

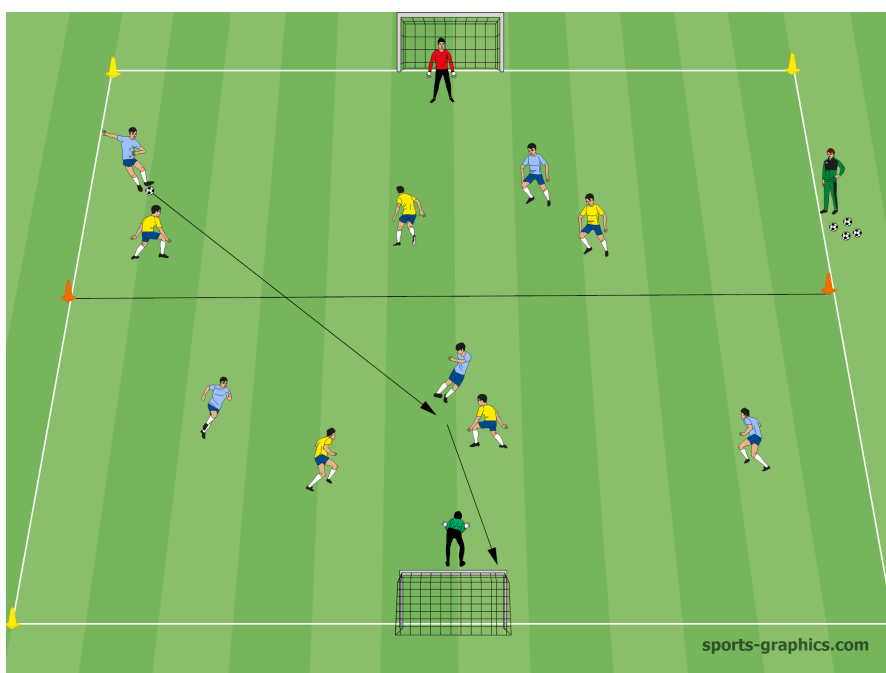
3v2 IN FAVOUR OF ATTACKERS

Improve shot stopping within a modified small sided game

TECHNICAL

Goalkeeping

Shot Stopping



Set up a 40x30 playing area with a goal and goalkeeper at each end.

Size of playing area can be adjusted if necessary.

Divide players into even teams and arrange as shown.

The three attacking players look for a pass played in from their two teammates positioned in the defending half.

The overload in favour of the attackers will create goalscoring opportunities - encourage shots.

Goalkeepers at both ends must be ready and anticipate the next ball forward into the three attackers.

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.



Modified Small Sided Game

LEARNING OUTCOMES

- Better 1v1 success in all situations.
- Good technical habits.
- How to narrow angles.
- 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
- Communication
- 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

- Clear communication when collecting the ball.
- Does the goalkeeper do things quickly?
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- 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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