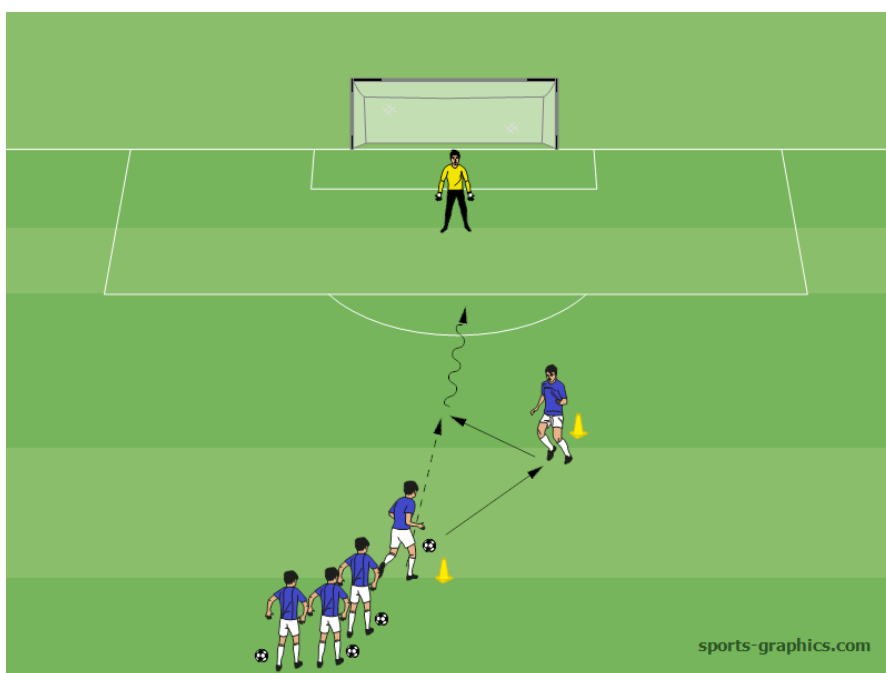


1v1 SHOT OR DRIBBLE

Develop goalkeeping in 1v1 situations

TECHNICAL

Goalkeeping



Goalkeeper 1v1

Set up players with a ball each outside the penalty box. The goalkeeper starts in the middle of goal, but well off their line.

The first attacker plays a ball into the wall player who plays a 1-2.

The attacker continues with the ball and has the option to dribble at the goalkeeper or shoot immediately.

As the player advances towards goal, the GK must assess the body position of the attacker to determine where the ball is going and to take the appropriate action.

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

- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Goalkeeper must stay light on their feet when moving into position.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- 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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