

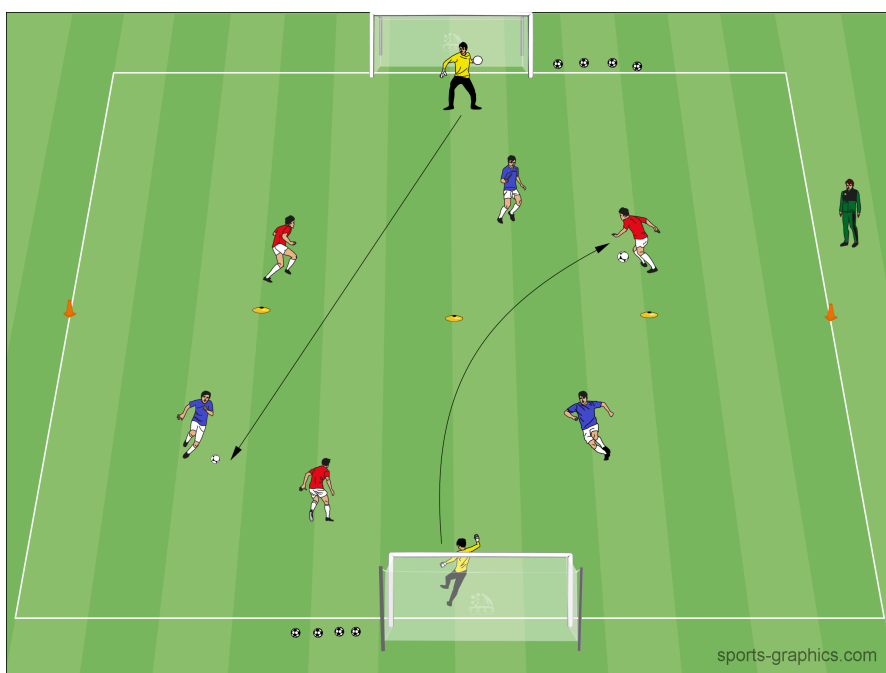
2v1 SHOT STOPPING DRILL

Improve shot stopping in a skill related practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 30x20 playing area with a goal and goalkeeper at each end and two attackers v one defender in both halves of the pitch as per the diagram. Size of playing area can be adjusted if necessary.

The practice begins with both goalkeepers distributing the ball consecutively on the shout of the coach into the attacking half to their two teammates, who attempt to score. Encourage quick attacking play/shots by setting a time restriction for each team to attempt to score, e.g 20 seconds. To encourage this and make the practice more competitive, the first team to score can be awarded a point.

Goalkeepers at both ends must be ready and anticipate the quick attack. Once a shot has been taken and the ball has gone dead, the practice is repeated with

both goalkeepers having possession of the ball and waiting for the instruction of the coach.

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.
- 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

- 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.
- 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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