

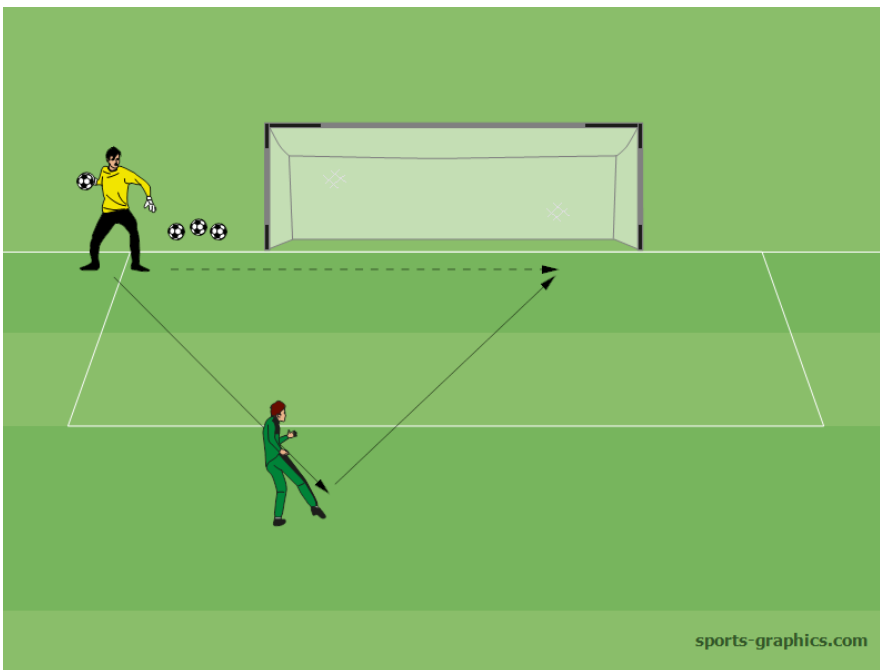
GOAL RECOVERY

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a goalkeeper and a supply of balls outside a full size goal. The goalkeeper positioning on the edge of the goal line but at the side of the goal as per the diagram, plays a ball to a coach/server using a throw, roll or pass. The coach/server strikes the ball first time. The goalkeeper must react quickly and recover into a better goal saving position to make a diving save. Repeat the practice from both sides.

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

- Correct technical aspects.
- How to perform diving saves effectively.
- Improve reaction times.
- Speed of recovery.
- To understand the need for effective footwork.

KEY FACTORS

- Always expect a shot
- Assess angle and distance of approach of the opponent - analyse the situation
- Assess flight and pace of ball
- Explosive movements
- Glide into the ready position
- Good/correct technique
- Knees slightly bent
- Know the location of the goalposts
- Positive attitude
- React quickly
- React quickly
- Start position - on balls of feet with hands ready at waist level
- Use appropriate save technique

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Encourage quick explosive actions.
- Goalkeeper must stay light on their feet when moving into position.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.
- Positive take off and collection.
- The coach should increase workload (intensity) gradually and progressively. The level of intensity of each exercise is to be sufficient to ensure overload.
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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