

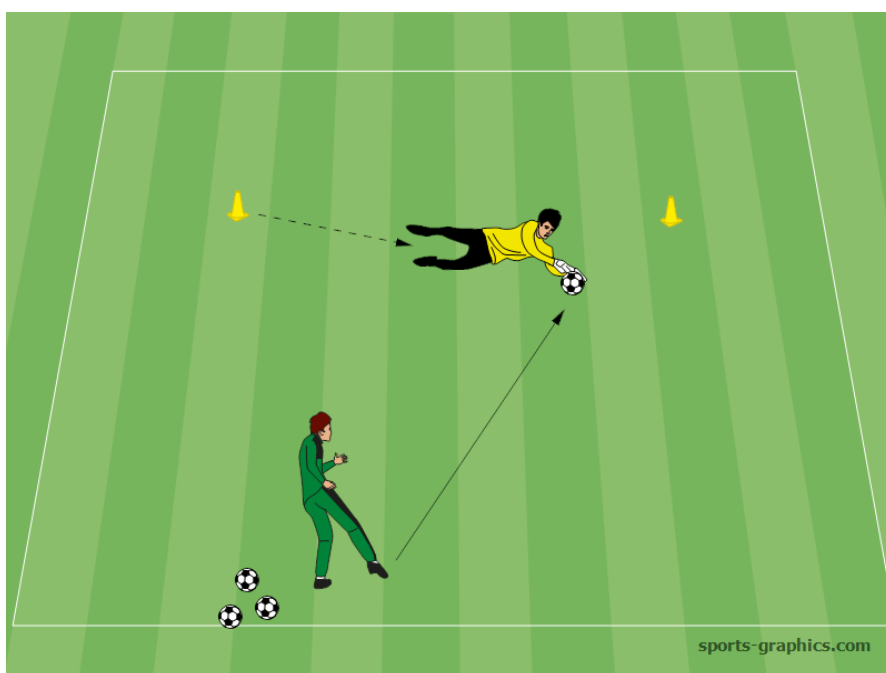
TOUCH AND RECOVER

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



The goalkeeper starts between two cones set up 5 yards apart.

The goalkeeper side steps towards one of the cones.

Goalkeeper must get down and touch the cone before making a recovery save towards the other cone.

As the goalkeeper touches the cone, the server hits the ball.

The goalkeeper must collect the ball in both hands if possible, if not, at least parry the ball away.

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 to deal with the ball from different heights and speeds.
- Good technical habits.
- How to narrow angles.
- How to perform diving saves effectively.

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
- 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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