

FOUR WAY SAVES

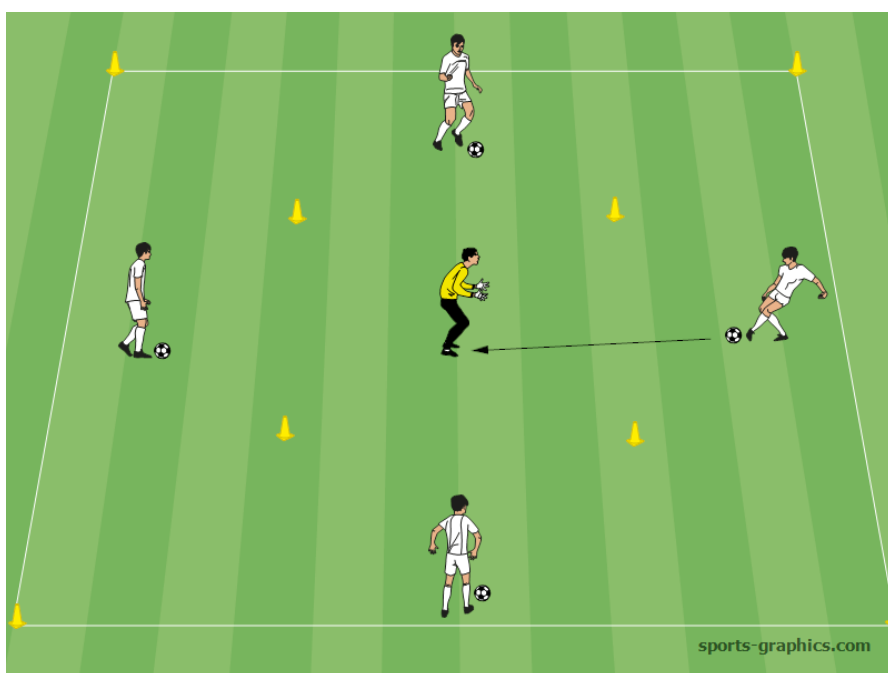
To improve muscular power and increase performance for explosive activity

TECHNICAL

PHYSICAL

Goalkeeping

Goalkeeper Conditioning



Set up a 10x10 playing area and use cones to make a four yard square in the middle. One goalkeeper works with four servers. The goalkeeper moves forward into the square as the first server makes an underarm throw or shot (using side of the foot) to the goalkeeper's right who performs a collapse dive. The goalkeeper continues around the square with the servers challenging the goalkeeper to make one save after another. After several repetitions, servers alternate to underarm throw or shot to the goalkeepers left side.

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

- Goalkeepers will progressively improve in the key movements and actions required to play the game such as jumping, diving, and striking the ball, by gaining increased power and strength.
- Improve reaction times.
- Speed of recovery.

KEY FACTORS

- Explosive movements
- Focus on key technical goalkeeping elements linked to the game
- Good/correct technique
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Positive attitude
- Rhythm and coordination

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Ensure that facilities and equipment are safe. Ensure players have warmed up thoroughly particularly concentrating on the thigh, calf, and lower back. Demonstrate good technique to the players.
- 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?
- The coach should increase workload (intensity) gradually and progressively. The level of intensity of each exercise is to be sufficient to ensure overload.
- Use plyometric exercises for developing explosive power and responsiveness of muscles. This is based on a series of jumping exercises and is a very effective way to improve muscular strength.

FOUR WAY SAVES

To improve muscular power and increase performance for explosive activity

