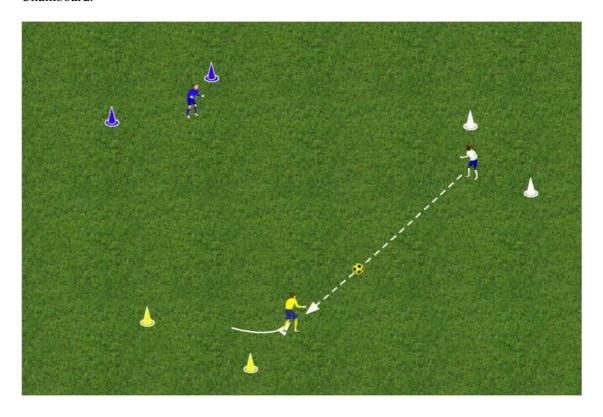


A PRACTICE TO IMPROVE THE BASIC TECHNIQUES OF GOALKEEPING

The following practice has been designed using <u>www.grassrootscoaching.com</u> Coaches Chalkboard.



ORGANISATION

Lay out a triangle of goals. The goals should be 4 yards wide and the distance between the goals should be 8-12 yards. The distances can be adjusted to suit the age and ability of the players.

One of the goalkeepers starts with the ball. They should indicate which goal they are going to distribute to and roll the ball along the floor towards the goalkeeper.

The goalkeeper who is targeted should adopt a suitable distance off their line and be central to the goal.

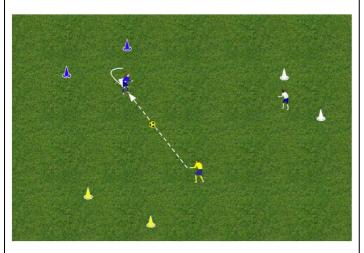
The goalkeeper should make sure they get in the line of the ball and adopt the basic shot stopping position, with their weight should be on the balls of the feet, feet should be shoulderwidth apart, hands should be at waist height, outside the line of the body. The palms of the hands should be open and the head should be slightly forward and steady at all times.

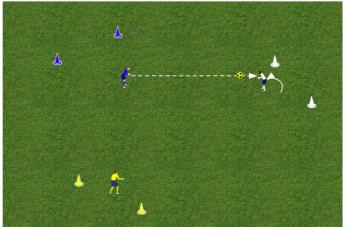


Progression # 1 – As the ball is travelling along the floor, the goalkeeper should either use the K shot stopping position and get in line with the ball, collapse leg to form K shape, make sure the knee doesn't touch the floor, ensure there are no big gaps for ball to go through, get both hands behind the ball, scoop the ball into the chest and make the ball safe by clutching it to chest.. Or they can employ the Scoop shot stopping position, where again they need to get in the line of the ball, make sure the legs are slightly apart, with no big gaps for the ball to go through, bend the back and get both hands behind the ball, scoop the ball up and make the ball safe, by clutching to the chest.

Progression # 2 – The serving goalkeepers can now throw or pass the ball along the floor with more pace, this will encourage the goalkeepers to use the collapse save technique for firm low shots, the goalkeepers will have to get in the line of the ball, make sure their legs are slightly apart, with no big gaps for the ball to go through , bend the back and get both hands behind the ball , collapse their legs behind them to absorb the pace of shot and make safe by clutching it to chest.

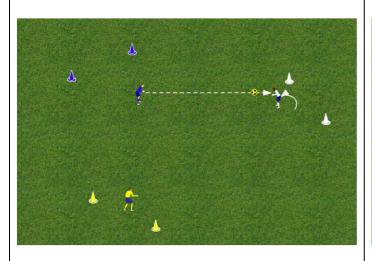
Repeat all techniques several times with all the goalkeepers.

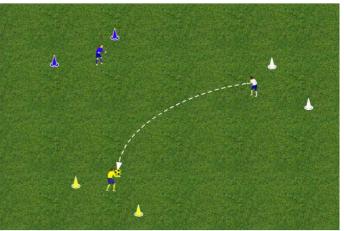




Progression # 3 – Now the servers can throw the ball with pace, aiming at the waist, chest or head height of the receiving goalkeepers. If the ball is waist height, the goalkeeper should look to use the technique of making a save into the body using the M catching shape. They will need to get their body into line with the shot, wrap their 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.

Progression # 4 – The servers can now vary their serve, either along the floor, with greater pace or by throwing the ball at the receiving goalkeeper's body. If it is served at chest or at head height they will need to employ the technique of catching the ball using the W catching method. Once again they will need to get their body into line with the shot, get their hands in front of their body, spread their fingers spread into the 'W' shape, take the ball early, catch behind the ball, absorb the pace of the shot and make the ball safe by hugging into the chest.







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

<u>www.grassrootscoaching.com</u> is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.