



Footwork & Shot stopping with Eric Steele

Category: Goalkeeping: Shot stopping

Difficulty: Difficult

Reseller-Club: GkNexus

Gk Nexus, www.gknexus.com, United Kingdom

Warm up with feet and hands

Organisation:

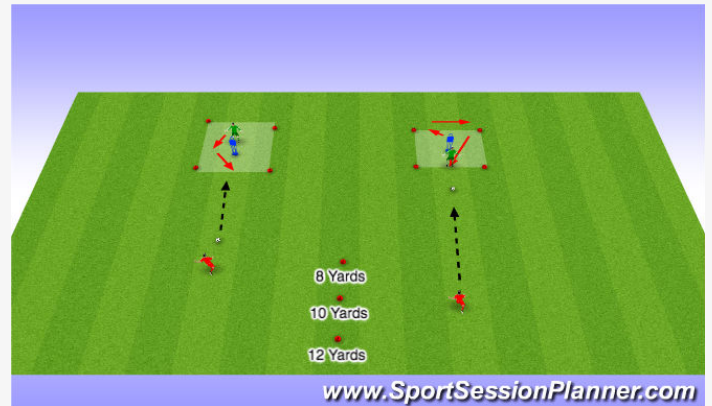
1 working Goalkeeper starts behind the mannequin and reacts to servers command, to move feet quickly around the mannequin and into line for a volley from 8 yards from the server.

Progression(s):

10 yard serve, half volley. 12 yard serve, strike from ground. Server can ask Goalkeeper to move in various directions, before coming into line for a serve. Example, 'Left, right, left'.

Outcomes:

Handling technique decisions
Set-position on strike, visual triggers
Improved feet movement in various directions
Balanced
A 'ready' hand position whilst moving



De Gea- Techniques with feet and hands

Organisation:

Goalkeeper takes up a positive set-position. Server 2 attempts to score low between the cone and the post, serve must come from a moving ball. Goalkeeper must save with their feet.

Progression(s):

Introduce varied serves of different height and distances from server 2.
Introduce server 1 into the exercise, with 1 working Goalkeeper who now takes up a central position, the Goalkeeper dives to save a throw serve from server 1 and then reacts to shot from server 2.
Introduce added movement for Goalkeeper, if they dive to left from server 1, they must attempt to save from server 1 on opposite side.

Outcomes:

High set-position
Improved use of feet when saving
Handling technique decisions
Set-position on strike, visual triggers
Improved feet movement in various directions
Balanced
Bravery in set-position



Shooting from varied angles

Organisation:

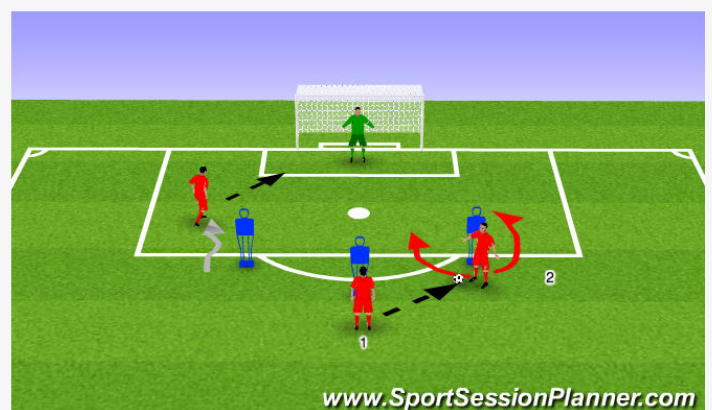
Server 1 passes the ball to server 2 who can take their touch either outside or inside the mannequin, before striking at goal.

Progression(s):

Server 2 can either take shot on early, or dribble in on goal and attempt to score within 3 seconds.
All 3 servers can pass the ball between each other, until one of them decides to strike or dribble towards goal.
Server 1 can feed a through ball to server 2 on the inside of the mannequin, server 2 must run onto the ball and attempt to score.

Outcomes:

High set-position, visual triggers
Increased feet movement, moving in relation to the ball position



Decision making, come for through ball or stay deep for added reaction time.