



GK Nexus - Blocking

Category: Goalkeeping: General
Difficulty: Moderate

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Individual-Adult Member

Screen 1

Blocking 1

Activation:

The activation element prior to this exercise can be done with the use of tennis balls and a tennis racket as shown in the footage of this session. Due to the limitations of images in the session planning template, the tennis ball work is only available to view on the accompanying footage.

Organisation:

A. Three 1 yard 'mini goals' are created with the use of flat spots or disc cones. The central goal is square to the server and the two outer goals are angled diagonally to the side of the central goal.

B. The GK and server stand approximately two feet apart and a ball is placed on the ground, equidistant between the two.

1. The server randomly places a foot, left or right, on the ball without moving the ball from its static, starting position.
2. The goalkeeper reacts by dropping and turning into the blocking shape depending on the foot that the server places onto the ball.

Key Points:

1. Triggers - Depending on the foot with which the server makes contact with the ball, the goalkeeper will adopt the correct blocking shape, turning left or right to form barrier between the ball and the goal.
2. GK decision to use and utilise all parts of the body to make save - hand/arm, leg/foot/, body
3. Bodyweight forward and head over ball as contact with the ball is made is made
4. Space between knee/heel and leg/arm must be minimal to prevent ball going through gap between both
5. Timing when dropping into shape



Screen 2

Blocking 2

Organisation:

A. Three 1 yard 'mini goals' are created with the use of flat spots or disc cones. The central goal is square to the server and the two outer goals are angled diagonally to the side of the central goal.

B. The GK and server stand approximately two feet apart and two balls are now placed on the ground 1 yard apart and equidistant between the GK and server

1. The server randomly places a foot, left or right, on either of the balls without moving the ball from their static, starting position.
2. The goalkeeper reacts by moving diagonally forward and dropping and turning into the blocking shape depending on which direction and which foot the server places onto the ball.

Key Points:

1. Triggers - Depending on the foot with which the server makes contact with the ball, the goalkeeper will move quickly and directly behind the ball and adopt the correct blocking shape, turning left or right to form barrier between the ball and the goal.
2. GK decision to use and utilise all parts of the body to make save - hand/arm, leg/foot/, body
3. Bodyweight forward and head over ball as contact with the ball is made is made
4. Space between knee/heel and leg/arm must be minimal to prevent ball going through gap between both
5. Timing when dropping into shape



Screen 3

Blocking 3

Organisation:

A. Three 1 yard 'mini goals' are created with the use of flat spots or disc cones. The central goal is square to the server and the two outer goals are angled diagonally to the side of the central goal.

B. The GK and server stand approximately two feet apart

C. A second goalkeeper now stands on the goal line, directly behind the goalkeeper working and passes the balls through the legs of the goalkeeper. to the server

1. The second goalkeeper passes the ball through the legs of the working goalkeeper towards the server

2. The server then controls the ball and moves towards one of the outer goals, left or right

3. The goalkeeper reacts by moving either diagonally forward and engages the ball or moves to defend the mini goal by dropping and turning into the blocking shape

Key Points:

1. Correct direction of movement to engage the ball or defend the mini goal.

2. Triggers - Depending on the foot with which the server makes contact with the ball, the goalkeeper will move quickly and directly behind the ball and adopt the correct blocking shape, turning left or right to form barrier between the ball and the goal.

3. GK decision to use and utilise all parts of the body to make save - hand/arm, leg/foot/, body

4. Bodyweight forward and head over ball as contact with the ball is made

5. Space between knee/heel and leg/arm must be minimal to prevent ball going through gap between both

6. Timing when dropping into shape



Screen 4

Blocking 4

Organisation:

A. Two mini soccer goals are placed opposite each other 8-10 yards apart

B. One goalkeeper in each goal, one server with a supply of balls to the side of the area equidistant between each goal and one attacker ready to receive from the server can stand anywhere in the area

1. GK's take up position in goal relative to the ball

2. Server passes to attacker and the attacker can attack/score into either goal

3. GK's assess situation and react accordingly to defend their goal

Progression:

1. Attacker has maximum two touch

2. Attacker has unlimited touches

3. If GK secures ball, they can place ball on floor and attack opposite GK in 1 v 1

Key Points:

1. GK ready position

2. Assessment of pass to attacker and threat to goal

3. Decision to defend goal or engage the ball away from goal

4. Save technique decision - Block/spread, catch, dive etc....

5. Recovery after save

