

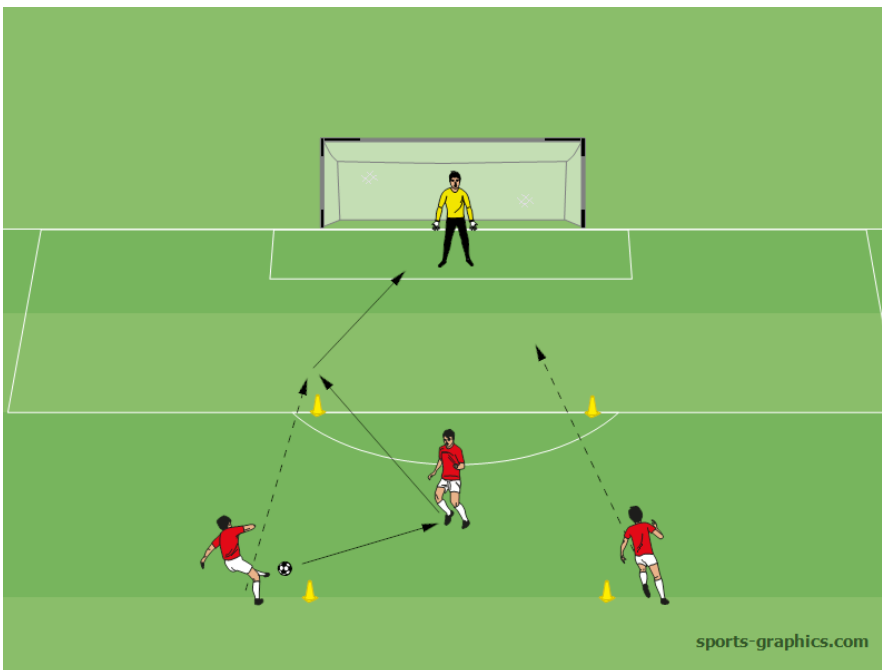
GONE FISHING

Improve shot stopping techniques

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 15x15 square on the edge of the 18-yard box.

Ensure the markers on the penalty box are no more than goal width apart.

The goalkeeper starts slightly off their line. Field players are divided equally between the two far markers with one additional player in the middle.

The practice starts with one player playing a one-two with the middle player.

The player then shoots within two touches.

The non-shooting player on the other cone can make any type of run inside the marker to look for any rebounds.

Alternate players.

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?
- 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 goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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