

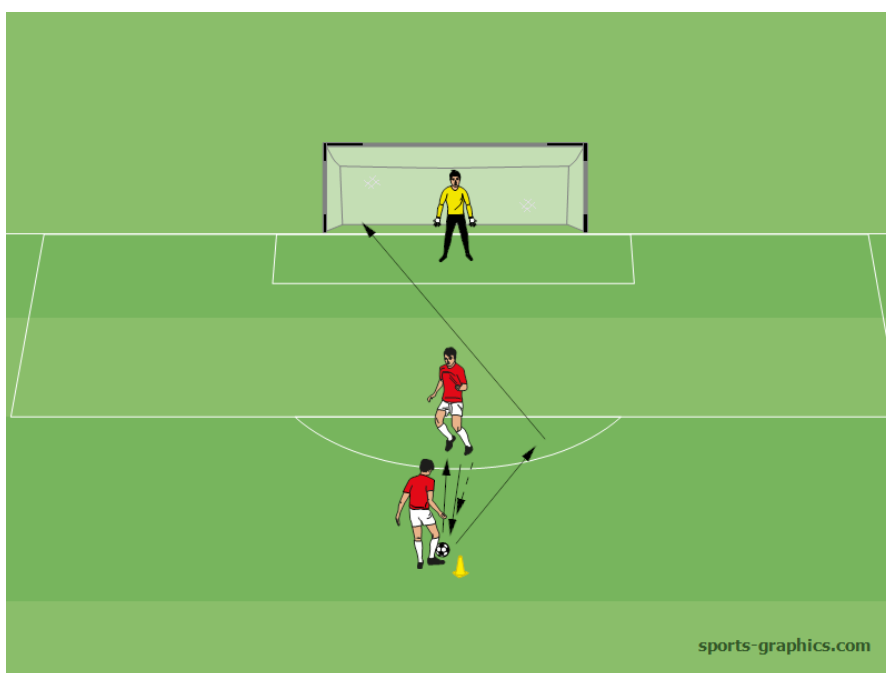
SHOT STOP REPETITION

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up a playing area in and around the 18yd box with a goalkeeper in goal. The practice begins with the player furthest from goal playing a one-two with their teammate. As the ball is played back to the starting player they shoot to score. Ensure the GK reacts to the movement of the ball by being in a 'ready-set position' and light on feet to react quickly. Practice is repeated with the two attackers swapping roles. Allow the GK time to reset and ensure adequate rest time.

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.
- How to narrow angles.
- How to perform diving saves effectively.
- 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.

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
- 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

- Ensure adequate rest between sets of 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 goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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