

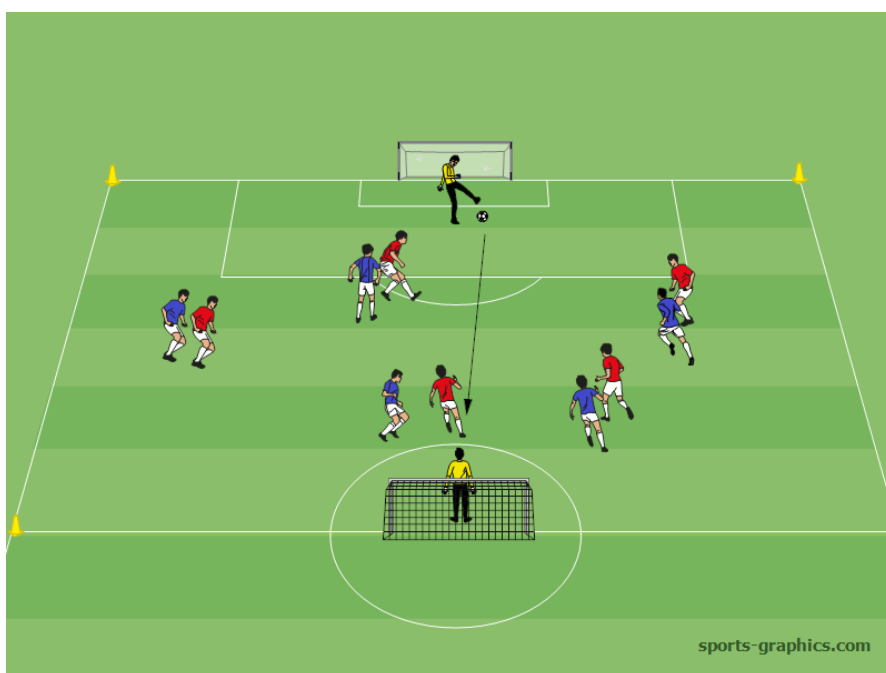
5v5 CENTRE FORWARD PLAY

Improve shot stopping within a modified small sided game

TECHNICAL

Goalkeeping

Shot Stopping



Set up this 5v5 practice over half a pitch with a goal and goalkeeper at each end. Play starts with a goalkeeper using good distribution skills (kicking or throwing) into the central striker (reds). The ball must be received before the game becomes live. The striker can either lay the ball off or turn to shoot. Encourage lots of shots on goal. When the ball is dead, the ball starts again from the opposite goalkeeper. The goalkeeper must anticipate the movement from both the centre forward and the surrounding players and position accordingly.

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.
- Good technical habits.
- How to narrow angles.
- 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

- 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.
- Goalkeeper must stay light on their feet when moving into position.
- Is the goalkeeper focused and organised?
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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