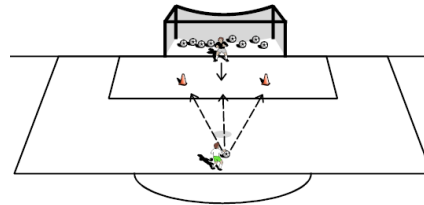


Chicago Fire Juniors West

SHOT STOPPING

Activity 1 – Save the Shots

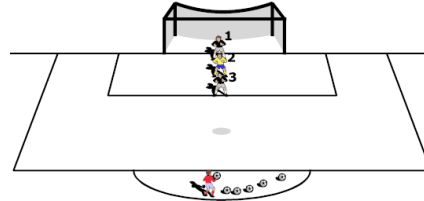
All soccer balls start are with the goalkeeper. The goalkeeper takes the ball and rolls it out to the server who is outside of the cones. The server takes a touch and shoots on goal. They should aim to put a number of shots on goal which will eventually lead to the goalkeeper having to save a number of shots. Also look to shoot from close range and distance.



- Is the keeper getting into the set position properly?
- Catching & diving technique
- Hands in front of body
- Driving leg to push towards ball
- Deflecting and parrying – track the ball

Activity 2 – Goalkeeper Reaction

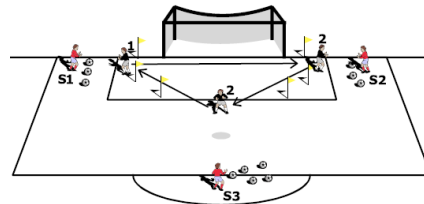
Each goalkeeper is given a number and they line up in single file from goal line towards the penalty spot. Server shouts out a number and then shoots at goal. The goalkeeper whose number has been called now makes the save. The other goalkeepers crouch down to not interfere with the working keeper.



- Is the keeper reacting quickly to the shot?
- Catching & diving technique
- Hands behind the ball
- Deflect/Secure the ball

Activity 3 – Save and React

Server 1 (S1) and Server 2 (S2) serve balls to the right and left for the goalkeeper to make the save. Vary the different types of serves and saves. Server 3 (S3) shoots from ground or from hands. Goalkeepers rotate clockwise. 3 saves from each server then stop and rest. Create different Challenges for the goalkeepers to react too.



- Is the keeper managing to get into position quickly?
- Hands in front of body
- Balance whilst moving to save the ball
- Deflect/Secure the ball

Activity 4 – Small Sided Game

Goalkeeper integrates with the team. Field size is reduced to a half field. Teams play 7v7 without restrictions. The idea is now to see if the goalkeeper has taken onboard the coaching points from the previous activities. Encourage quick decisions. Normal rules apply with corners, throw ins, goal kicks, etc.



- Have the goalkeepers understood the key coaching points from the previous activity?
- Re-iterate the points as necessary.
- Take position behind the goal and to be able to make points to goalkeeper