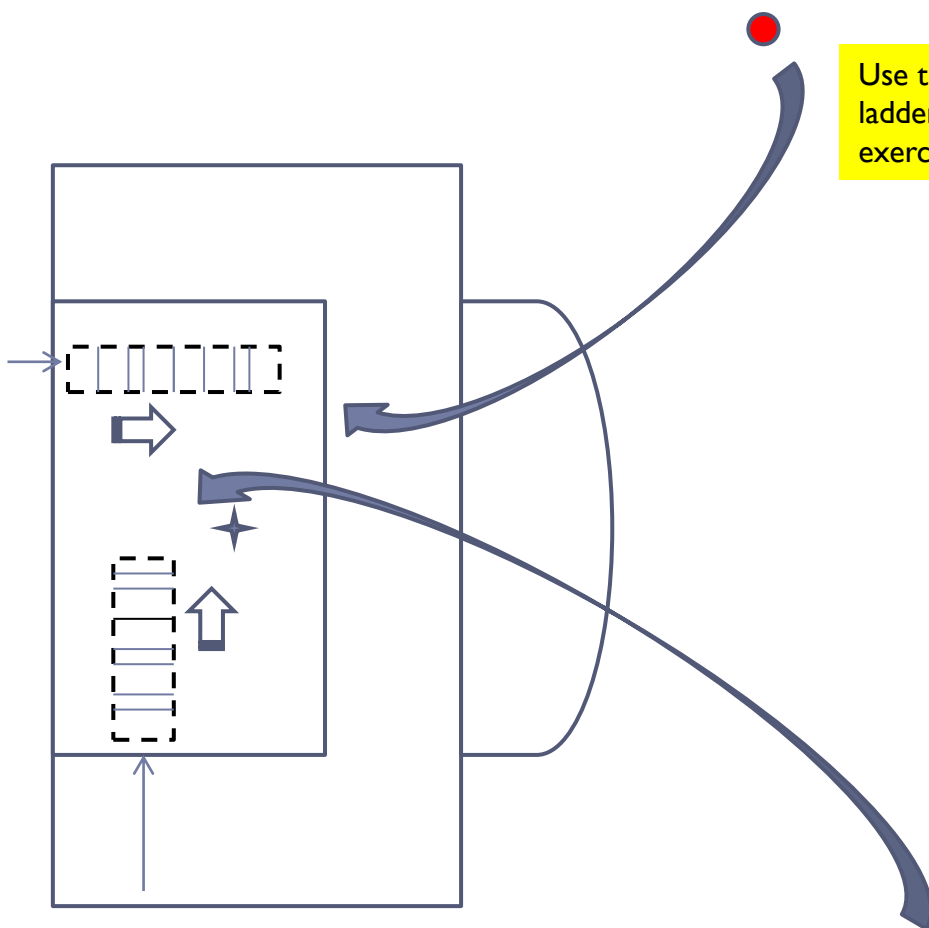


The 3rd shot served at pace as well as the 4th. Please repeat exercise X 5.



Level 7 : Playing from the back.

- ▶ Ro:33. Instruct the keeper to make the save for a 2nd off his line using the training ladders doing high knees. Ball served out side of the D



Use the left side then use the ladders on the right . Repeat exercise x 5

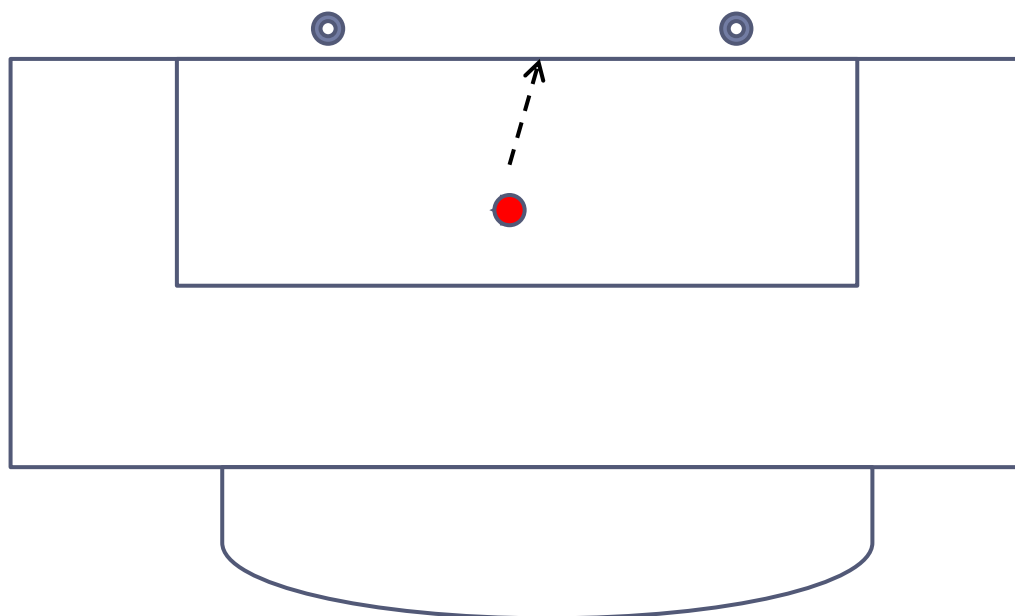
Serve the ball from the left then again from the right
Make the keeper use both ladders at the same time.
Coming across from the right then coming off his line
to make the save for a 2nd time on the left. Then change
the ladders in to the opposite position and repeat.





Level 8 : Game Play Ability.

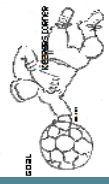
- ▶ In a games situation you need ideally to be standing 1½ paces off your goal line. In front of the goals, movement is important remember your defending the goals not the space. In a penalty situation the keeper can not move off his line until the whistle is blown and the ball kicked. So try and adopt a large posture, arms movement from the side of the body palm up, arm movement can be distracting . Stay on your toes, focus on the ball . If your bouncing lightly on your toes, it enables you to be focused like a coiled spring. Focus **on** the ball
- ▶ Look for where the player is looking his eyes will flick up before he's take the shot , he'll lookup where he might kick the ball. Look at his posture as he attempts to kick the ball. It might help you anticipate which direction the ball is coming from . Be sure the ball will be coming at pace hard and fast so be ready .When you hear that whistle you push deep into your toes bend your knee's push your body into the direction of the target at speed. Grasp the target with the V shape grip and pull that ball into you. **OR** Parry the ball away from your goals. **BE CONFIDENT IF YOU HAVE TRAINED REGULARY USING THESE GKC ROUTINES YOU'LL BE A GREAT KEEPER.**



GOAL KEEPERS CORNER



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY



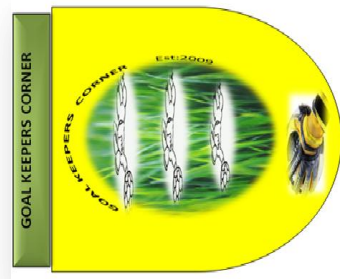
PLAYERS NAME

This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level I in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L

1

DATE.....



COACHES NAME.....

FOR YOUR FREE CALL OUT TEL:01215235998
EMERGENCY: 07534521710 /07765262510



GOAL KEEPERS CORNER



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY

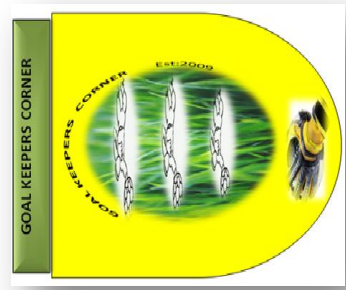
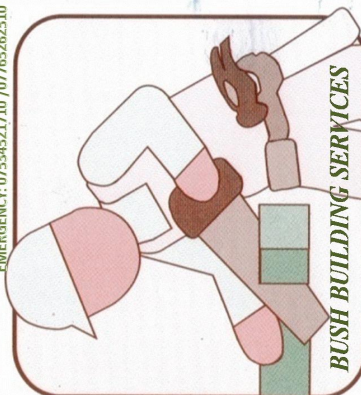


PLAYERS NAME

This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level 2 in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L 2

FOR YOUR FREE CALL OUT TEL:01215235998
EMERGENCY: 07534521710 /07765262510



DATE.....

COACHES NAME.....

GOAL KEEPERS CORNER



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY

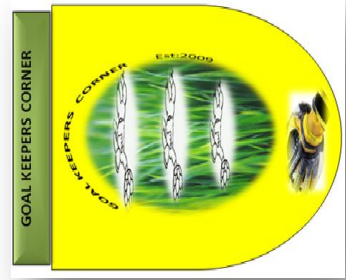


PLAYERS NAME

This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level 3 in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L 3

DATE.....



FOR YOUR FREE CALL OUT TEL:01215235988
EMERGENCY: 07534521710 /07765262510



COACHES NAME.....

GOAL KEEPERS CORNER



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY



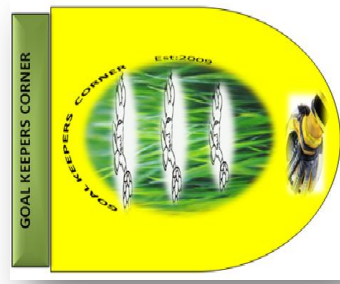
PLAYERS NAME

This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level 4 in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L

4

DATE.....



COACHES NAME.....

FOR YOUR FREE CALL OUT TEL:01215235988
EMERGENCY: 07534521710 /07765262510



GOAL KEEPERS CORNER



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY

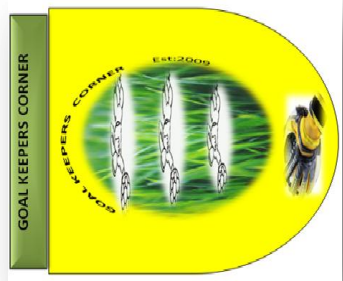
PLAYERS NAME

This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level 5 in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L

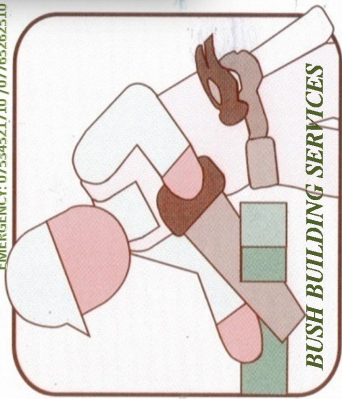
5

DATE.....



COACHES NAME.....

FOR YOUR FREE CALL OUT TEL:01215235998
EMERGENCY: 07534521710 /07765262510



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY



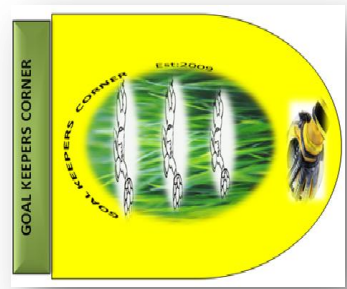
PLAYERS NAME

This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level 6 in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L

6

DATE.....



COACHES NAME.....

FOR YOUR FREE CALL OUT TEL:01215235988
EMERGENCY: 07534521710 /0765262510



Designed and coached by Karen A.M Morgan

GOAL KEEPERS CORNER



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY

PLAYERS NAME

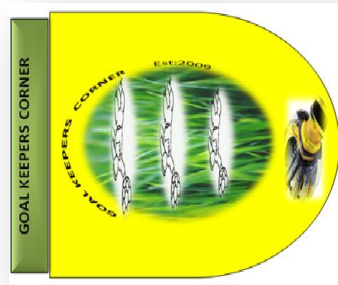


This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level 7 in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L

7

DATE.....



COACHES NAME.....

FOR YOUR FREE CALL OUT TEL:01215235998
EMERGENCY: 07534521710 /07765262510



Designed and coached by Karen A.M Morgan

GOAL KEEPERS CORNER



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY



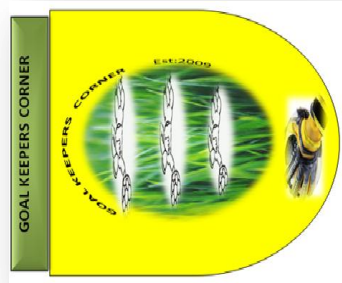
PLAYERS NAME

This certificate is to verify that the above named player has completed all training exercises to the required Standard .Achieving their level 8 in Goal Keepers Corner Well done GKC is very proud of you.

L E V E L

8

DATE.....



COACHES NAME.....

Designed and coached by Karen A.M Morgan

FOR YOUR FREE CALL OUT TEL:01215235998
EMERGENCY: 07534521710 /07765262510



GOAL KEEPERS CORNER



CERTIFICATION OF ABILITY

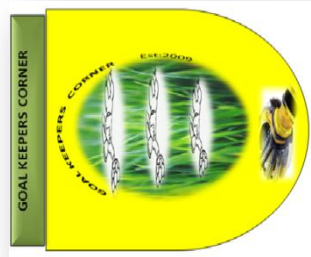
Golden Glove Award
Best Save of the Season



PLAYERS NAME

This certificate is to verify that the above named player
has completed all training exercises to the required
Standard .

Achieving the best Save of the Season Goal Keepers Corner
Well done GKC is very proud of you.

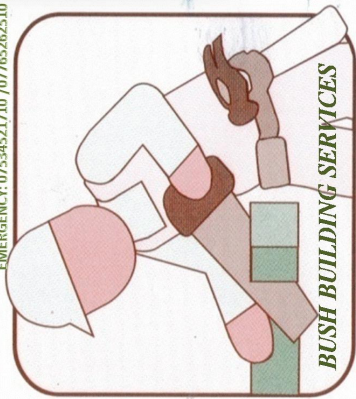


DATE.....

COACHES NAME.....

Designed and coached by Karen A.M Morgan

FOR YOUR FREE CALL OUT TEL:01215235988
EMERGENCY: 07534521710 /07765262510



RULES OF THE GAME



Rules of the Game



- ▶ The field of play is in two half's separated by a halfway line. There is a centre mark in the centre of the halfway line. Where the ball is placed, before kickoff. The halfway line also separates both teams. Each team choosing a side of the pitch to be played from at the toss of a coin by the referee. Each team may change over to play from the other side of the pitch. At half Time.
- ▶ All players in each team have chosen position on the pitch, to enable the game to be played. Each team must have an equal amount of players playing per side. Each team must return to their side of the pitch and return into the shape of the positions being played from. When a goal is scored and a goal kick is to be taken. The teams have to return to their half of the pitch.
- ▶ The objective of the game is to score a goal by using the feet, kicking or using the head, heading the ball into the goal. The goal is given if the ball passing over the goal line. The keeper is the only player on the pitch that may touch the ball with their hands, at some times in the game. They can only handle the ball for six seconds. Keepers must not handle the ball when it's played back to them from a defender.
- ▶ The size goal that is used, has to suit the required age group. Also the type of pitch used depends on the related age of the team playing.
- ▶ Players must play within and against the same age group. As required by the Competitions Rules & The Football Association.
- ▶ Ball sizes 3 For ages: U7 & U8 5 v 5 boot size from 12 - 3
- ▶ 4 U9 & U10 7 v 7 boot size from 4 - 5
- ▶ 4 U11 & U12 9 v 9 boot size from 5 - 6
- ▶ 5 U13 & U14 11 v 11 boot size from 6 - 7
- ▶ 5 U15 & U16 11 v 11
- ▶ A team can use any number of substitutes, in the age groups U7 – U12 . They don't have to be named, who are needed to take the position of a team player that may be injured or retiring from the field of play. In the higher age groups The FA rules apply to the older age groups of three substitutes per team. And a replacement keeper should they need one.
- ▶ Players must wear the appropriate team kit colour, which distinguishes them from the opposition team. Keepers Kit must be different from team's colours. Players must wear the correct clothing for the appropriate weather, as football is a cold weather sport.
- ▶ All team players must be wearing the appropriate protective shin guards, ankle guards and correct foot wear i.e. Football boot for grassed area of play, Astroturf moulded boot for Astroturf area of play. The shin guards must be covered by a football worn sock to ensure shin pads are held in correct position.
- ▶ Referee's have the full authority when on the pitch, to enforce the rules of play and correct bad sporting behaviour. The Referee will enforce the rules of the game depending on the age range of the teams that are playing. As rules may differ with younger age groups: See www.thefa.com/rulesofthegame.



Rules of the Game



- ▶ Assistance Referee are used in the age group from U11 upwards normally 9 v 9 situation they help confirm decisions for the presiding referee to help give an overall fair decision.
- ▶ When the ball leaves the field of play
- ▶ Or when which teams is entitled to a goal or corner kick or a throw in.
- ▶ Or to decide which team players is in the off side position, or when misconduct offence happens then decisions of the offence can be confirmed. If it happens in the penalty area, then a penalty may be given. At which point in a penalty situation, the goal keeper must not move off his line until the ball is kicked and if the ball crosses over the goal line.
- ▶ Game at academy level should not exceed 100 minutes playing each half with the time period of 30 minutes per half. The half time break must not be more than 15minutes. This is the standard code of practice, for the youth league teams. No one player must play for a period of 60 minutes.
- ▶ Kick off must be taken from the centre mark to start the game at the blow of the referee's whistle. This kick off must be repeated when a goal is scored. Whichever team is taking the kick off to start the game, the opposing team must be 7 yards away, and the ball must be played forward.
- ▶ Ball in and out of play normal rules applies where it is a throw or it may be that a free kick is needed.
- ▶ If the ball goes out of play over the goal line by the opposition but not between the goals posts. Then that's a free kick to the defending team. If the defending team kicks the ball over their goal line, or if they kick the ball out of the penalty area. Then the opposition gets to take a corner kick from the corner post. If the ball goes out of play over the side line then whichever team touches the ball last then it's the oppositions throw in. This throw in, is done holding the ball with both hands above the head to an awaiting player. Both feet of the player throwing the ball must remain in contact with the floor. Opposing player's who is in the penalty area, when the goal kick is taken. Or runs into the penalty area before the ball is in play, Or before it has touched another player, the goal kick will be retaken. Normal The FA rules apply.
- ▶ Scoring is for every ball that crosses the goal line between the goal posts counts as one goal this will increase depending on how many number of goals are scored by each team playing. The winning team is the team whom score the most goals.
- ▶ Fouling /Misconduct/Violence/Racist Language
- ▶ Normal rules apply wherein on the pitch incorrect behaviour will not be tolerated, fouling by playing dangerously can result in injury and the offending player, being sent off or a direct free kick will be given.
- ▶ Keepers are not allowed to handle the ball for more than six seconds
- ▶ Keepers are not allowed to touch the ball again with their hands, after it has been released from their possession and has not touched any other player.
- ▶ Keepers are not allowed to handle the ball with his/her hands if it's being kicked back to him by a player on his team.
- ▶ Keepers are not allowed to handle the ball with his/her hands if it's being received from a throw in taken by his team mate.
- ▶ All of these infractions will cause the referee to impose a free kick to be taken from the penalty line to the nearest point of where the incident happened.
- ▶ For all free kicks to be taken the opposition must be five yards from where the kick is being taken. Normal The FA rules apply.
- ▶ Penalty kicks are taken at the discretion of the referee after a bad tackle incident especially in the boxed area. When a penalty is being taken all players except the player who's taking the kick and the keeper, should be behind the line a five yards distance away, behind the player taking the kick. Normal The FA rules apply.
- ▶ Goal kicks are taken from any place in the penalty area. Opposing player's who is in the penalty area, when the goal kick is taken. Or runs into the penalty area before the ball is in play, Or before it has touched another player, the goal kick will be retaken. The opposing team must return to their side of the pitch and wait for the ball to be in play, the defending team may restart play before the opposing team returns to their shaped position .Normal The FA rules apply.
- ▶ When Corner kicks are being taken the opposing players have to be five yards distance away from where the ball is being played from and must remain at that distance until the ball is in play. The player who takes the kick must not touch the ball again until it has touch another player.

