

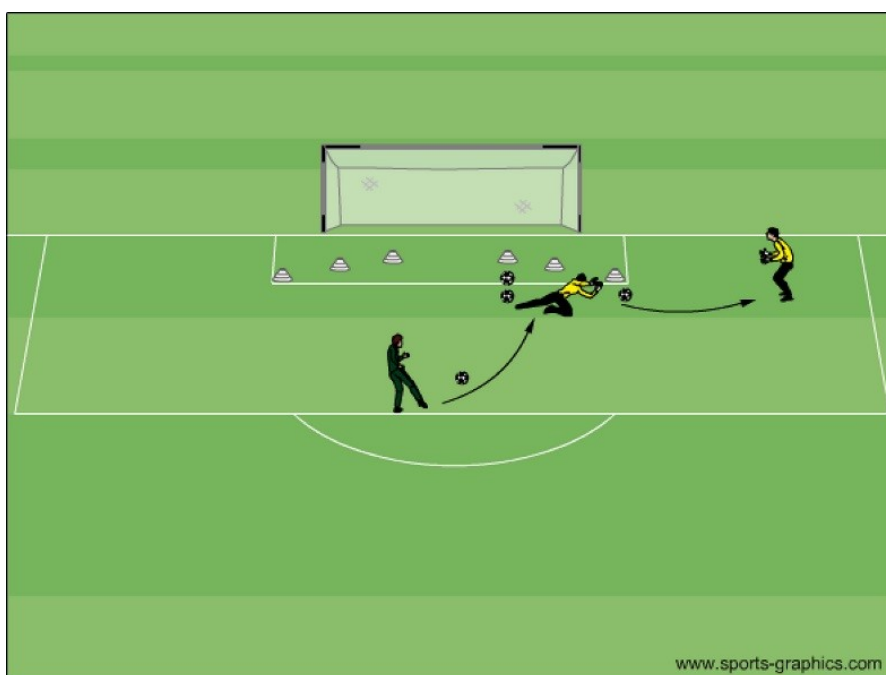
FUNDAMENTAL DIVE AND PARRY

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up two diagonal lines of cones in front of a full size goal.

Place two balls in front of one of the central cones.

The goalkeeper starts between the two central cones which are spaced 5yds apart. The goalkeeper takes one step towards a central server/coach and establishes the set position.

As the goalkeeper sets, the coach serves the ball accurately to work on the mid-diving save.

The goalkeeper reacts quickly and dives over the balls and deflects the ball in play with the top hand to the player standing alongside the cones.

The diagonal lines of cones are in place to ensure the goalkeeper attacks the ball.

Move the balls to the alternate side and

repeat.

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

- 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.
- 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
- 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
- Increase intensity
- Knees slightly bent
- Positive attitude
- React quickly

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 watch/assess the flight of the ball.

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