

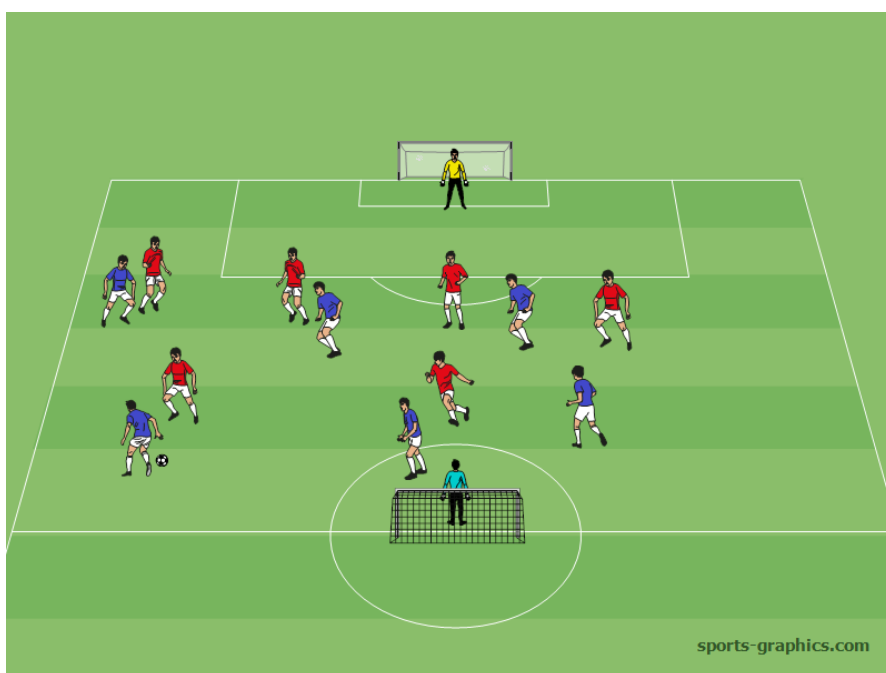
SHOT STOP AFTER FIRST TIME FINISH

Improve shot stopping within a modified small sided game

TECHNICAL

Goalkeeping

Shot Stopping



Set up the practice with two equal teams with a goal and goalkeeper at each end. Adjust the playing area to accommodate the number of players.

Players play a regular game but must shoot first time without taking a touch.

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

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.
- Good technical habits.
- 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

- 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?
- Observe the quality of technique.
- Positive take off and collection.
- The goalkeeper should watch/assess the flight of the ball.

SHOT STOP AFTER FIRST TIME FINISH

Improve shot stopping within a modified small sided game

