



Effective shot stopping from close range

Category: Goalkeeping: Shot stopping
Difficulty: Difficult

Reseller-Club: GkNexus
Gk Nexus, www.gknexus.com, United Kingdom

Screen 1

Organisation:

Exercise is prepared as above. Please determine your sizes between Gk and S, gauged by the age/ability of Goalkeeper within the session.

Goalkeeper will execute fast footwork through the cones, before 'setting' taking strike from S1, before recovering into position for a feed from S2.

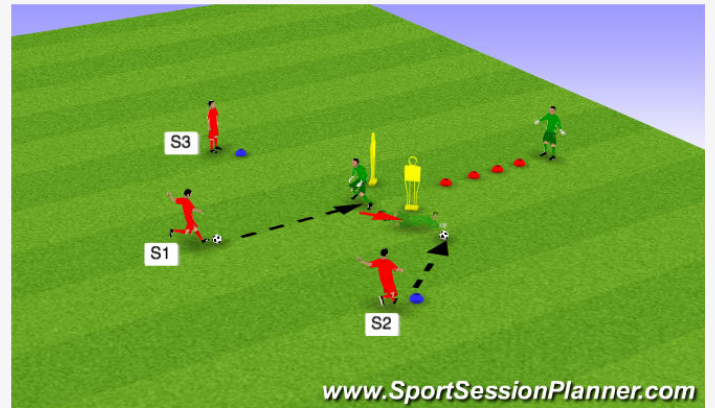
Goalkeeper must vary between S2 and S3, to work on movement/diving on both sides.

Progression(s):

All S's can vary- Volleys, throws, strikes from ground, passes, etc.
Goalkeeper actions can vary- Catch, pass, dive, etc.

Outcomes:

- Multi-directional movements
- Handling
- Fast footwork
- Diving
- Passing
- Positioning



Screen 2

Organisation:

Exercise is prepared as above. Please determine your sizes between Gk and S, gauged by the age/ability of Goalkeeper within the session.

S1 starts with the ball, they will pass to S2 who will pass to S3, who will then return the ball to S1 who will attempt to score into 1 of the mini goals.

Goalkeeper must always move in relation to the ball, throughout the passing sequence, before making the save.

Progression(s):

The passing sequence can vary, with Goalkeeper having to react to the specific pattern

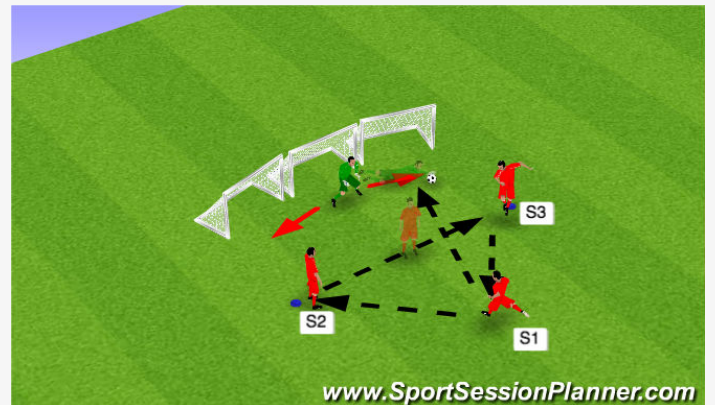
Goalkeeper can win the ball at any point, via smother

Add in another player to block Goalkeepers view

Use the added player as an extra finisher or within the passing sequence. Example, S1 can play a One/Two with them, before shooting

Outcomes:

- Efficient Goalkeeper movement
- Decision making. Smother/block/dive
- Footwork
- Diving
- Reactions



Screen 3

Organisation:

Exercise is prepared as above. Please determine your sizes between Gk and S, gauged by the age/ability of Goalkeeper within the session.

Gk1 will defend the large goal and Gk2 will defend the small mini goal around the penalty spot (Cones or mini goals)

S1 will pass to S2 who will attempt to score past Gk1.

Once the first ball is 'dead', S3 will then pass to S4 who will attempt to score past Gk1 in the big goal who has moved his position in relation to the new ball, or Gk2 in the mini goal area, who may cut the ball out via smother if available.

Progression(s):

Vary the positions of the S's

Vary pace/direction of the passes

Use visual cues instead of verbal commands

Outcomes:

Multi-directional movement
Efficient and effective footwork
Decision making
Handling
Diving
Reading the play
Positioning

