

5v5 GK TO SAVE FROM BOTH SIDES

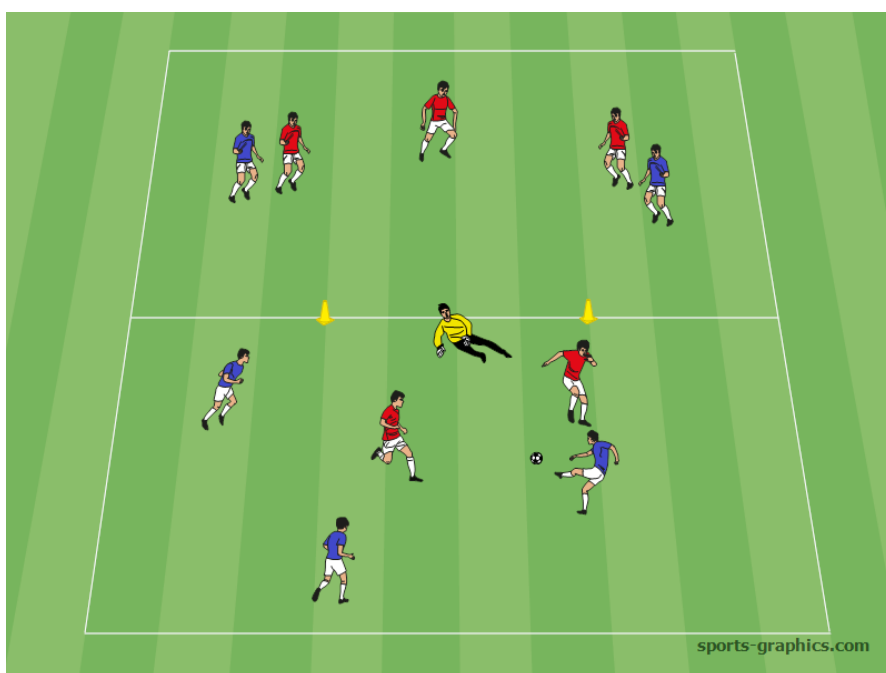
Improve shot stopping within a modified small sided game

TECHNICAL

TACTICAL

Goalkeeping

Shot Stopping



Set up a 60x40 playing area with a cone goal on the halfway line. Arrange players into two teams restricted to their own half with three attackers and two defenders in each. More players can be used but overload in favour of the attacking team on both sides. A goalkeeper in the middle protects the goal from both sides. Both teams attempt to score from opposite sides of the goal. The defending team on winning the ball, must pass to their attacking players in the opposite area. The game is continuous. If the ball is saved by the goalkeeper it is rolled out to the defending team on that side of the area. They must then pass the ball to their attacking players in the opposite area.

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

- Improve shot stopping techniques.

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
- Good set position - body weight forward and balanced on the balls of feet
- Know where the posts are at all times
- Step forward into the dive (ensure a power step and drive to ball)
- Use appropriate save technique

FOCUS AREAS

- Correct technical aspects where necessary.
- Demonstrate the correct technique.
- Goalkeeper must stay light on their feet when moving into position.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.

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