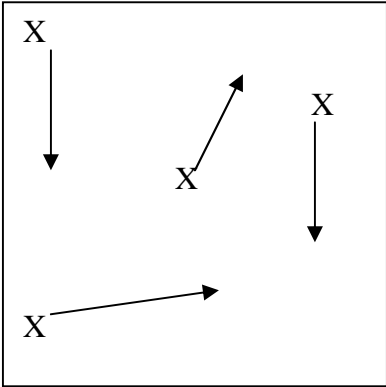
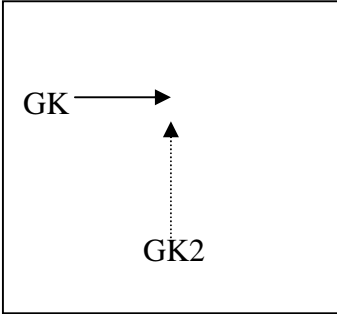
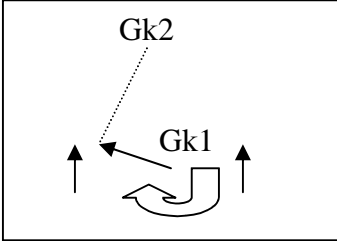
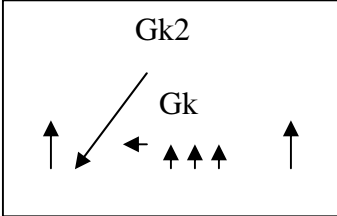
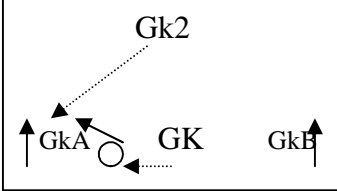
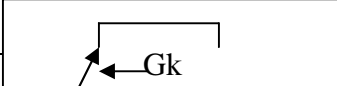


Phase & Activity	Diagram	Coaching Points
<p><b><u>Shot-Stopping – saving low shots</u></b>  <b><u>WARM UP</u></b></p> <p>GK moves around area, with one ball each. On command Gk's:</p> <ol style="list-style-type: none"> <li>1. Roll ball, follow and pick up</li> <li>2. Roll ball, follow and dive down on own ball</li> <li>3. Roll ball, dive on another Gk's ball</li> <li>4. Bounce ball, save it and go to ground, on one side</li> <li>5. As above, but dive to one side then the other</li> </ol> <p><b><u>TECHNICAL DRILLS</u></b>  Gk work in pairs. One feeds while other works.</p> <ul style="list-style-type: none"> <li>• Gk 1 starts on knees, facing Gk 2. Gk 2 feeds ball in to side of Gk1 who saves ball using correct technique (see coaching points). Repeat 10 times then change sides.</li> <li>• As above but Gk now starts from crouching position. Ball is fed between knee and waist height</li> <li>• As above, but add footwork skills (see footwork – session 1) before Gk performs save</li> </ul> <p>(2) Gk starts in middle of goal, about 5yrds off line. Gk2 stands about 8yrds away with ball. On signal Gk1 rolls backwards, gets to feet and saves ball from Gk2 (ball to be played towards far post).</p> <p>(3) Gk starts in middle of goal. On command Gk moves over cones (footwork skills), then immediately changes direction back to save shot from Gk2</p> <p>(4) Three Gk practice together. One GK on each post and one in the middle. Gk on post have ball, as does Gk2. On command A or B drop ball and the Gk has to save before ball hits floor. Then Gk has to get up and save shot from Gk2.</p> <p><b><u>CONDITIONED GAME</u></b>  4v4 with shots only allowed to be taken at bottom corner of goal</p>	     	<ul style="list-style-type: none"> <li>• Movement should be on balls of feet</li> <li>• Dive on ball, leading with hands first</li> <li>• Ensure Gk is landing on side not front</li> </ul> <ul style="list-style-type: none"> <li>• Gk to focus on ball at all times</li> <li>• 1<sup>st</sup> point of contact with ground is side of hips (kneeling) or sides of lower leg (standing)</li> <li>• 2<sup>nd</sup> point of contact is side of torso, followed by back of arms/shoulder</li> <li>• Sideways position should be stable once contact is made</li> <li>• Ball should be taken out in front of Gk. Gk should be reaching for the ball</li> <li>• Nearest hand to goal is stopping hand (behind ball). Furthest hand comes across and on top of ball to secure ball</li> <li>• As save is made, bring top leg toward ball. This provides balance and prevents rolling backwards.</li> <li>• Gk should always pull ball into body and secure</li> </ul> <ul style="list-style-type: none"> <li>• Ensure Gk performs correct technique with or without pressure</li> </ul>

