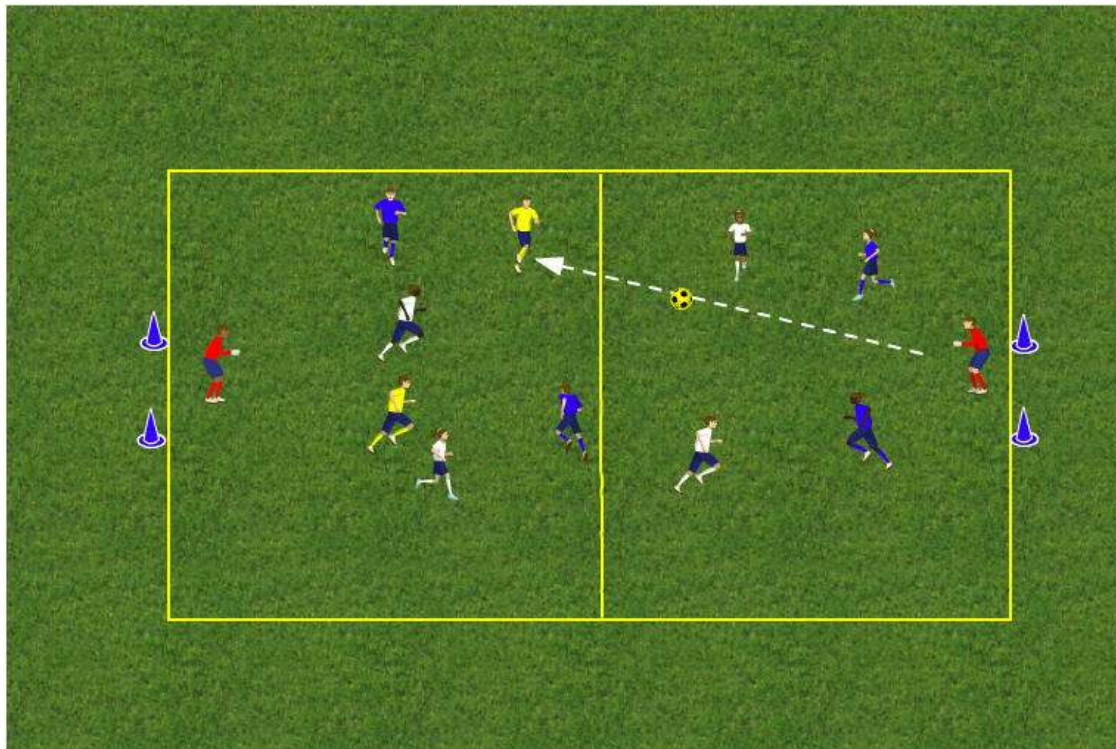


A GAME TO IMPROVE THE BASIC SKILLS OF GOALKEEPING

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



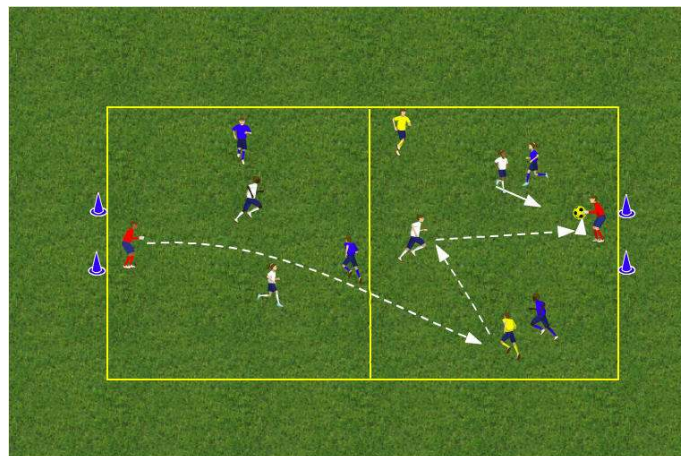
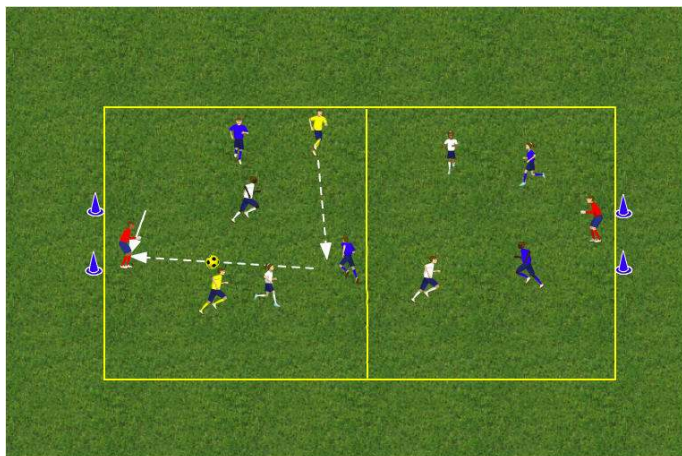
ORGANISATION

Mark out a pitch of 40 x 20 yards, with a halfway line. There are two goals 4 – 6 yards apart, with goalkeepers. The area and size of the goals can be adjusted to suit the age and ability of the players. Play 4 v 4, with two floating players who play for the team in possession. The floating players cannot shoot. The attacking team can shoot from anywhere. Because the goals are small, this will result in lots of shots directly at the goalkeeper, which will encourage the basic skills of goalkeeping.

The game starts with the goalkeeper rolling the ball out to one of their team mates or a floating player

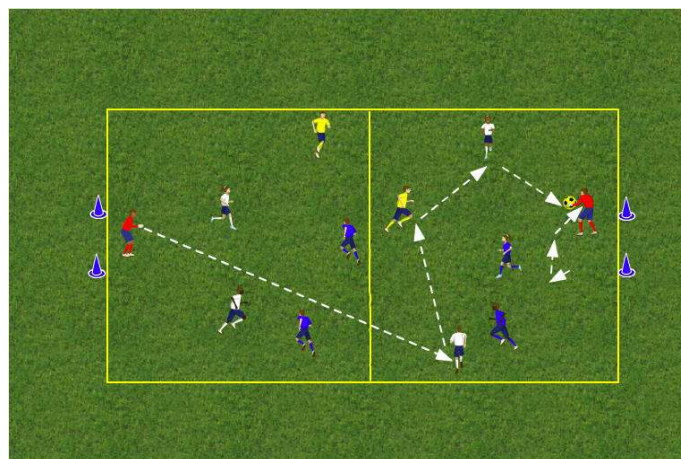
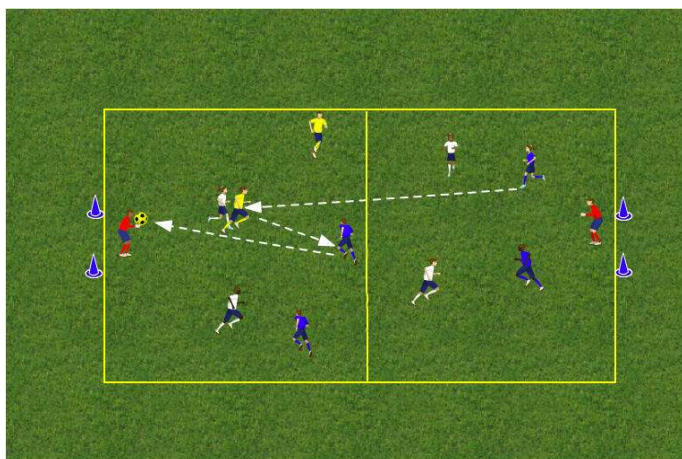
Progression # 1 – As the ball is passed across from one attacker to the other, the goalkeeper will need to adjust their feet to get into the line of the shot and adopt the basic shot stopping position. Depending on the pace of the shot, the goalkeeper will need to employ one of the low shot saving techniques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



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 the ball safe

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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