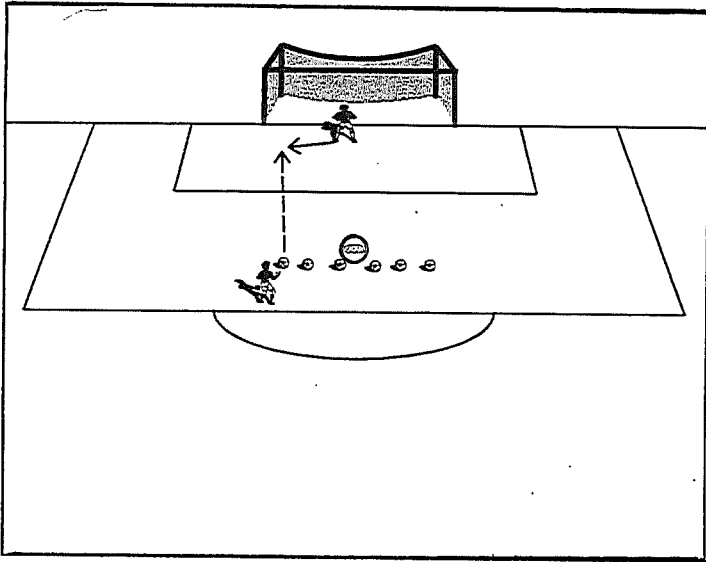


Shot Stopping Drills



SHOT STOPPING EXERCISE

Set up as per diagram. 6 balls lined up in between Penalty spot and 18 yard box in a central position

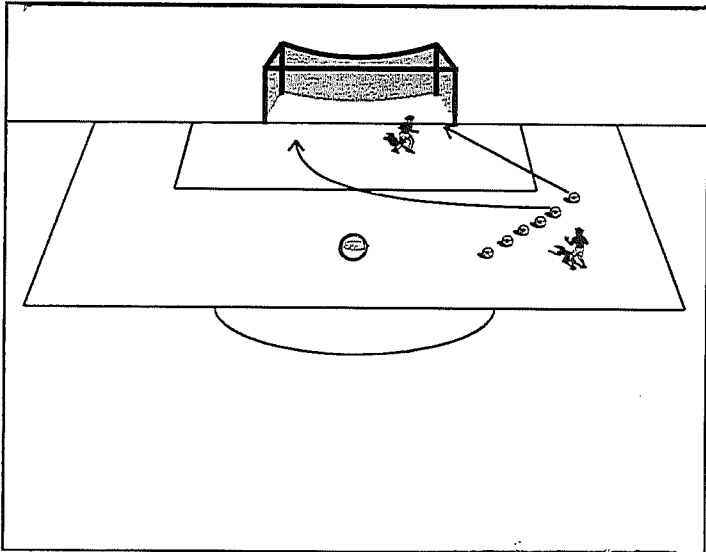
Instructions: Server shoots to GK's right to save, GK makes save gets up and gets set and Server shoots to Gk's left to save. Repeat until all 6 balls have been shot

Start with:

- 1) Low Shots
- 2) Medium Height Shots
- 3) High Shots

Coaching Points:

- 1) Set Position
- 2) Diving
- 3) Deflecting
- 4) Catching



SHOT STOPPING EXERCISE

Instructions: Server shoots to GK's near post to save, GK makes save gets up and gets set and Server shoots to the far post to save. Repeat until all 6 balls have been shot.

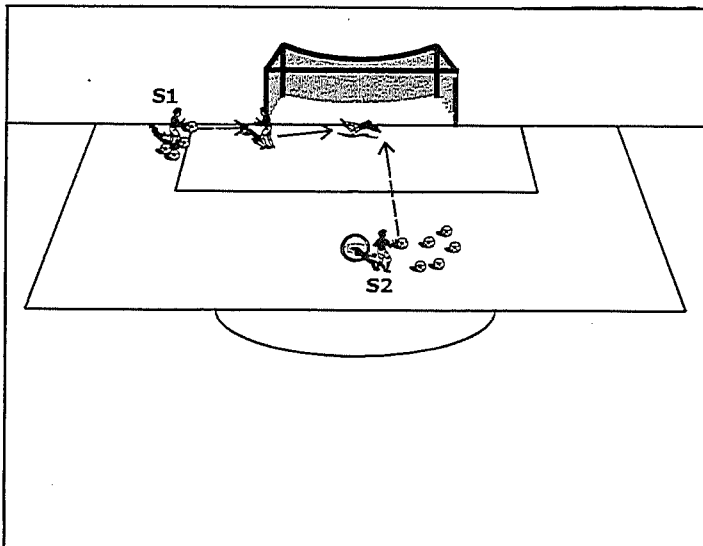
Repeat from other side.

Start with:

- 1) Low Shots
- 2) Medium Height Shots
- 3) High Shots

Coaching Points:

- 1) Set Position
- 2) Diving
- 3) Deflecting
- 4) Catching
- 5) Angles



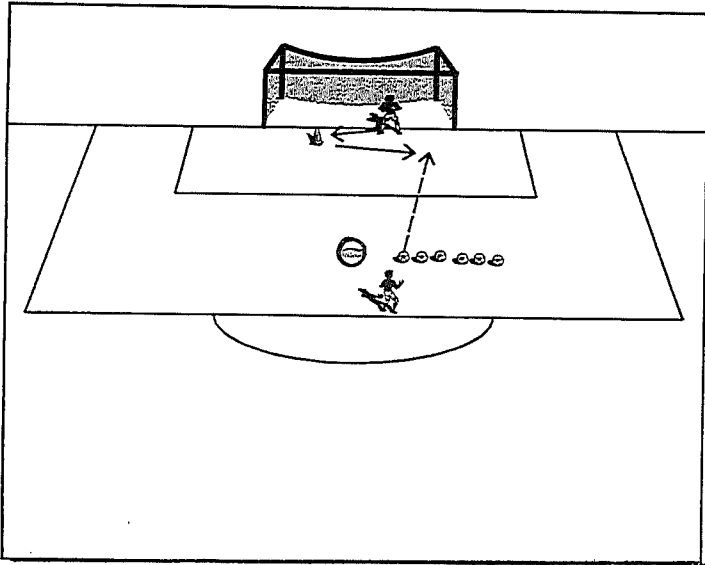
SHOT STOPPING EXERCISE

Instructions: S1 volleys ball into GK's hands, GK returns ball to S1, and moves across the goal to save a shot from S2. 3 saves from each server then change GK. Work both sides of the goal. S2 can vary their service or start with low shot and progress to high shots.

Coaching Points:

- 1) Set Position
- 2) Diving
- 3) Deflecting
- 4) Catching
- 5) Angles
- 6) Footwork

Shot Stopping Drills

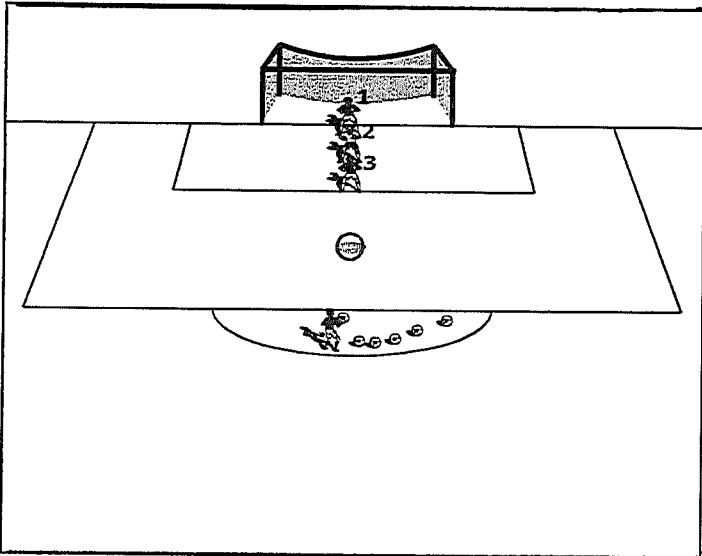


SHOT STOPPING EXERCISE

Instructions: (GK) Starts in mid goal, then moves to touch cone and moves quickly to save shot from Server. GK gets up and moves to touch cone and repeat save. Action is continuous. Server can vary the service or start with low shots, medium and then high. Server can also vary the type of service: 1) From ground with dead ball 2) From ground with moving ball 3) From Hands with volley 4) From Hands with half-volley

Coaching Points:

- 1) Set Position 2) Diving 3) Deflecting 4) Catching 5) Footwork



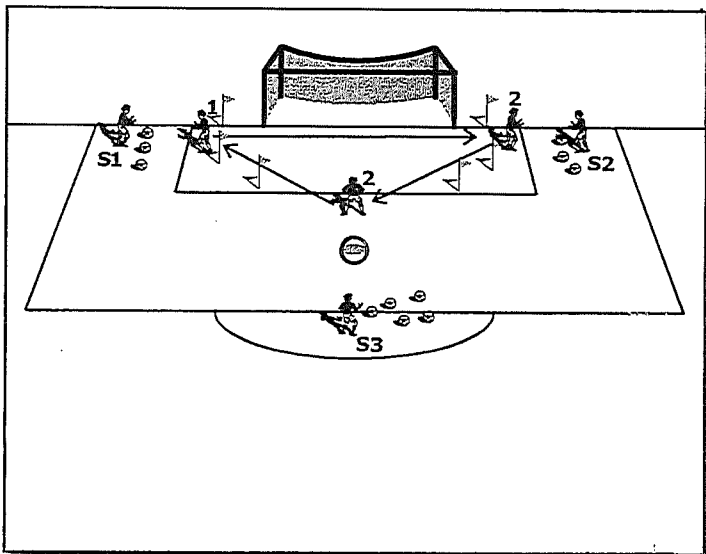
SHOT STOPPING EXERCISE

Each (GK) is given a number and they line up in single file from goal line towards the penalty spot. Make sure there the GKs are not too close to each other.

Instructions: Server shouts out a number and then shoots at goal. The GK whose number has been called now makes the save. The other GKs crouch down to not interfere with the working GK. Server varies service: 1) right and left 2) low, medium, high 3) from hands and from ground
Change the position of GK, but retain the same numbers.

Coaching Points:

- 1) Set Position 2) Diving 3) Deflecting 4) Catching



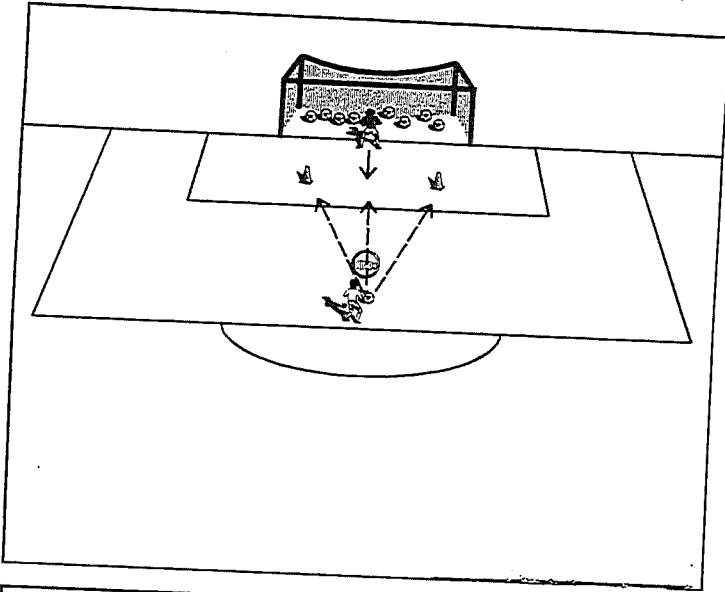
SHOT STOPPING EXERCISE

Instructions: S1 and S2 serve balls to the right and left for (GK) to make save. Vary the different types of serves and saves. S3 shoots from ground or from hands. GK rotate clockwise. 3 saves from each server and stop and rest
Progressions: Use imagination to create challenging and fun ways to work GKs!

Coaching Points:

- 1) Set Position 2) Diving 3) Deflecting 4) Catching 5) Footwork

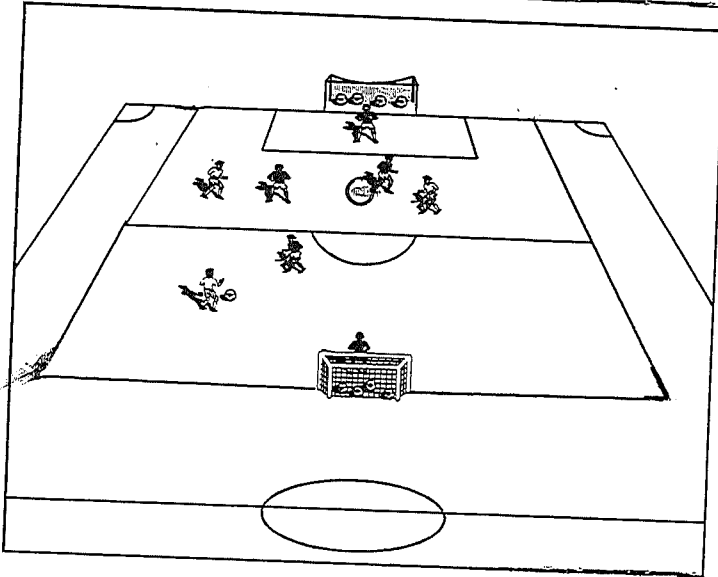
Shot Stopping



SHOT STOPPING-EXERCISE

Instructions: GK rolls the ball from behind the cones to server who takes 1 touch and shoots. Service is varied

- Coaching Points:**
- 1) Catching
 - 2) Set Position
 - 3) Footwork
 - 4) Diving
 - 5) Deflecting or parrying
 - 6) Position of Ball- Players head up or down



SHOT STOPPING-SMALL SIDED

4 v 4 including GK in a 44 x 36 yard pitch

Instructions: Two touch game and players are encouraged to shoot.

GK must move with the ball and make decision on how to stop the shot.

- Coaching Points:**
- 1) Catching
 - 2) Set Position
 - 3) Footwork
 - 4) Diving
 - 5) Deflecting or parrying
 - 6) Position of Ball- Players head up or down