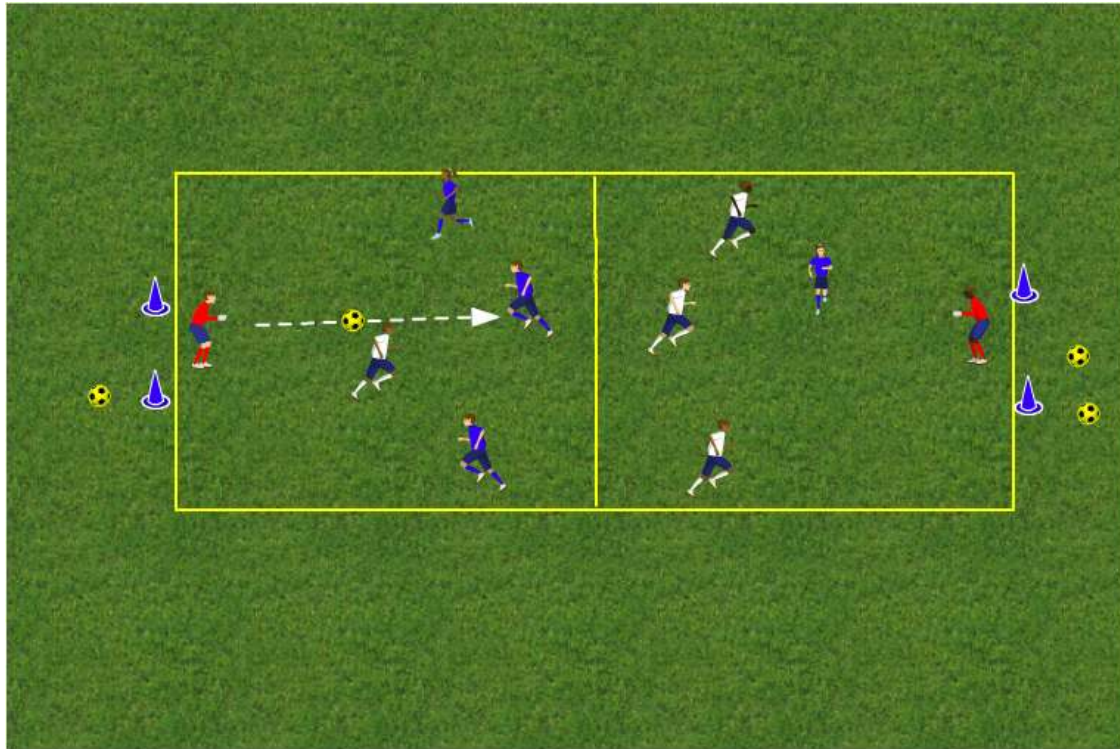


A PRACTICE TO IMPROVE THE BASIC SKILLS OF GOALKEEPING

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

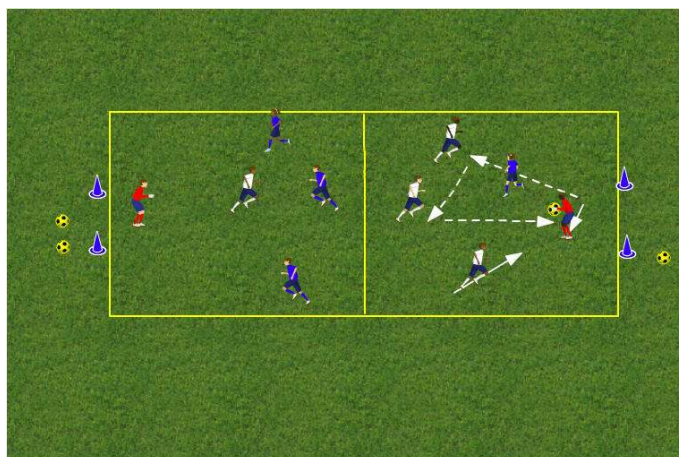
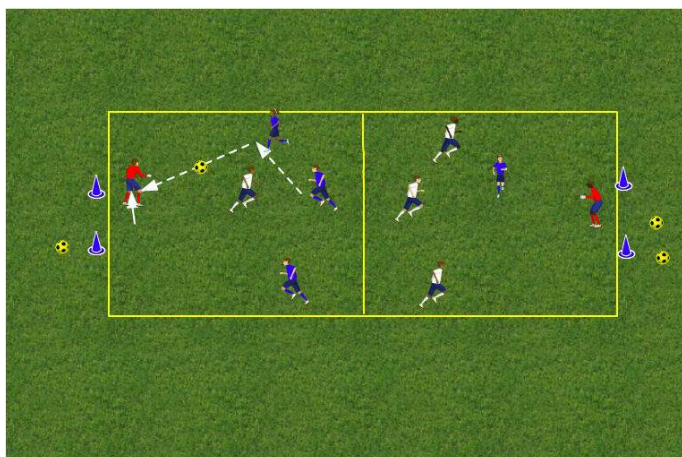
Mark out an area of 30 x 15 yards, with a half way line. Play 3 attackers v 1 defender who are conditioned to stay in their own half. There are two goals 3 - 5 yards apart, with goalkeepers. The size of the area and the goals can be changed to suit the age and ability of the players.

The ball starts with one of the goalkeepers, who rolls it out to one of the attackers. The defender must put pressure on the nearest attacker and the attackers must make at least one pass before they can shoot.

Initially the attackers are conditioned to shoot low and at the goalkeeper. The size of the goal and this condition will result in more low shots that will encourage the goalkeeper to have to practise their low shot saving techniques.

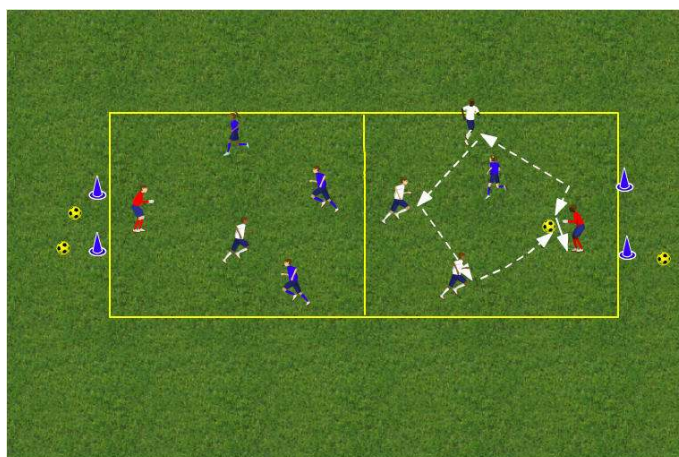
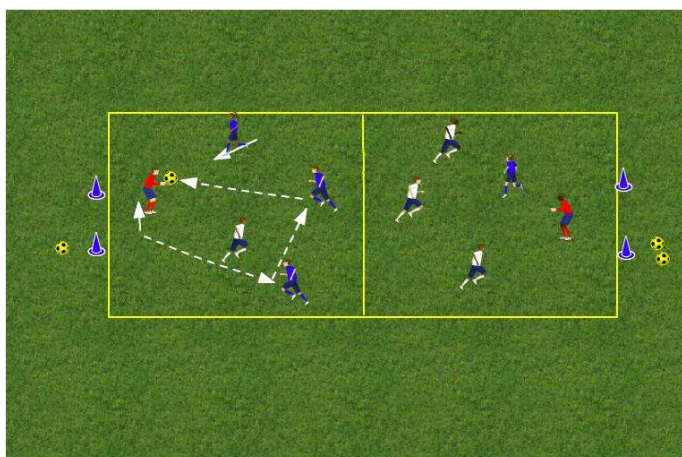
Progression # 1 – As the ball is passed across from one attacker to the other, the goalkeeper will need to adjust their feet to get into the line of the shot and adopt the basic shot stopping position. Depending on the pace of the shot, the goalkeeper will need to employ one of the low shot saving techniques of the K shot stopping technique; the scoop shot stopping technique or the collapse save for low shot technique.

Progression # 2 – As the shot comes in this time, the goalkeeper must make sure they make the shot safe, because one of the attackers will be following up for any rebounds



Progression # 3 – The attackers are now encouraged to shoot at the goalkeepers body, this will encourage the goalkeepers to employ the “W” or “M” shot saving techniques

Progression # 4 – The attackers can move the ball between themselves to encourage the foot movement and adjustment of the goalkeepers and they can also vary their shots, some low, some at the body.



PROGRESSIONS

Add a second defender *Progress to a game

KEY TECHNICAL ASPECTS

The basic shot stopping position

Starting position - weight should be on the balls of the feet *Feet should be shoulder-width apart *Hands should be at waist height, outside the line of the body *Palms of the hands open *Head should be slightly forward and steady at all times

K shot stopping position

Get in the line with the ball *Collapse leg to form K shape *Knee doesn't touch the floor *No big gaps for ball to go through *Hands behind the ball *Scoop into chest *Make safe, clutch to chest

Scoop shot stopping position

Get in the line of the ball *Legs slightly apart, no big gaps *Bend back and get both hands behind the ball *Scoop the ball up *Make safe, clutch to chest

Collapse save for low shot

Get in line of the ball *Legs slightly apart, no big gaps *Bend back and get both hands behind the ball *Collapse legs behind to absorb pace of shot *Make safe, clutch to chest

Technique of catching the ball at head height using the W catching method

Hands in front of the body *Fingers spread into the 'W' shape *Take the ball early *Catch behind the ball * Make safe by clutching into the body

Technique of making save into the body M catching shape

Get body into line with the shot *Wrap the hands round behind the ball, using an M shape and grasp it into the stomach *Relax the body so that the pace of the shot is absorbed *Straighten the body up again and make the ball safe by hugging into the chest

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