

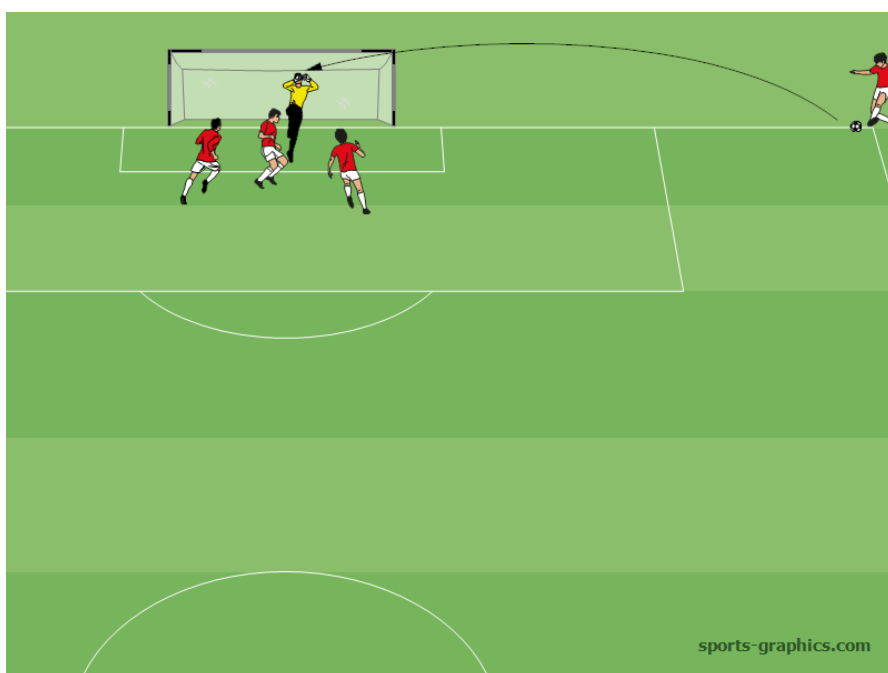
CORNER WITH INCREASED PRESSURE

Improve defending corners

TECHNICAL

Goalkeeping

Defending Set Plays



Set up a corner of a pitch to the width of the penalty area with one goalkeeper and one server.

Set up several players within the 6yd box as interference.

These players don't actually attack the ball, instead make it slightly harder for the goalkeeper to collect the ball.

The server plays a swinging corner kick in from a stationary ball. The ball can also be served in or kicked from the server hands.

Repeat from both sides ensuring crosses are varied to challenge the goalkeeper.

Observe and coach the goalkeeper on key factors and focus areas.

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

- Awareness and decision making in quickly changing situations.
- Communication with teammates.
- How to deal with the high ball.
- Improve positioning with defending corners.
- Learn the fundamentals and cover the key points.

KEY FACTORS

- Alertness when set piece conceded
- Communication
- Cover all angles
- Early decision
- GKs to make themselves look as big as possible
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Install confidence in the defence
- Knees slightly bent
- Know the location of the goalposts
- Positive attitude
- Take high balls at the highest point possible

FOCUS AREAS

- Clear communication when collecting the ball.
- Does the goalkeeper do things quickly?
- Does the goalkeeper punch the ball cleanly away from goal?
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- 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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