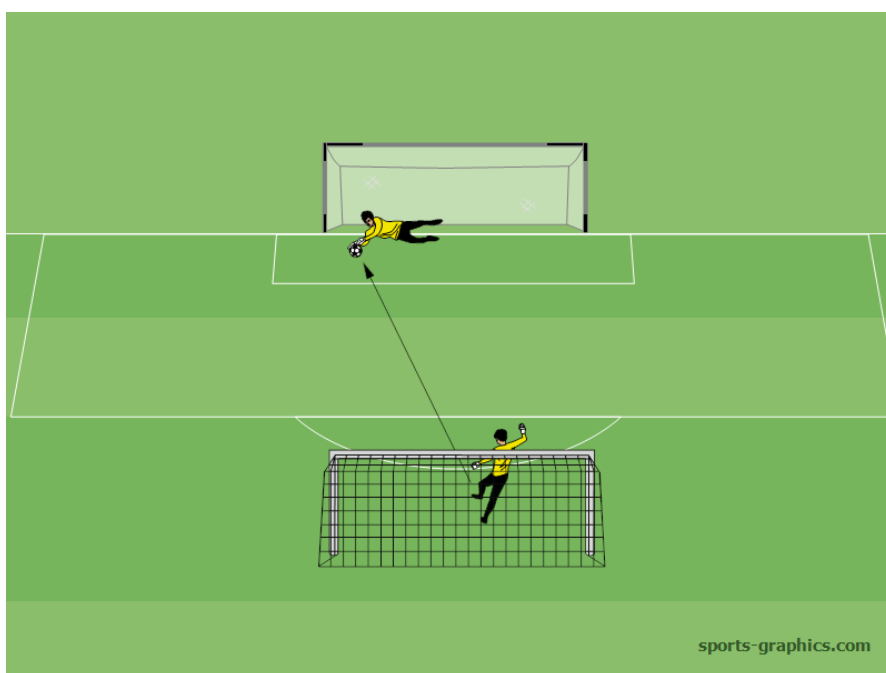


KEEPER SHOOTOUT

Develop handling techniques to collect the ball

TECHNICAL

Goalkeeping



Handling

Set up two goals 30yds apart with a goalkeeper in each goal.
Mark out a six yard line in front of each goal.
Neither goalkeeper can come out further than the six yard line to either shoot or save.
The goalkeeper with the ball has the choice of throwing, drop-kicking or shooting from the ground to score.
For younger goalkeepers it will be necessary to shorten the distance between the goals.
First goalkeeper to score five wins.

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

- Confidence in handling balls from different heights and speeds.
- Correct technical aspects.
- Good decision making prior to performing move.
- Players learn basic handling skills.
- Technical refinement of correct positioning.
- Technical refinement of shot stopping.
- To learn basic handling skills.

KEY FACTORS

- Assess angle and distance of approach of the opponent - analyse the situation
- Assess flight and pace of ball
- Command the six yard box
- Feet shoulder width apart
- For saves on the ground - leading hand behind the ball, and the other hand securing it on top
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Know the location of the goalposts
- Prepare hands prior to handling the ball
- React quickly
- Start position - on balls of feet with hands ready at waist level

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Evaluate the players performance ensuring good form with technique. Actions should be performed at high speed and with maximum intensity while maintaining high quality. Adequate rest is vital between sets of work repetitions.
- 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 watch/assess the flight of the ball.

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