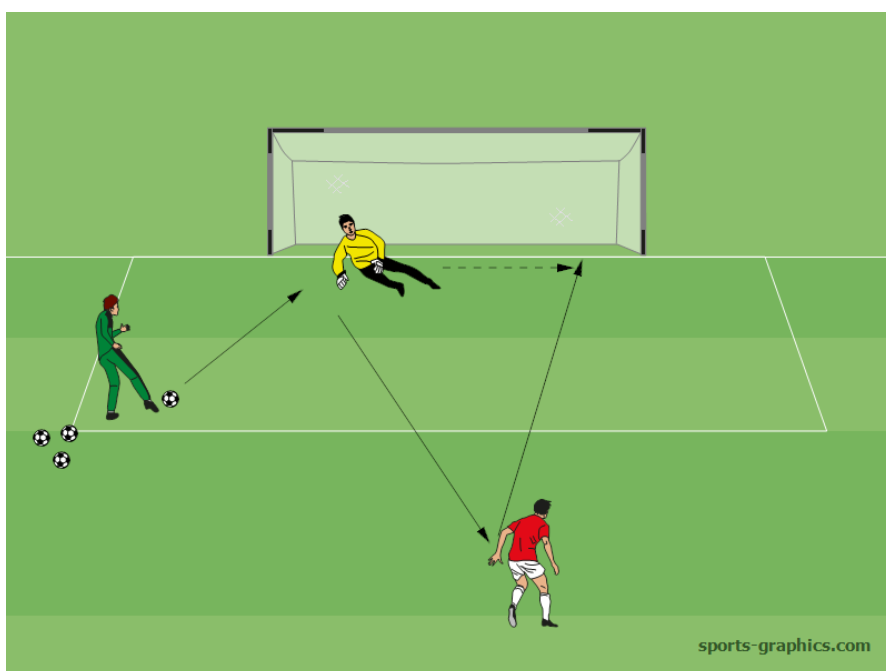


SAVE, REACT 1v1

Develop goalkeeping in 1v1 situations

TECHNICAL

Goalkeeping



Goalkeeper 1v1

The goalkeeper starts by making a diving save from the coach who has hit the ball low and hard.

If possible, the goalkeeper should look to save the ball and keep hold of it.

If saved, the goalkeeper rolls the ball out in front of them to the striker who is waiting to strike the ball.

This is now a 1v1 and the goalkeeper must do everything to ensure the player doesn't score.

The goalkeeper must then make another save.

This is repeated several times in order to provide the goalkeeper with different saving opportunities.

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.
- Better 1v1 success in all situations.
- Correct starting position.
- Correct technique depending on the 1v1 situation.
- Diving at feet.
- Good decision making prior to performing move.
- Players understand how to close down an attacker effectively and save in 1v1 situations.
- The importance of the starting position.

KEY FACTORS

- Always expect a shot
- Assess angle and distance of approach of the opponent - analyse the situation
- Be confident in 1v1 situations
- Cover all angles
- Good/correct technique
- In 1v1 situations stand large and still
- React quickly
- Stay in line with middle of goal and ball
- Tuck elbow in to ensure the ball is secure and to avoid injury

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Encourage quick explosive actions.
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Evaluate the players performance ensuring good form with technique. Actions should be performed at high speed and with maximum intensity while maintaining high quality. Adequate rest is vital between sets of work repetitions.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.
- The head should be up and kept steady by locking the neck muscles though the keeper may need to tuck the head to the side of the ball away from the opponent if being challenged.

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