

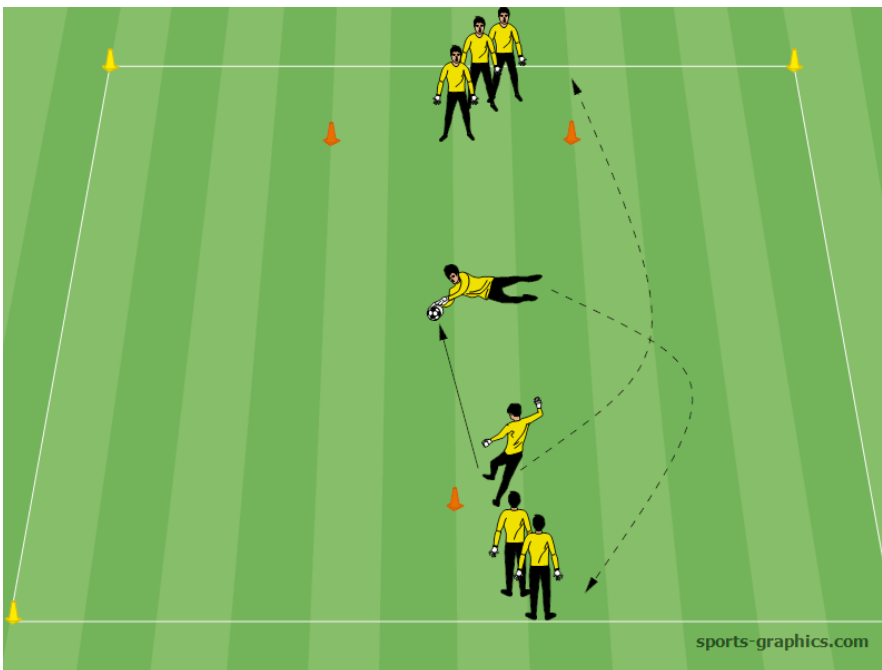
CRISS-CROSS

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up two cones 5yds apart. Place an additional cone 20yds away opposite. Practice with a minimum of five (maximum of ten) goalkeepers.

Arrange goalkeepers into two groups – one group behind the double cones, one group behind the single cone.

A goalkeeper from the single cone serves into the middle area.

The goalkeeper opposite moves into the middle area to make the save.

After each serve and save, the players criss-cross to the end of the opposite group.

Type of service can be changed periodically:

- Rolled ball for collection
- Rolled to side for diving save
- Drop kick service – less predictable
- High ball service
- Short, diagonal roll – for diving at feet

After successfully collecting the ball, the goalkeeper delivers a short, sharp and strong throw aimed at the chest of the waiting server.

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.
- 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.

KEY FACTORS

- Assess angle and distance of approach of the opponent - analyse the situation
- Assess flight and pace of ball
- Be confident in 1v1 situations
- Cover all angles
- 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
- 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.
- Goalkeeper must stay light on their feet when moving into position.
- 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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