

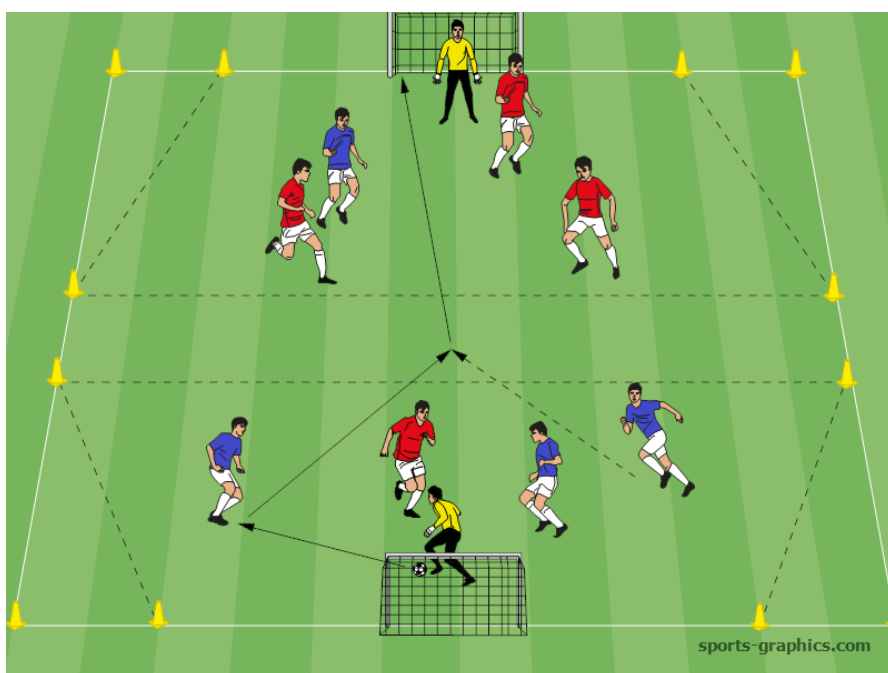
FINISHING PRACTICE

Improve shot stopping within a modified small sided game

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 35x30 playing area with a goal and goalkeeper at each end.

Mark the playing area into two outer zones with a narrow central zone.

Mark the outer zones with diagonal lines to encourage shooting in central areas.

Players need to be able to comfortably hit the opposition's goal from their own half.

Arrange players into two 3v1s.

Play begins with a goalkeeper rolling the ball out to the attacking team (blue) who look to combine and create opportunities to shoot from their own half.

The blue attacker in the attacking half should follow up any shots on goal and react quickly to any rebounds.

By playing forward passes, the attacking team can combine with the lone attacker in the attacking half.

The lone attacker can lay the ball back into the central zone, for a supporting player to move forward and shoot at goal. This area is unopposed for the attacking team.

Encourage as many shots at goal as possible, as this will provide both goalkeepers the opportunity to make saves regularly.

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

- Correct technical aspects.
- Good technical habits.
- How to narrow angles.
- 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 flight and pace of ball
- 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
- Positive attitude
- React quickly

FOCUS AREAS

- Clear communication when collecting the ball.
- Does the goalkeeper do things quickly?
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Goalkeeper must stay light on their feet when moving into position.
- Goalkeeper will understand different methods of handling depending on game related situation.
- Is the goalkeeper focused and organised?
- 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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