

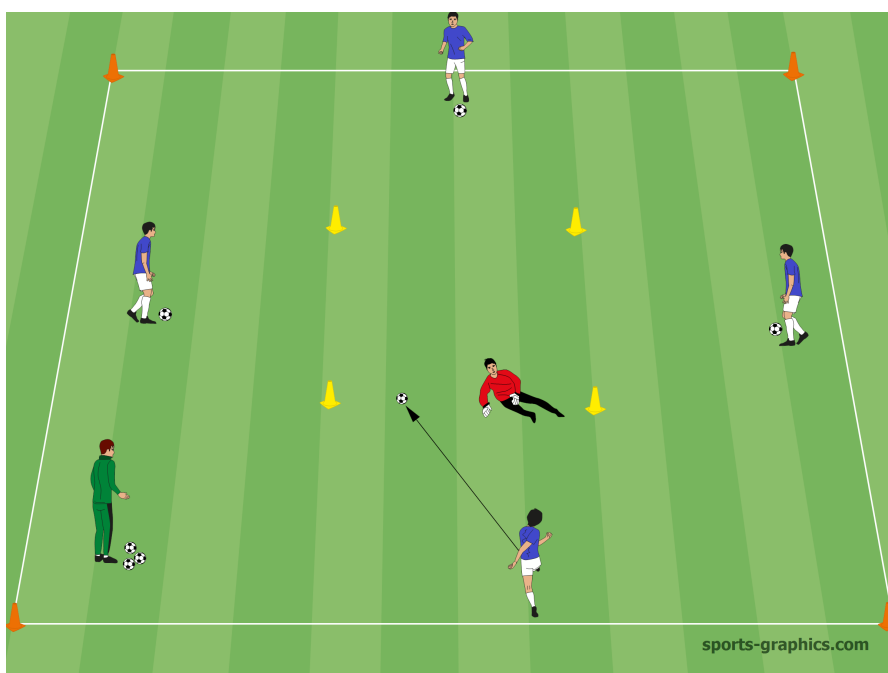
FOUR WAY SHOT STOPPING

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 10x10 playing area and use cones to mark a 4yd square in the middle. One goalkeeper works with four servers. The goalkeeper moves forward between the two cones that act as a goal. The server makes an underarm throw or shot (using the inside of the foot) to the goalkeeper's right. The pace of the serve is dependant upon the ability of the goalkeeper. The goalkeeper performs a collapse dive. The goalkeeper turns to the next server and works around the square with the servers challenging the goalkeeper to make one save after another. After several repetitions, servers alternate to to the goalkeeper's left side.

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

- Good technical habits.
- How to narrow angles.
- How to perform diving saves effectively.
- The importance of the starting position.
- 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
- Increase intensity
- Knees slightly bent
- Positive attitude
- React quickly

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Goalkeeper must stay light on their feet when moving into position.
- Is the goalkeeper focused and organised?
- Positive take off and collection.
- The coach should increase workload (intensity) gradually and progressively. The level of intensity of each exercise is to be sufficient to ensure overload.
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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