



## NWS Community Session Night 2

Category: Goalkeeping: Shot stopping

Difficulty: Moderate

Ken Greenhead, Sydney, Australia

### 1v1 Decision Making

Decision Making in 1v1 situations

White Shaded area

Can we win the ball to either control and pass out with our feet

Or clear the ball effectively

Yellow Shaded area

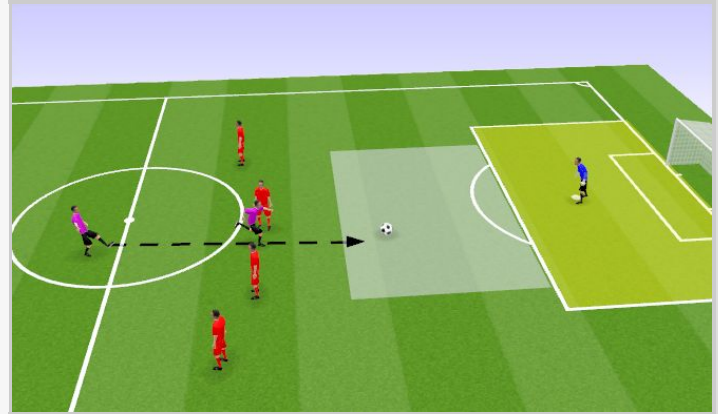
Is the ball and / or player heading towards goal?

This is the area that the Goalkeeper can control the moment using their hands

Can we win the ball?

Can we delay the ball?

Can we position for the shot or next touch to close the line of the ball?



### Warm up

Set up

Place one marker on the starting line.

6 yards from the goal line, place two markers 4 yards apart and in line with each other

Place another marker 8 yards from the two markers, directly in line with the middle of the two markers, on the opposite side to that of the original marker

This marker is where the footballs will start

#### **Conduct**

*Two touch passing -*

Server A passes to Gk, who receives with one foot and passes back with the opposite foot.

Each time they get it through the gates they get a point.

Focus on first touch being in front of their body, and passing through the ball.

#### **Progression:**

Server A starts with the footballs and looks to pass the ball towards the two markers

The server looks to try and stop the ball in between the markers.

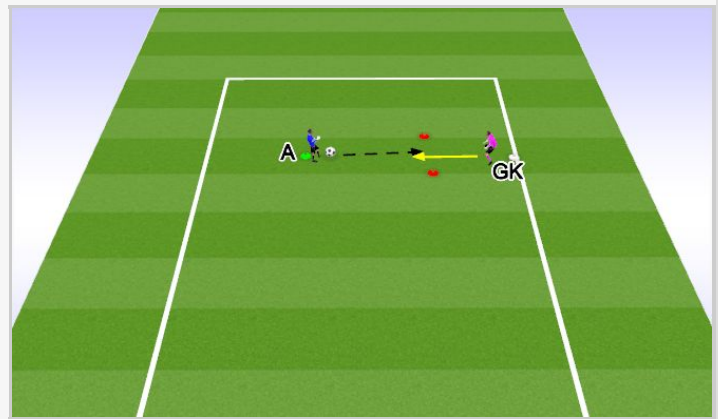
The Goalkeeper starts on the opposite end

As the ball is passed the Goalkeeper makes a run to meet the ball before the ball gets to the markers

If the server can stop the ball between the markers they get a point, if the Gk can get control of the ball before the line the Gk gets a point.

Encourage Goalkeepers to make direct line and adjust their body, dive if needed.

MAKE IT FUN!



## Group activity

### Set up

Grid area 8 x 12

Players on the outside of the grid

2 players in the middle

### Conduct

Players on the outside of the grid stay outside the grid and look to keep possession away from the players in the middle using their feet and passing the ball

Option - players on the outside are allowed to distribute with their hands with a roll or bounce pass - if two players on the one side, they cannot pass directly to each other.

The goalkeepers in the middle look to win and get control of the ball by using their hands.

Each time the Goalkeepers win the ball in the 30 secs time they get a point.

*Encourage communication with goalkeepers in the middle and players on the outside*

*How can players on the outside support each other - encourage movement and supporting the ball*



## Low Diving

### Set up

Separate the Goal into 3 equal zones

Place a marker for the server 6-7 yards from the goal line in line with the middle of the marker and post.

### Conduct

- Goalkeeper starting on their knees next to the marker so that they are then diving in front of the line of the post
- The server rolls a ball towards the post (to the side of the Goalkeeper)
- The Goalkeeper using a collapse dive gets in behind the line of the ball
- Option (have the service passed in using their feet)

### Progression

- The server uses an underarm bounce pass
- The goalkeeper then starts in their stance on their feet

Repeat both types of service

### Coaching

- Focus on getting the service outside the line of the Goalkeepers body so that they can dive
- Starting position of the goalkeeper- keeping the hands in front of their body, head facing forwards
- When moving towards the line of the ball, make sure the Goalkeeper - using their hips to move across, their hands move directly to the line of the ball, keeping their head forwards
- As the hands meet the ball, bottom hand behind the line of the ball and the top hand on top of the ball to secure
- Making sure the hands are in front of the line of the head, 'see ball, see hands', with elbows bent and pointing towards their knees
- Line of the head and shoulders are in front of the line of the knees, legs still covering the goal.



## Angles

### Set up

Goalkeeper starts centrally in the goal  
Server is 8 yards from the goal line, in line with the edge of the 6 yard box

### Conduct

Goalkeeper starts centrally in the goal  
The goalkeeper makes a direct line towards the ball  
As they reach the optimum position - (in line with post) they hop into their stance.  
As the Goalkeeper gets set, the server rolls the ball aiming for the post (option is to pass it in instead)  
As the ball is travelling the goalkeeper makes a collapse dive to get behind the line of the ball and in front of the post.

### Progression

Server throws a bounce pass aiming for the post  
Repeat both sides

### Coaching

Goalkeeper starting position - movement from the middle being direct to the line of the ball  
Goalkeeper being square to the line of the ball  
Stance position  
Movement to make collapse diving save  
Making sure nearest hand is moving directly behind the line of the ball, the top hand on top to secure the ball  
Use the nearest foot to transfer across and move towards the line of the ball.  
Head and shoulders leaning forwards, making sure to dive in front of the line of the post.



## 1v1

### Set up

- Goalkeeper starts centrally in the goal
- Server is 12 yards from goal line and 2 steps off centre to the near post side
- Attacker 1 starts on the corner of the 6 yard box

### Conduct

- Goalkeeper starts centrally in the goal
- Server A passes to attacker 1
- As the ball travels, the goalkeeper makes a direct line towards the ball
- As the attacker looks to take a touch, the Goalkeeper looks to get balanced and prepared to block the attacker
- The attacker takes one touch to control the ball and one touch to try pass the ball in to the goal
- The Goalkeeper adjusts their positioning in relation to the ball.

### Progression

- Attacker moves further out to 10 yards from goal, the attacker now has to take 3 touches to get around the Goalkeeper

### Coaching

- Goalkeeper starting position - movement from the middle being direct to the line of the ball
- Goalkeeper being square to the line of the ball
- Stance position - 1v1 block
- Being balanced as the attacker gains control of the ball.
- Staying square to the ball
- Leading with their hands
- Identifying the bad touch - can we win the ball?



**Set up**

- One goalkeeper starts on the middle of the 6yard box and one Goalkeeper in goals
- Two attackers start on the edge of the 18yard area in line with each post

**Conduct**

- One attacker passes to the other attacker,
- As the ball travels the front Goalkeeper closes the line of the ball.
- The two attackers look to combine and score a goal.
- The two goalkeepers are able to use their hands to make the save or intercept the ball.

**Coaching Points**

- First goalkeeper looks to close the space as quick as possible, 'controlling the moment'
- Lead with the hands
- Looking to delay the attacker, show the attackers away from goal.
- The second goalkeeper defends the goal.
- Communication - with the other goalkeeper
- If the first goalkeeper gets beaten, then the second goalkeeper looks to close the line of the ball
- The action of the first goalkeeper, is to recover and defend the goal