

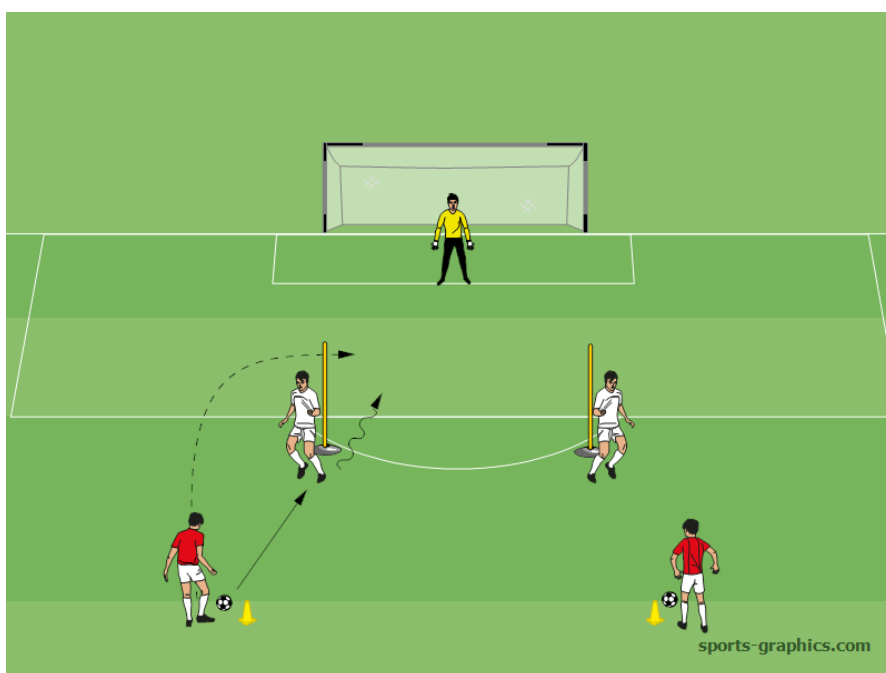
1v1 CLOSING DOWN CENTRALLY

Develop goalkeeping in 1v1 situations

TECHNICAL

Goalkeeping

Goalkeeper 1v1



Set up a goalkeeper in front of a full size goal with two poles in line with the goal posts on the edge of the 18yd box.

Attackers are placed with their backs to each pole with defenders (red) at two cones set back 5yds.

The goalkeeper starts centrally.

A defender (red) passes the ball to an attacker (white) who turns at the pole and attacks the goal.

The attacker continues with the ball, and now has the option to dribble at the goalkeeper, or turn and shoot immediately. This gives the goalkeeper more to think about as the player may also try to change direction.

The defender (red) also attempts to recover and win the ball.

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 technique depending on the 1v1 situation.
- Diving at feet.
- Players understand how to close down an attacker effectively and save in 1v1 situations.
- The importance of the starting position.

KEY FACTORS

- Always expect a shot
- Be confident in 1v1 situations
- Decide early on what course of action to take
- Decision - take ball without committing a foul - dive at feet
- Good set position - body weight forward and balanced on the balls of feet
- In 1v1 situations stand large and still
- Know where the posts are at all times
- Use appropriate save technique

FOCUS AREAS

- Clear communication when collecting the ball.
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Goalkeeper should command ball as they approach.
- Observe the quality of technique.
- The head should be up and kept steady by locking the neck muscles though the keeper may need to tuck the head to the side of the ball away from the opponent if being challenged.

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