

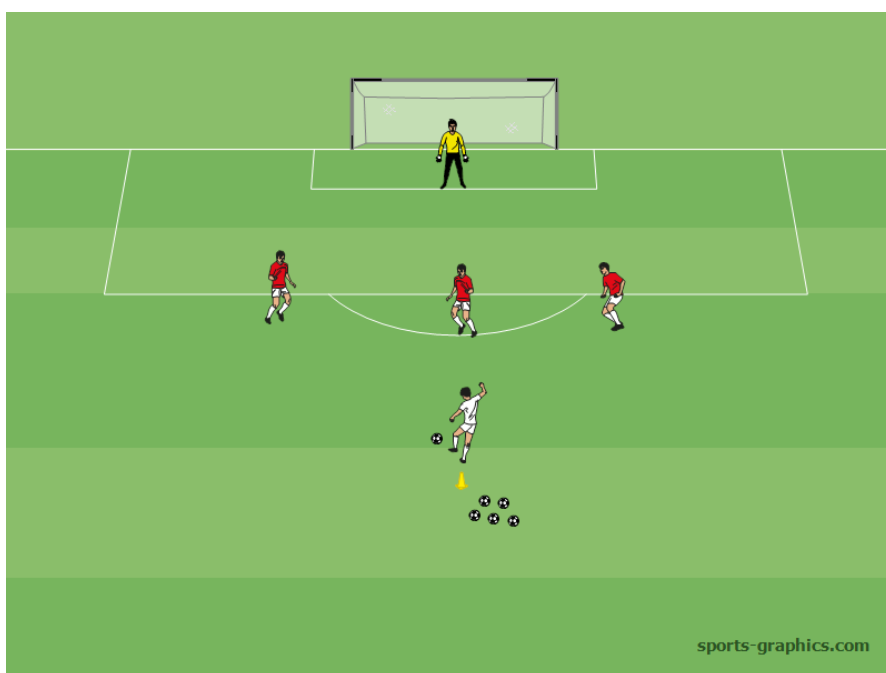
GOALKEEPER SHOT STOPPING FUNCTION

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a playing area around the 18yd box, a goalkeeper in goal and four players outside the box. One player is the server (white) and will need a supply of balls. The other three players position themselves on the edge of the 18yd box. The server plays a ball into the feet of one of the players who will have two touches to turn and strike at goal. The server repeats giving the goalkeeper several shot stopping opportunities in a short period of time. It is important the goalkeeper is aware and uses the correct technique based on the situation. Rest 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.
- Confidence to deal with the ball from different heights and speeds.
- Correct technical aspects.
- Develop balance, speed and co-ordination.
- Good technical habits.
- How to narrow angles.
- How to perform diving saves effectively.
- 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
- Communication
- 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
- Increase intensity
- Knees slightly bent
- Positive attitude
- React quickly

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Evaluate the players performance ensuring good form with technique. Actions should be performed at high speed and with maximum intensity while maintaining high quality. Adequate rest is vital between sets of work repetitions.
- 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 coach should increase workload (intensity) gradually and progressively. The level of intensity of each exercise is to be sufficient to ensure overload.

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