

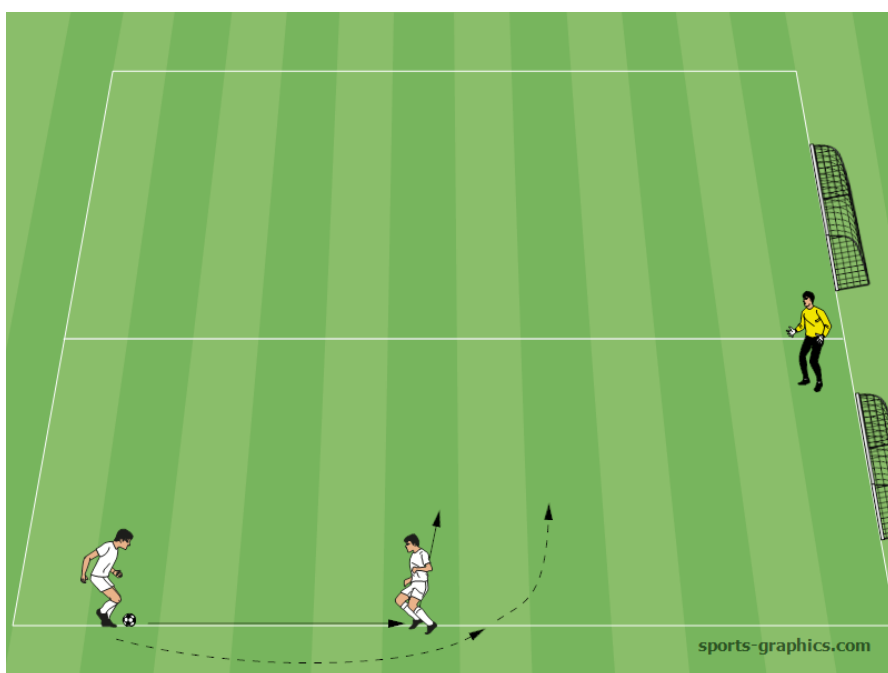
SHOT STOPPING IN A 1v1 OUTFIELD PRACTICE

Improve shot stopping in a skill related practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 30x20 playing area with two mini goals on one side.

Size of playing area can be adjusted if necessary.

Players work in pairs with a goalkeeper protecting both goals.

The defender starts with the ball and passes to the attacking player on the outside of the area.

As the defender passes the ball, they overlap the attacking player so that both players enter the area at the same time.

The attacker bursts into the area to attempt to score in one of the goals while the defender attempts to recover and close them down.

The goalkeeper in this practice must focus on ensuring everything possible is saved. Additional pair of players start once save

has been made.

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.
- Correct technical aspects.
- Good technical habits.
- How to narrow angles.
- 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 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
- Positive attitude
- React quickly

FOCUS AREAS

- Demonstrate correct diving technique ensuring players are not landing on elbows.
- Does the goalkeeper do things quickly?
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- 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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