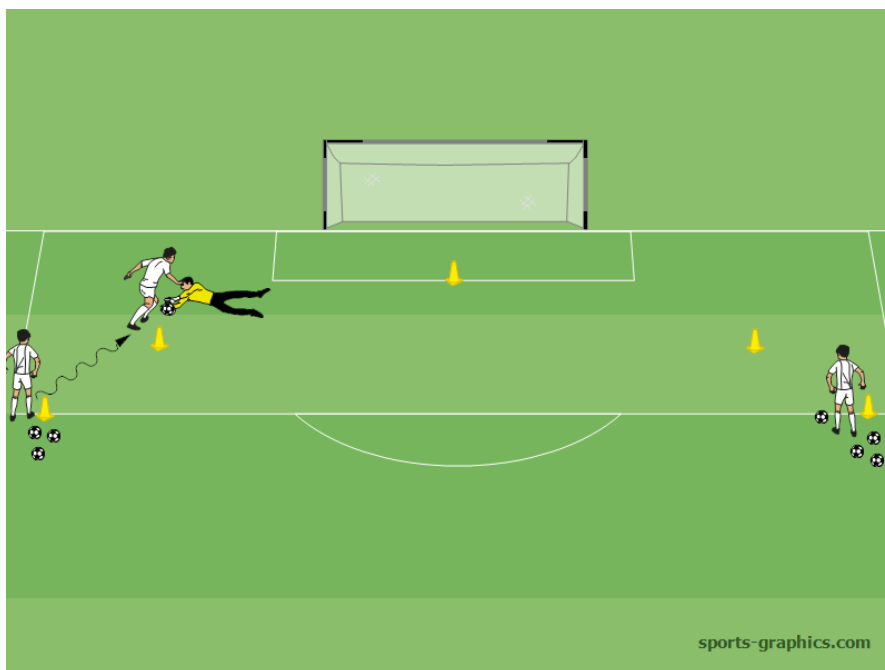


1v1 CLOSING DOWN THE ANGLE

Develop goalkeeping in 1v1 situations

TECHNICAL

Goalkeeping



Goalkeeper 1v1

Set up a goalkeeper in front of a full size goal with a marker placed centrally on the 6yd line as the GKs starting position.

Two groups of attackers are positioned on the corners of the 18yd box. Place a marker 5yds in front of each group.

The first player with the ball attacks the marker in front of them and goes towards goal.

The attacker continues with the ball and has the option to dribble at the goalkeeper, or shoot immediately. This gives the goalkeeper more to think about as the player may also try to change direction. The GK must move according to the position of the ball, covering the angles to make it difficult for the attacker to score. This exercise is performed at speed giving game realism to the practice.

The second attacker from the opposite marker, begins to dribble immediately after the GK has returned to their starting position.

Monitor workload for the GK as this is physically demanding.

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

- Awareness and decision making in quickly changing situations.
- Better 1v1 success in all situations.
- Correct starting position.
- Correct technique depending on the 1v1 situation.
- Diving at feet.
- Good decision making prior to performing move.
- 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
- Assess angle and distance of approach of the opponent - analyse the situation
- Be confident in 1v1 situations
- Cover all angles
- Good/correct technique
- In 1v1 situations stand large and still
- React quickly
- Tuck elbow in to ensure the ball is secure and to avoid injury

FOCUS AREAS

- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- 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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