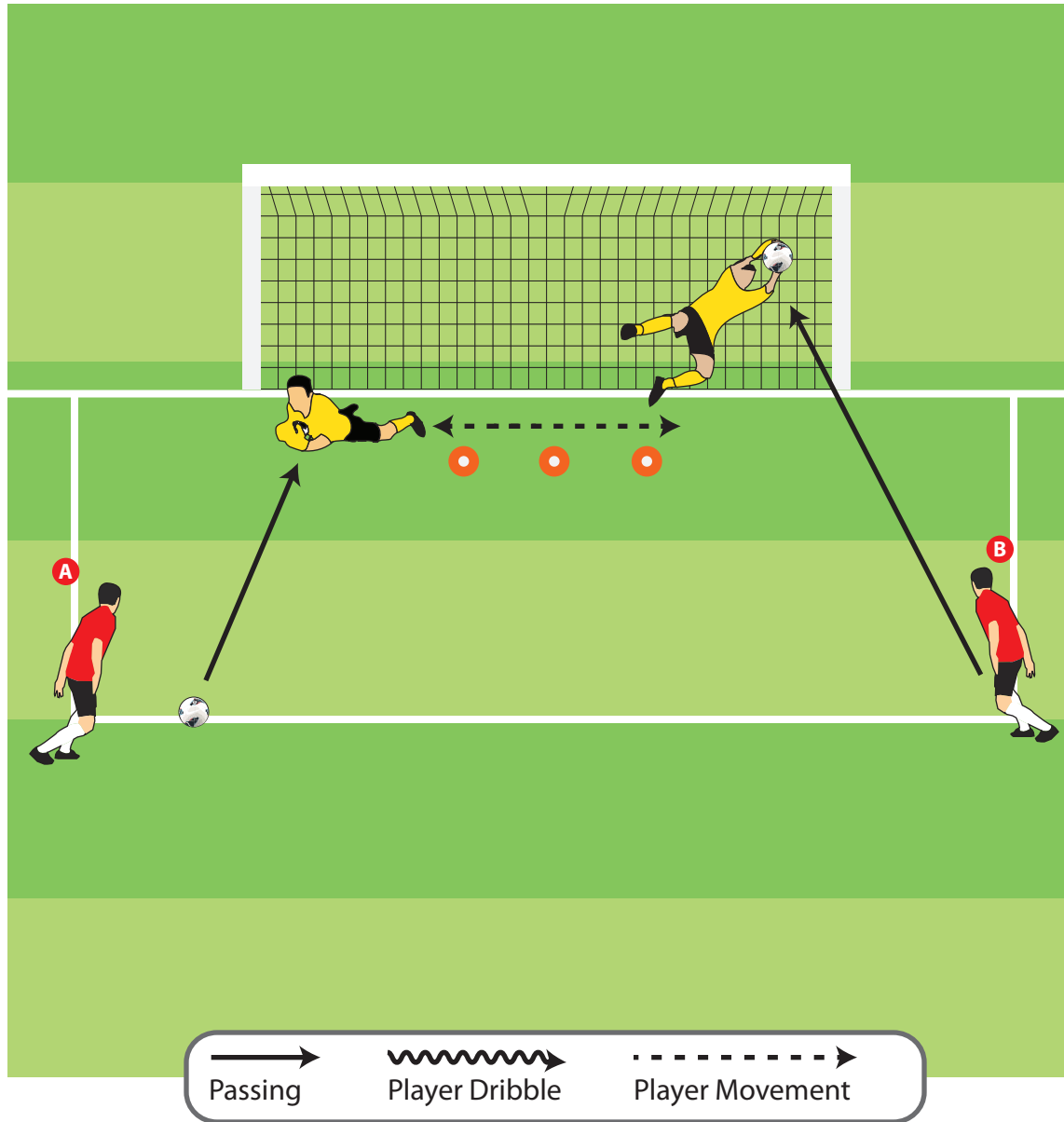


Goalkeeping Shot Blocking Stage-II Small Sided Activity: In Goal Saves



Setup

20 x 20 yard area with 1 full sized goal. 3-4 soccer balls (more is better), goalkeeper gloves and 2-4 players.

Sequence

- 2 goalkeepers take turns for 1 minute each stopping shots from shooters A and B.
- Shooters kick ground shots to start then mid and high shots including shots above the head.

Variations

- Widen the shooting angles out towards the sides.
- Place 3 or 4 cones in the center that the goalkeeper has to step over when transitioning from one side to the other.
- Add a 3rd or 4th shooter in the center.

Make it a Game

- How many shots can the goalkeeper stop within 1 minute.

Coaching Points

- Push off the inside leg when diving sideways
- After receiving the ball and falling on the ground, bend top leg towards chest for protection
- Catch with "W" hand position.
- Keep legs together for ground shots that don't require a dive.
- Dive only if you have to.
- Parry and tip shots high above the head over the goal.