

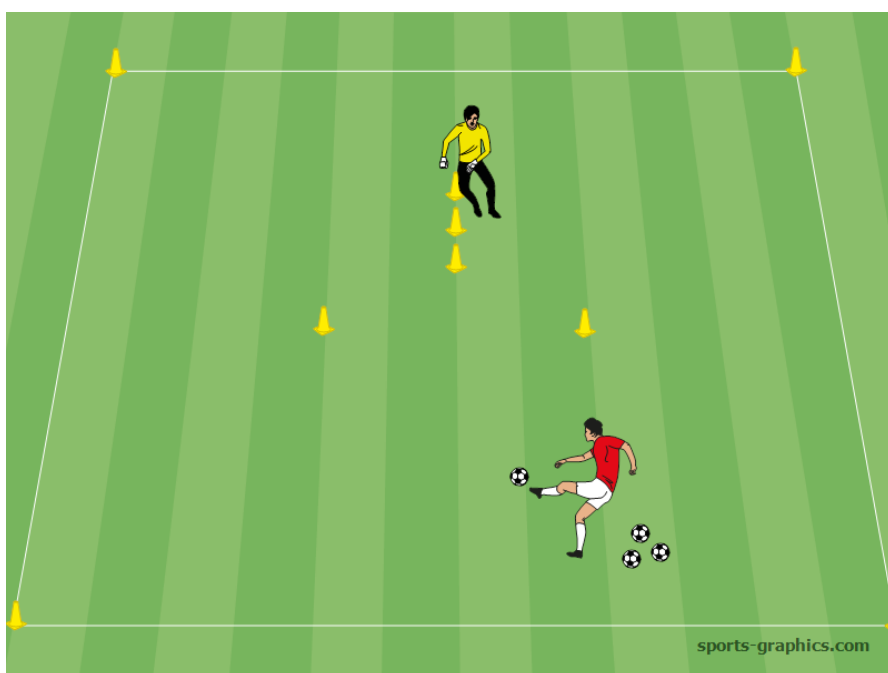
STEPS AND REACT

Improve shot stopping in a technical practice

TECHNICAL

Goalkeeping

Shot Stopping



The goalkeeper starts at the end of a line of three cones spaced 1yd apart.

At the end of the line set up a 5yd wide goal.

The goalkeeper zig zags through the cones toward the goal.

As the goalkeeper finishes stepping through the last of the three cones, the server hits the ball.

The goalkeeper must react quickly left, right or central.

The goalkeeper must collect the ball in both hands if possible, if not, at least parry the ball away.

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 perform diving saves effectively.
- Players understand how to close down an attacker effectively and save in 1v1 situations.

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
- Communication
- Cover all angles
- 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
- Knees slightly bent
- Positive attitude
- React quickly

FOCUS AREAS

- Demonstrate correct diving technique ensuring players are not landing on elbows.
- Does the goalkeeper do things quickly?
- 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 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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