

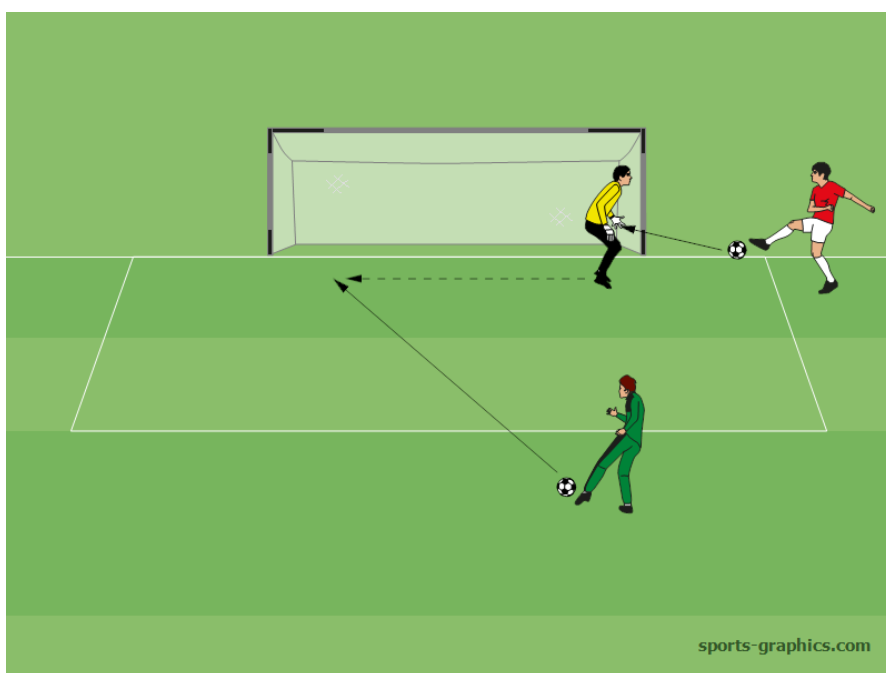
NEAR POST AND DIVE

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Arrange a goalkeeper, player and coach/server in front of a full size goal. The goalkeeper starts on the near post to the player.

The player kicks the ball out of their hands at the goalkeeper who collects into their chest.

The goalkeeper throws the ball back to the player and in the same movement reacts and makes a diving save on a ball sent in from the coach/server.

Repeat from both sides.

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.
- Confidence to deal with the ball from different heights and speeds.
- Correct technical aspects.
- How to perform diving saves effectively.
- 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
- 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
- Increase intensity
- Knees slightly bent
- Positive attitude
- React quickly

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Encourage quick explosive actions.
- 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 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 coach should increase workload (intensity) gradually and progressively. The level of intensity of each exercise is to be sufficient to ensure overload.
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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