

SHOT STOP MAXIMUM AMOUNT OF PASSES

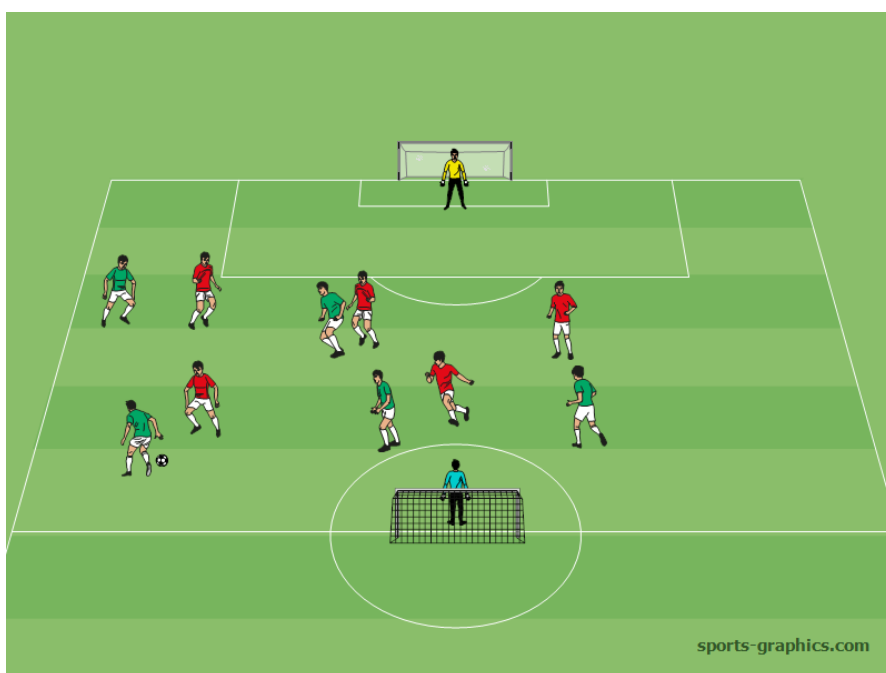
Improve shot stopping within a modified small sided game

TECHNICAL

TACTICAL

Goalkeeping

Shot Stopping



Set up two equal teams with a goal and goalkeeper at each end.

Set up the playing area appropriate to the number of players.

Players play a regular game but can only have a maximum of five passes before they must shoot at goal.

This will give the goalkeepers better opportunities to produce saves as it will encourage players to shoot quickly and more often.

Players will also be more direct and this will ensure goalkeepers stay alert and ready for shots at goal.

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.



Modified Small Sided Game

LEARNING OUTCOMES

- Better 1v1 success in all situations.
- Correct technical aspects.
- How to narrow angles.
- The importance of the starting position.
- To learn the correct technique for the right situation.

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
- Positive attitude
- React quickly

FOCUS AREAS

- Do not take risks in a game related situation.
- Does the goalkeeper do things quickly?
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Is the goalkeeper focused and organised?
- 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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