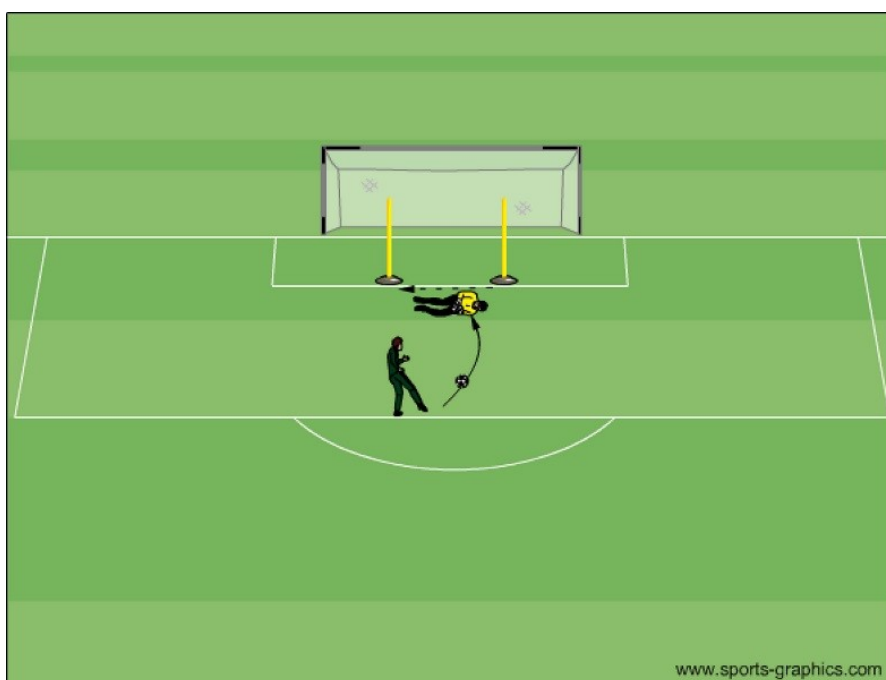


FUNDAMENTAL FOOTWORK AND DIVE

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping



Shot Stopping

Arrange two poles 5yds apart in front of a full size goal.

The goalkeeper starts on one pole and uses the shuffle step to move to the opposite pole.

The goalkeeper bends to touch the base of the pole and gets into a low set position. As the goalkeeper sets, the coach serves the ball accurately to work on either a low or mid-diving save.

The goalkeeper transfers their weight onto the foot nearest the ball and makes a powerful low or mid-diving save to catch the ball.

The coach can serve to individual goalkeepers or the goalkeepers can pair up and serve to each 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.
- Confidence to deal with the ball from different heights and speeds.
- Correct technical aspects.
- Develop balance, speed and co-ordination.
- Good technical habits.
- How to narrow angles.
- How to perform diving saves effectively.
- 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
- Increase intensity
- Knees slightly bent
- Positive attitude
- React quickly

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Encourage quick explosive actions.
- 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 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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