

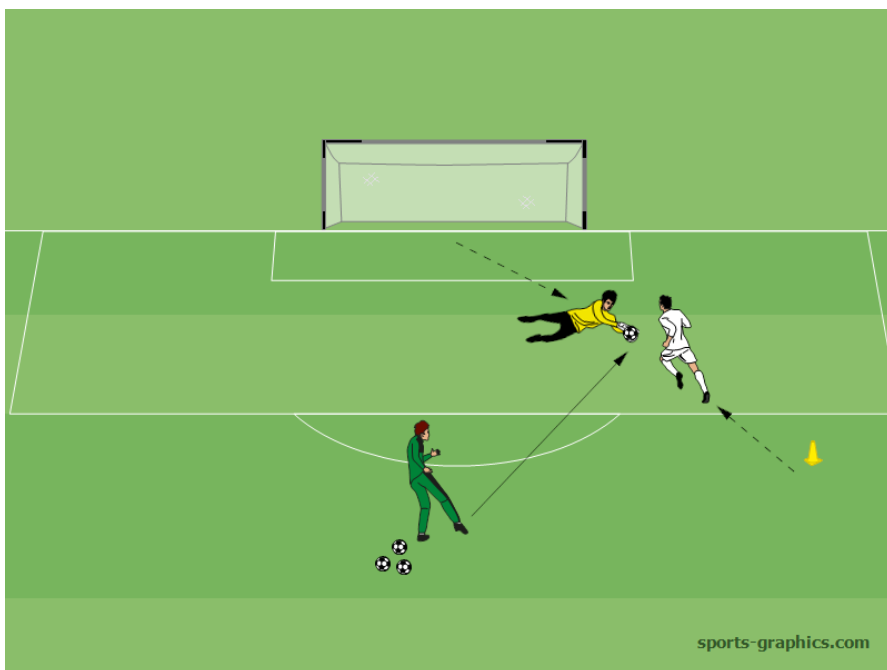
DIVING AT FEET

Develop goalkeeping in 1v1 situations

TECHNICAL

Goalkeeping

Goalkeeper 1v1



Arrange a goalkeeper in front of an appropriate sized goal with a server (coach) and a striker placed 20yds out. Goalkeeper starts on the line. Server is positioned centrally and further back than the striker. Practice from right and later switch to left. Ball is rolled or passed by the server, but is biased for the goalkeeper. If served balls are open to contention, the striker must take evasive action where any chance of injury arises. Don't allow the goalkeeper to move off the line too far or too early.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Awareness and decision making in quickly changing situations.
- Better 1v1 success in all situations.
- Correct starting position.
- Correct technique depending on the 1v1 situation.
- Decision making of staying on feet or spreading.
- Diving at feet.
- Players understand how to close down an attacker effectively and save in 1v1 situations.

KEY FACTORS

- Assess angle and distance of approach of the opponent - analyse the situation
- Be confident in 1v1 situations
- Cover all angles
- Good/correct technique
- In 1v1 situations stand large and still
- React quickly
- Stay in line with middle of goal and ball
- Tuck elbow in to ensure the ball is secure and to avoid injury

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Ensure that the player is adopting the correct technique when engaging in a 1v1.
- Goalkeeper must stay light on their feet when moving into position.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- The head should be up and kept steady by locking the neck muscles though the keeper may need to tuck the head to the side of the ball away from the opponent if being challenged.

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