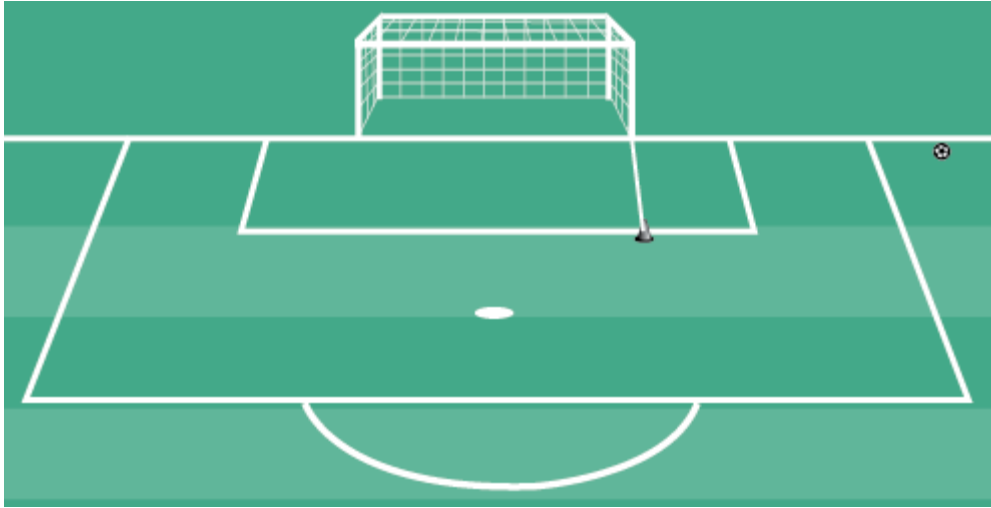


Training To Defend The Second Goal

When an opponent is on the end line dribbling toward the goal, the second goal is the line between the near post and a point even with the near post on the 6 yard box. In the diagram below, this second goal is represented by the white line between the near post and the goal.



Start with a server on the ball and another server in the between the 6 and the 18 by the back post. There should also be a keeper in goal.



The keepers first priority is keeping the ball out of the back goal. His second priority is not allowing a ball to be driven through the second goal because if the ball goes through this second goal, there is a great opportunity for the opponent to score.

Start by having the server on the ball dribble toward the goal which will cause the keeper to come toward the dribbler (slowly cutting off the angle for the second goal)



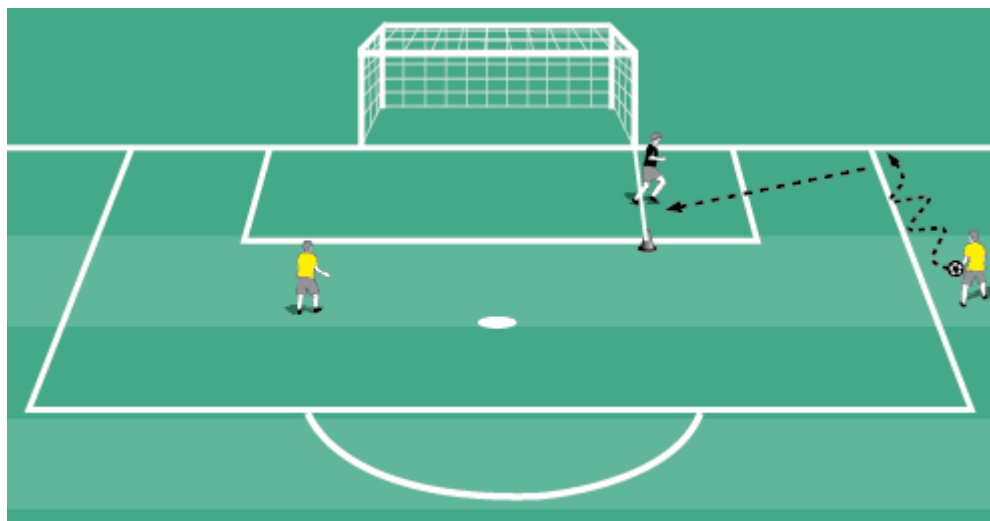
The angle is a bit different from a regular angle because when cutting off an angle on a regular goal, you don't want to get beat near post but you will show the near post some. When protecting the second goal, understand that if you get beat near post it most likely means it's a goal while if you get beat far post, it means it might result in a goal so in this situation you can never get beat near post.

Another difference is when protecting the regular goal a chip that is hit too far goes over the end line for a goal kick. When protecting the second goal, a chip hit harder than planned most likely still stays in play. This means the keeper must stay back further OR must get to the ball quickly to prevent the chip. If the keeper gets caught too far out and can get chipped, it's leaving an unprotected goal.

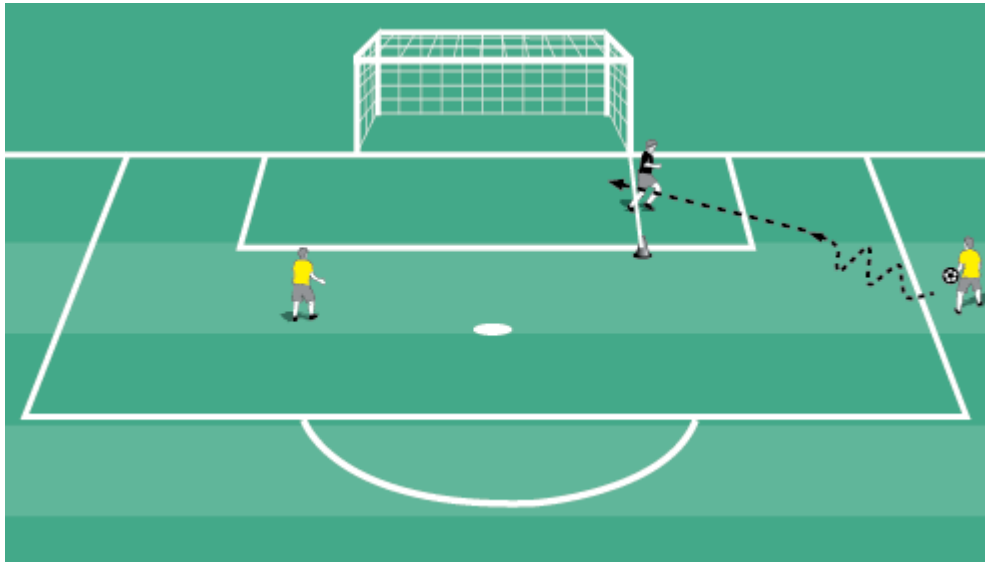
In the beginning the server would drive balls on the ground toward the second server and the keeper makes the save



Next the server would start further off the end line and dribble to the end line and then serve the ball back out.



Next, if the server notices the keeper cheating too much, the server can dribble straight to goal and then shoot.



At any point, if the ball goes through the second goal, the second server is there to finish. The keeper must try to recover to make that save.

Make sure you do this progression from both sides and it's more important to correct any mistakes the keeper might be making than to do this rapid fire at the expense of technique and positioning.

Any questions, comments or suggestions should be sent to Lawrence@finesoccer.com or they can be posted on the [FineSoccer Forum](#)