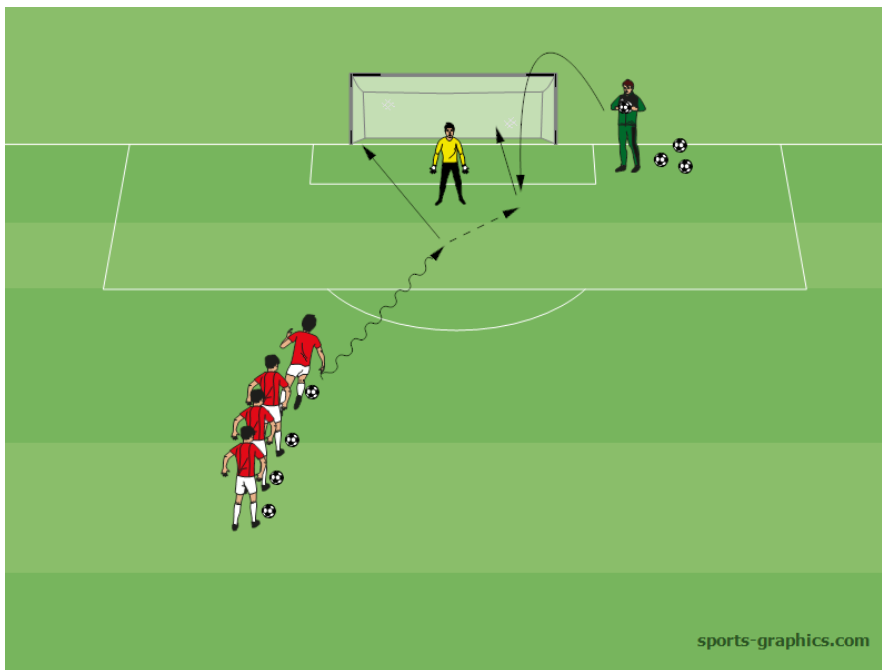


DOUBLE 1v1

Develop goalkeeping in 1v1 situations

TECHNICAL

Goalkeeping



possible.

Goalkeeper 1v1

Arrange a goalkeeper in front of an appropriate sized goal.
Attacking players with a ball each line up outside the box.
Coach positions to the side of the 6-yard box.
One at a time, players dribble into the box and shoot towards goal or try to beat the goalkeeper 1v1.
The goalkeeper must make a save and quickly be ready for a second effort at goal.
The player who shoots continues their run towards the coach who will serve a ball in the air for the player to head at goal.
The keeper will attempt to save this as well, before preparing for the next player to start their circuit.
This is repeated several times.
Avoid players having to queue as much as

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

- Awareness and decision making in quickly changing situations.
- Correct diving technique.
- Correct starting position.
- Correct technical aspects.
- Correct technique depending on the 1v1 situation.
- Good decision making prior to performing move.
- Players understand how to close down an attacker effectively and save in 1v1 situations.
- The importance of the starting position.

KEY FACTORS

- Always expect a shot
- Assess angle and distance of approach of the opponent - analyse the situation
- Be confident in 1v1 situations
- Cover all angles
- Good/correct technique
- In 1v1 situations stand large and still
- React quickly
- Stay in line with middle of goal and ball
- Tuck elbow in to ensure the ball is secure and to avoid injury

FOCUS AREAS

- Ensure adequate rest between sets of repetitions.
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Goalkeeper must stay light on their feet when moving into position.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.

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