

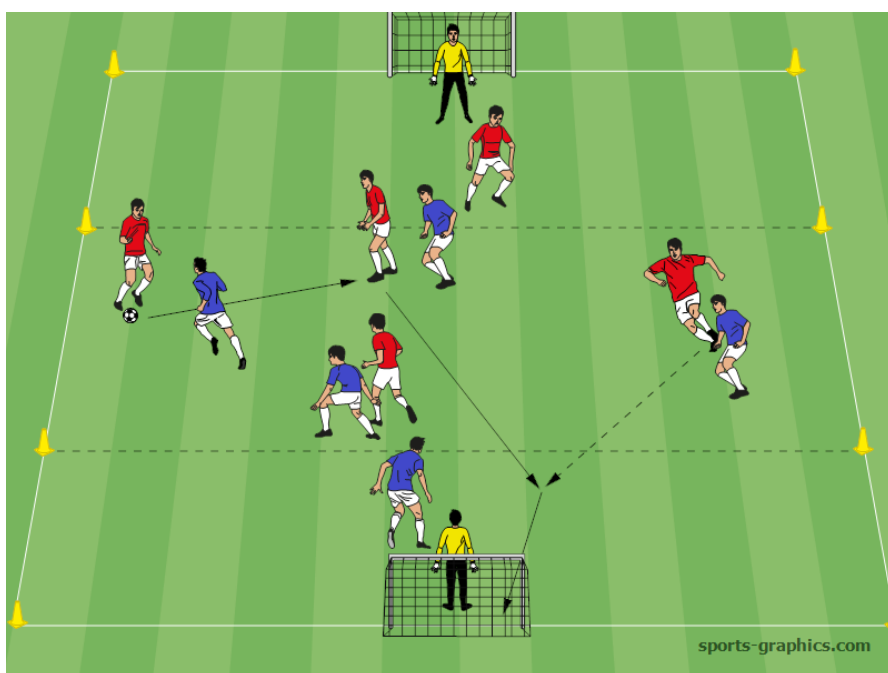
SHOT STOPPING AFTER THROUGH BALL

Improve shot stopping within a modified small sided game

TECHNICAL

Goalkeeping

Shot Stopping



Set up a playing area 60x40 divided into thirds with a mini goal and goalkeeper at each end.

Size of playing area can be adjusted if necessary.

Arrange players into two even teams and place a defender in each end zone.

Players play a 4v4 within the middle area and look to play a through ball when possible.

When this happens, a player from the same team will run into the final third and try to beat the defender before having a shot at goal.

Only that one defender is allowed in the final third to try and defend.

Offside rule applies. The player must still be in the middle third when the ball is played through.

The goalkeeper must assess whether or not they are able to come and claim the through ball, or whether to hold back and anticipate a shot from the striker.

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.



Modified Small Sided Game

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 learn the correct technique for the right situation.
- 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

- Does the goalkeeper do things quickly?
- Encourage good communication.
- Goalkeeper must stay light on their feet when moving into position.
- 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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