

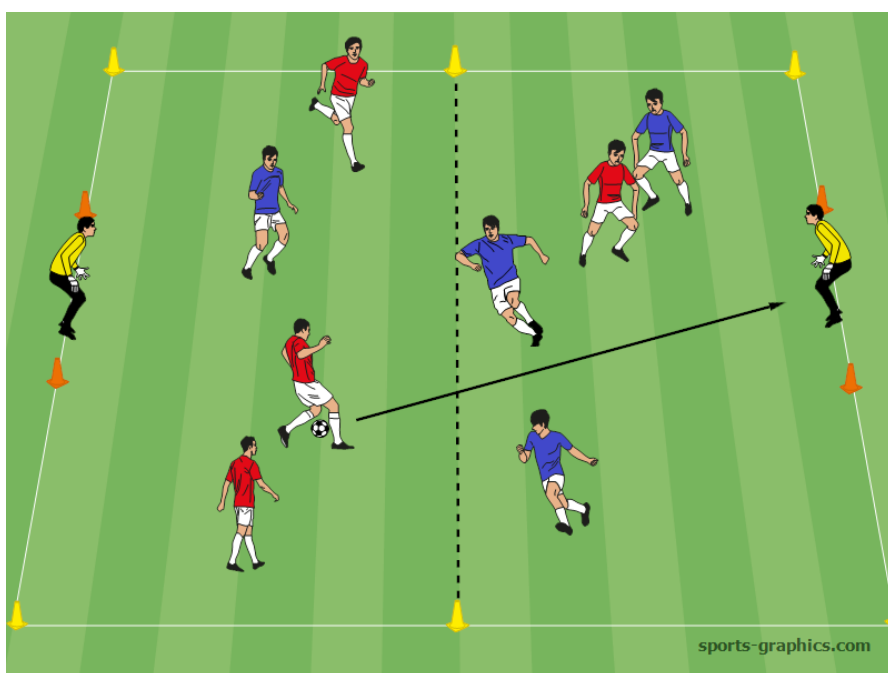
CONTINUOUS SHOT OFFLOAD

Improve shot stopping in a skill related practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 30x30 playing area with a mini goal and goalkeeper at each end.

Size of playing area can be adjusted if necessary.

Arrange players into two teams.

The aim is to score as many goals as possible from either a shot inside the teams own half or from a rebound in the opponents half.

Each team is only allowed one player in the opposition half acting as a poacher.

The poacher can also try and block any long range shots.

The game starts/resumes with the goalkeeper rolling the ball to a teammate.

This practice ensures the goalkeepers have plenty of goal saving opportunities one after the other.

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?
- 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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