

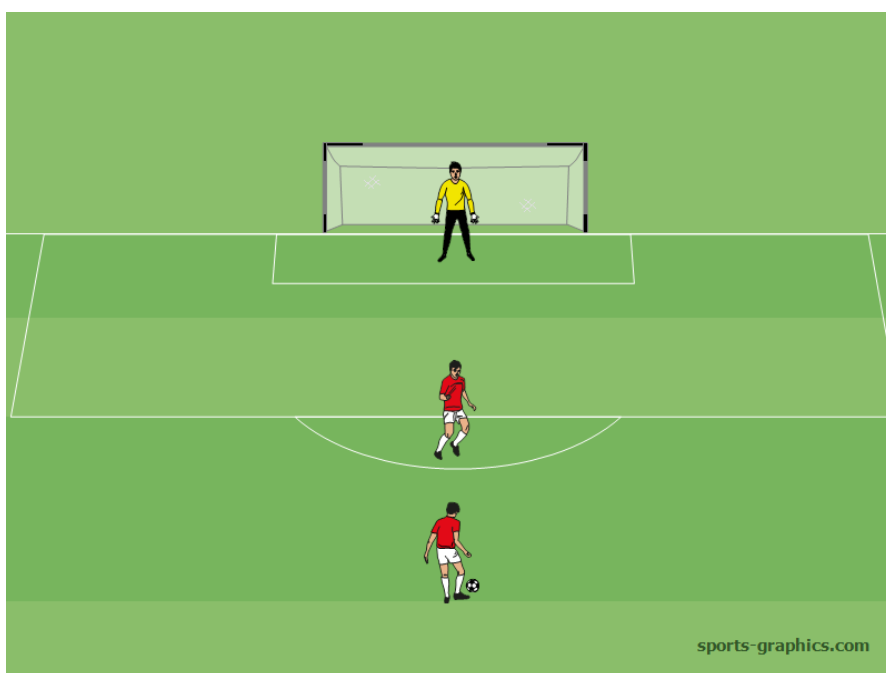
ANTICIPATE AND SAVE

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



Set up two players just outside the 18yd box with a goalkeeper in goal.

The two players will pass back and forth quickly with high intensity.

The player facing the goal shouts "turn" as the ball is passed - the receiving player turns and has a shot at goal.

Encourage speed and intensity for game realism.

Ensure the GK reacts to the turn and forthcoming shot, adjusting accordingly to the position of the ball.

Repeat. Players swap roles.

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

- Confidence to deal with the ball from different heights and speeds.
- Correct technical aspects.
- Good technical habits.
- 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.
- 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
- 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
- Increase intensity
- Knees slightly bent
- Positive attitude
- React quickly

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.
- Is the goalkeeper focused and organised?
- Positive take off and collection.
- The goalkeeper should watch/assess the flight of the ball.

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