

GOALKEEPER SESSION - SHOT STOPPING



Today we worked on shot stopping.

Remember as much feedback and guidance you get, the test of a keeper will always be 'can he make saves'.

Coaching Points

You must be well balanced with your feet firmly planted on the ground, which helps you to react quickly and move in either direction.

You have the choice to save the ball and hold or push to safety (always to the side away from danger)

- You should both stand and move in the starting position when you are expecting a shot
- You should also be between the ball and the middle of the goal for a shot
- Creep out toward the attacker, remaining in the shooting line at all times, narrowing the angle
- The ideal moment to move towards the striker is as the ball is touched in front, the attacker can't shoot when the ball is away from him
- Start moving forward as late as possible, to reduce the risk of being lobbed
- If the strikers moves the ball to the side you must quicker get back in the shooting line
- Move with short, fast steps so that you are almost dragging your feet along the ground
- When you move, you should always be in contact with the ground, and both feet should be on the ground as the shot is hit
- The nearer the striker you get, the more of the goal you are covering
- During training you will be able to test the distances that work best for you
- Stay on your feet for as long as possible; do not let anyone fool you into going to ground e.g. with a shooting move
- The more relaxed and concentrated you are, the faster you can react to shots
- Watch the ball before and during the shot, and keep watching it until you have caught it