

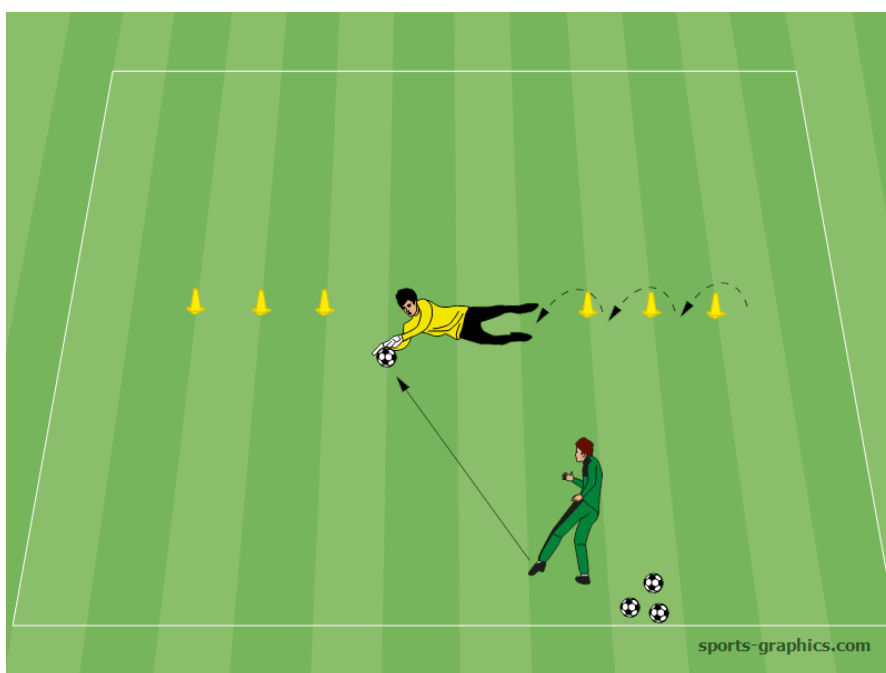
STEP OVER CONES AND SAVE

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up two lines of cones spaced 1yd apart with a central gap of 5yds.

The goalkeeper starts on the outside of the line of cones.

The goalkeeper steps one foot at a time over three cones using high knee lifts before making a diving save into the centre. As the goalkeeper finishes stepping over the last of the three cones, the server hits the ball.

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

Repeat from both ends.

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.
- Correct technical aspects.
- 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 understand the need for effective footwork.

KEY FACTORS

- Always expect a shot
- Assess flight and pace of ball
- Be confident in 1v1 situations
- Glide into the ready position
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Positive attitude
- React quickly

FOCUS AREAS

- Demonstrate the correct technique.
- Does the goalkeeper do things quickly?
- Encourage quick explosive actions.
- Ensure adequate rest between sets of 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 focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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