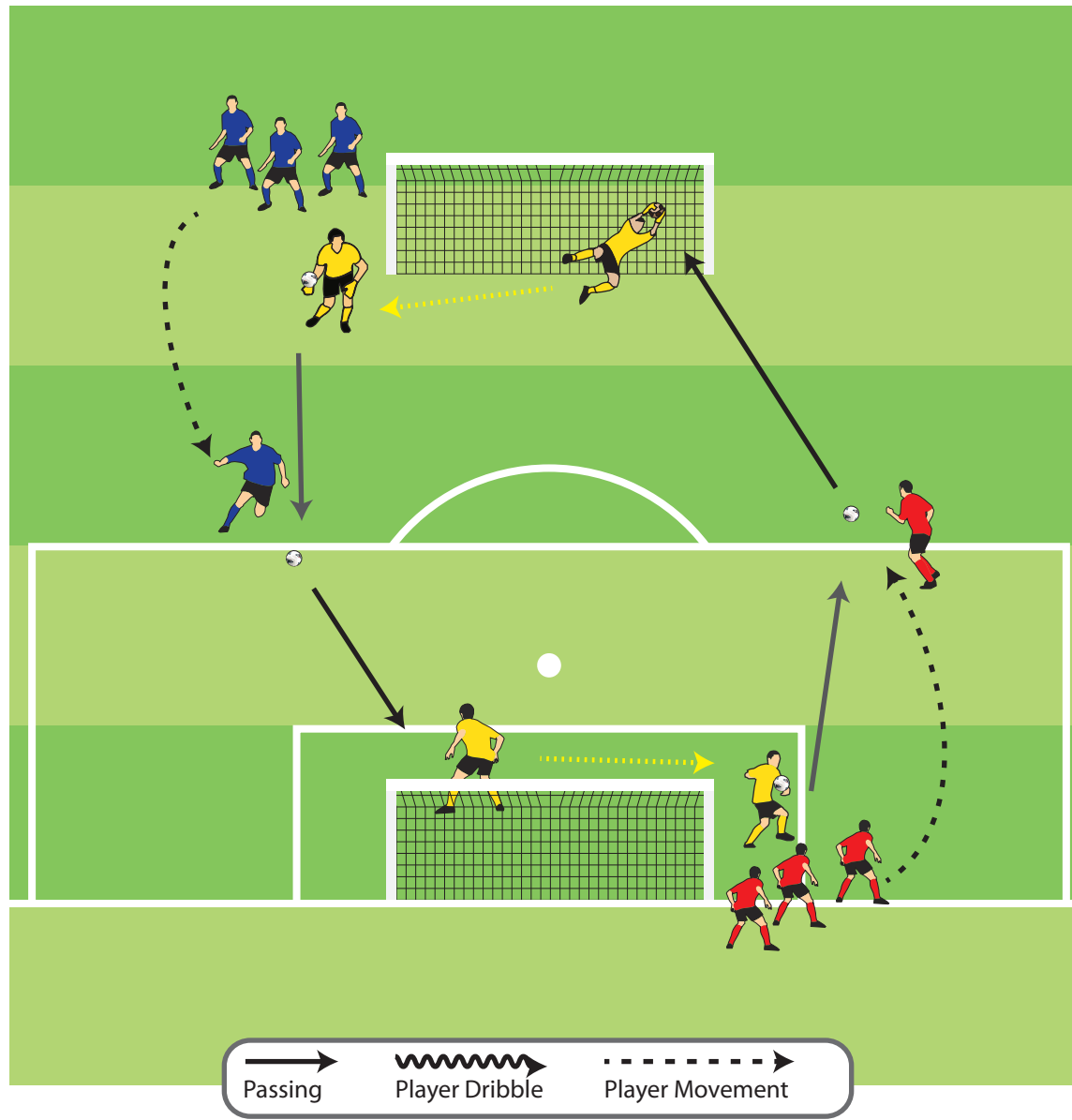


Stage III: Expanded Activity **Goalkeeper Shot Blocking**



Setup

40 x 40 yard area with 2 full sized goals at each end. 2 goalkeepers and 6-12 field players who can shoot. Have as many soccer balls on hand as possible and make sure they are inflated and not under-inflated.

Sequence

- Divide into 2 equal teams of 4 v 4 (or 3 v 3, 5 v 5, 6 v 6)
- Goalkeepers begin play by distributing the ball using an under arm bowl at the same time.
- Goalkeepers try and block the shot then distribute another ball (at the same time).

Variations

- Change ball distribution from the goalkeepers right over to the left.
- Set restrictions for shooters for example: 1 time shot, ground only, waist high, or head high, set a line using cones that they must shoot outside from (prevents them from going in to close).
- If the goalkeeper gives up a rebound... play on it's still a live ball.
- Change the distribution method to an over arm throw, or kick.
- Make it an individual game for example who can score 3 goals first or a team game first 10 goals by red or blue.

Coaching Points

- Goalkeeper diving technique and hand position "W" or "Diamond"
- Goalkeepers should try and prevent releasing rebounds.
- Goalkeeper body position, footwork and ball distribution.