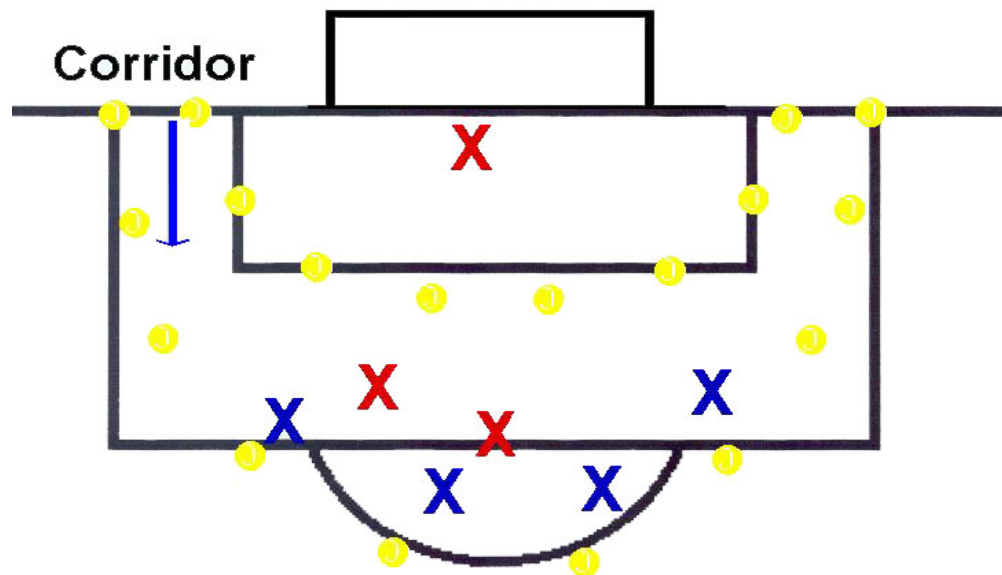


Goalkeeper shot stopping in a functional practice

Organisation

Using the penalty area create a Corridor for the players to pass and shoot in. The corridor should be about 10yds wide and well coned between the penalty spot and the edge of the 'D'. Four Attackers play against two Defenders in the Corridor and the idea is for the Attackers to score as many goals as possible. Players are only allowed out of the corridor to react to rebounds.

The objective for the goalkeeper is to keep the Ball out by any means necessary. Any save is a good save, aim for right place right time. Try to limit the Attackers to two touches and encourage a good attitude to shoot.



Key points

1. Switch on. Expect a shot all the time, stay alert it takes less than a second to score.
2. Get into line. Glide on tip toes. Show the arc or semi circle.
3. Go up the line. Narrow the angle.
4. Ready position.
 - o Knees bent
 - o Feet should be shoulder width apart on tip toes for movement.
 - o Weight should be forwards, shoulders should be just above your feet.
 - o Keep for head still for vision.

- Hands ready.
5. Can you gain a yard when the player is about to shoot? When his head goes down normally he is about to shoot.
 6. Technique of save. Four hand shapes,
 - Along the ground. Get behind the Ball and scoop it up. Legs should be no more open than shoulder width.
 - Mid-riff. Cup your hands and trap the Ball into your mid-riff.
 - Chest. Use 'W' hand shapes, shock absorbers. Take the pace out of the Ball with strong but soft hands which absorb the Ball.
 - Diving for shots along the ground. Do not land on points ie Elbows or bones, land on fleshy bits. Your first hand should be on top of the ball and your second should be in line.
 7. Choice of save.

The difference between a Parry and a Deflection is, a Deflection is to divert the Ball away from danger. A Parry guides the Ball out because its too hard or difficult to hold. Save with your feet only when you have not got time to use your hands. If you play it with your feet you could give them a second chance.
 8. Second save. Plenty of good attitude and be brave.