

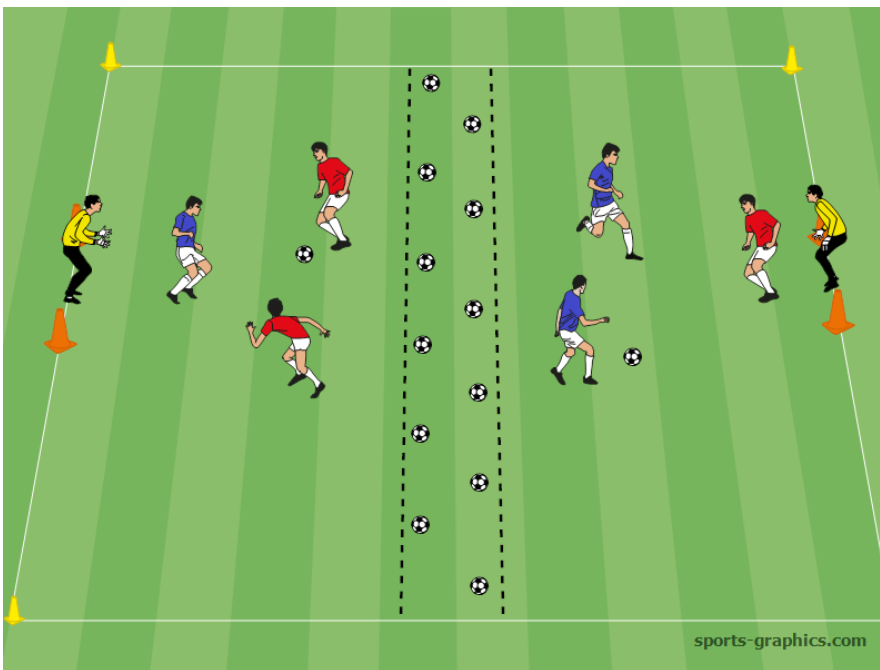
GOALFEST 2v1 OUTFIELD

Improve shot stopping in a skill related practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 30x30 playing area with a mini goal at each end and a central 2yd ball zone. Size of playing area can be adjusted if necessary.

Arrange two 2v1 situations with each team having seven footballs/opportunities to score.

The aim of this practice is for two players to score as many goals as possible with one defender and one goalkeeper.

When a ball is saved or goes out of play, that ball is dead and the next ball comes into play.

Only one ball per team is in play at a time and the ball is retrieved from the ball zone by one of the attacking team.

Team who score the most goals win.

The goalkeepers will have plenty of shot stopping opportunities because of the

design of the session.

To maximise the practice encourage players to have as few touches possible.

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.
- Correct technical aspects.
- Good technical habits.
- How to narrow angles.
- 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.
- 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
- 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?
- 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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