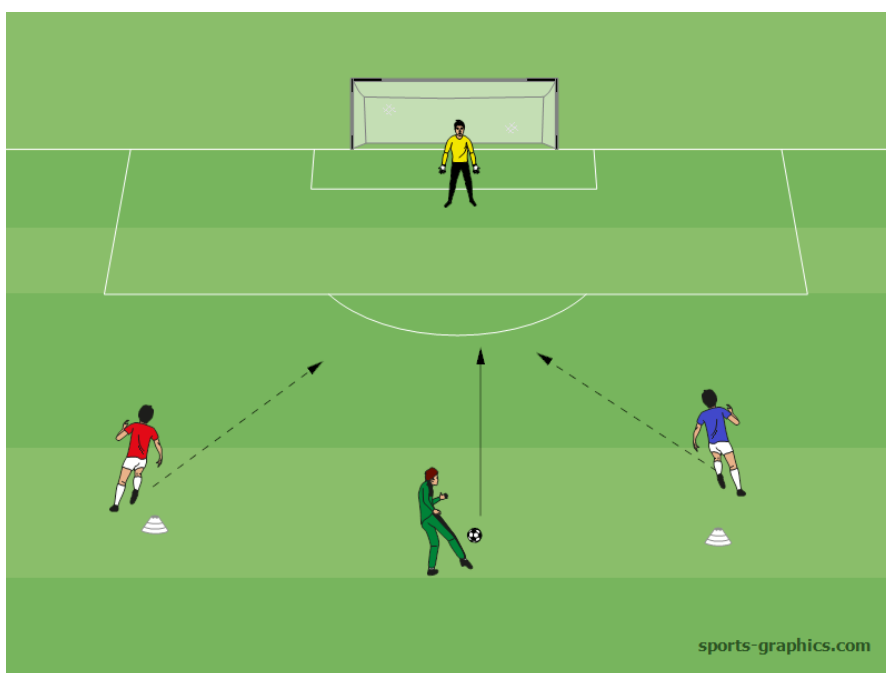


1v1 THROUGH BALL

Develop goalkeeping in 1v1 situations

TECHNICAL

Goalkeeping



Goalkeeper 1v1

Set up the goalkeeper in front of an appropriate sized goal.
Arrange two players - one each side of a central server (coach) who plays the ball into one of the attacking players. The other player acts immediately as a recovering defender.
Server always touches the ball once prior to playing the ball into either attacker. This is the trigger for the attacker, defender and GK to respond.
Server varies each service - sometimes biased in favour of the goalkeeper, sometimes the attacker. This helps the GK to improve decision making.

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.
- Communication with teammates.
- 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
- Tuck elbow in to ensure the ball is secure and to avoid injury

FOCUS AREAS

- Clear communication when collecting the ball.
- Do not take risks in a game related situation.
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Goalkeeper should command ball as they approach.
- 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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