

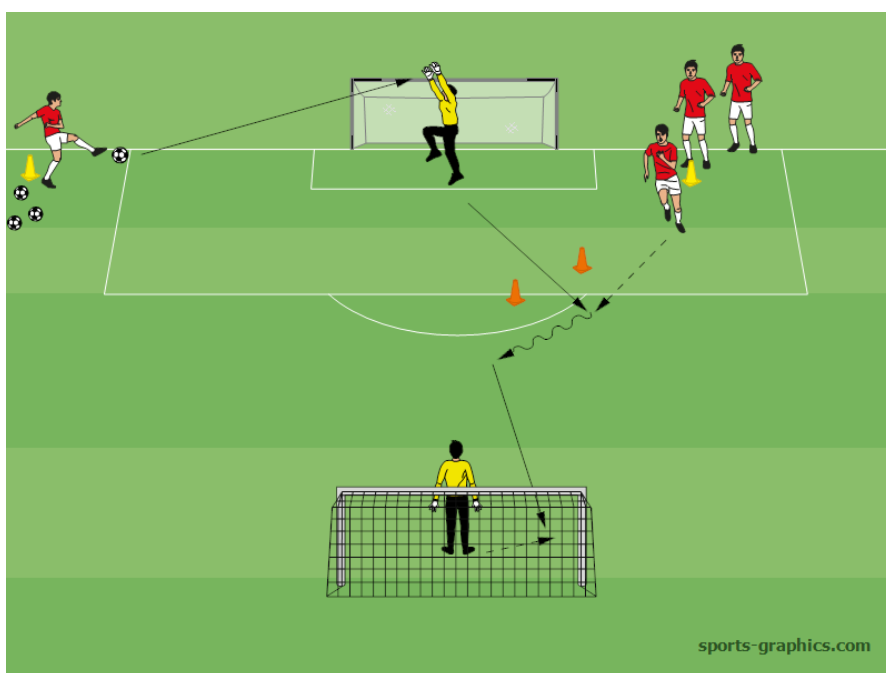
SHOT STOPPING AFTER A CIRCUIT

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up two goals 40-yards apart. Arrange a server to one side of goal and players to the other side of the same goal. Mark out a 2-yard wide gate on an angle midway between the two goals. The server has a supply of balls. The server plays a ball to resemble a cross from a corner for the goalkeeper to collect in the air. Serve and collection should be clean and allow the goalkeeper to quickly distribute the ball as they land. The goalkeeper rolls the ball through the gate for the receiving player to run onto. The player dribbles and shoots towards the opposite goal to challenge the keeper. Players rotate and repeat.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Better 1v1 success in all situations.
- Correct technical aspects.
- Good technical habits.
- How to narrow angles.
- Players understand how to close down an attacker effectively and save in 1v1 situations.
- The importance of the starting position.
- To learn the correct technique for the right situation.
- To understand the need for effective footwork.

KEY FACTORS

- Always expect a shot
- Assess angle and distance of approach of the opponent - analyse the situation
- Assess flight and pace of ball
- Be confident in 1v1 situations
- Cover all angles
- Decide early on what course of action to take
- Glide into the ready position
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- In 1v1 situations stand large and still
- Positive attitude
- React quickly

FOCUS AREAS

- Clear communication when collecting the ball.
- Does the goalkeeper do things quickly?
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Goalkeeper must stay light on their feet when moving into position.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.
- Positive take off and collection.
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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