

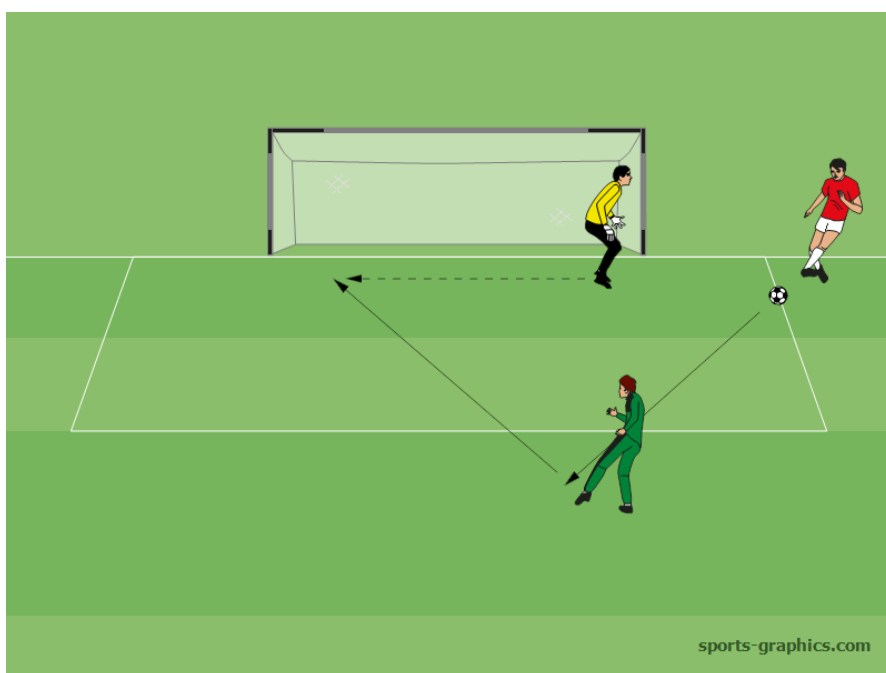
SHOT STOPPING IN OPPOSITE CORNER

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a goalkeeper in front of goal, a server to the side and coach/striker outside the box.

The goalkeeper starts on the near post to the server.

The server plays a ball into the coach/striker.

The coach will strike the ball into the opposite corner testing the goalkeeper's ability to shuffle and save quickly.

Repeat 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

- Good technical habits.
- How to narrow angles.
- How to perform diving saves effectively.
- To understand the need for effective footwork.

KEY FACTORS

- Assess flight and pace of ball
- Cover all angles
- Glide into the ready position
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Positive attitude
- React quickly

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Encourage quick explosive actions.
- Ensure adequate rest between sets of repetitions.
- 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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