

Description

Session based on Shot Stopping

Warm Up

WARM UP - AFTER JOG AND STRETCH

PHASE 1

GK works his way from server 1 to server 3 by moving feet quickly sideways and catching and throwing ball back to where it came from. **GK's ROTATE**

PHASE 2

GK takes a volley off a server then he/she has to find the server without a football in hand.

GK's ROTATE



Technical Drill

SHOT STOPPING

ORGANISATION

GK uses the orange cones in front of him to get 'in line down the line' and take shot from the server standing on the other cones. This is only a warm up so the service won't be as intense in order to get the GK fired up.

- x3 volleys
- x3 half volleys
- x3 dipping volleys
- x3 sidewinders
- x3 across floor

KEY COACHING POINTS

- GK is 'in line down line' with the football
- GK hand position is correct
- Make sure GK is 'set' as ball is struck
- Use appropriate technique when dealing with the service
- Good service is being delivered



Skill Drill

SKILL DRILL

PROGRESSION

Servers are lined up 1, 2 and 3. Each server takes it in turns to shoot at goal. They have x3 touches, 1 to drag the ball back from the cones, 2 to get the ball out of their feet and 3 to strike at goal. Servers are now trying to score so the delivery can be varied. GK has to react on the servers 1st touch to move and get 'in line down the line' and try to assess early a good position to hold and make the save.

KEY COACHING POINTS

- GK is 'in line down line' with the football, Is he/she too far down? Or not down enough?
- GK hand position is correct
- Make sure GK is 'set' as ball is struck
- Use appropriate technique when dealing with the service
- Good service is being delivered



Warm Down

WARM DOWN

GK's jog and stretch in the width of the 18 yard area, Then they finish with x10 'clean' volleys, For every dropped catch there is a x3 press up penalty.

