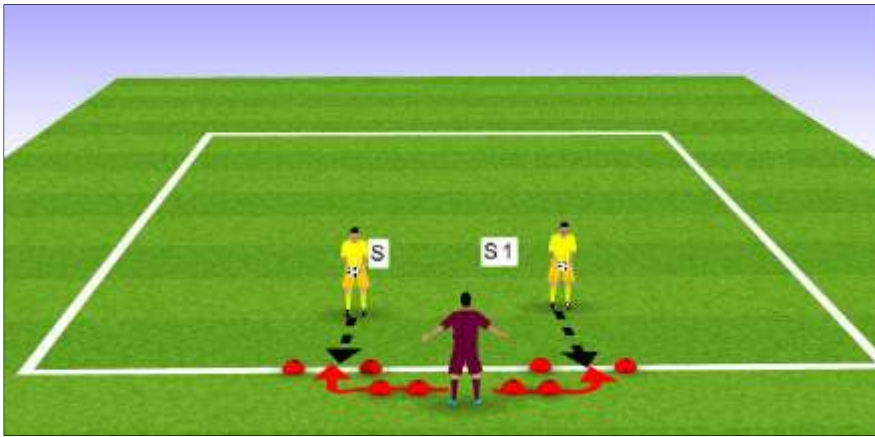


Session 2: Shot Stopping Day 2

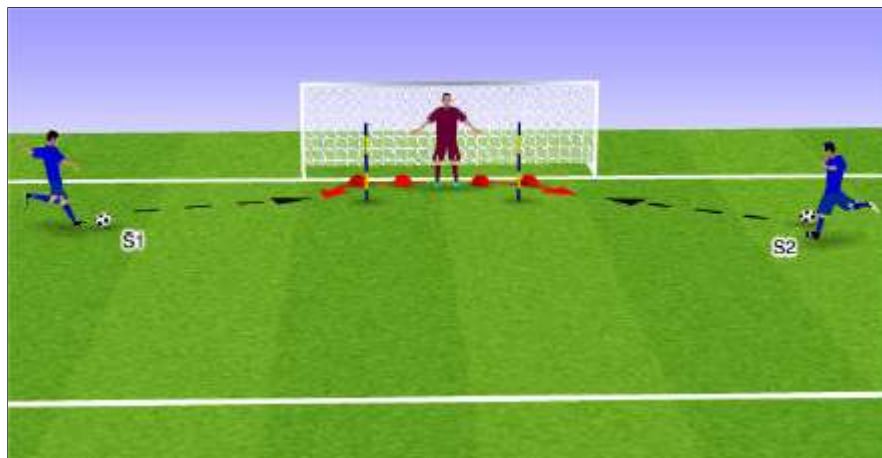
Phase 1

- After jogging and stretching to warm up, the GK stands in between 2 sets of cones.
- On command, the GK footworks around the cones and receives a pass from the Server. The GK passes the ball back with appropriate foot and returns to starting position.
- Repeat 3 times to each side, receiving from Server and Server 1.
- Rotate the Servers and GKs.
- GK then performs different footwork over or around the cones and receives various services to save (low balls, mid-range, head height, collapse dive, etc.)



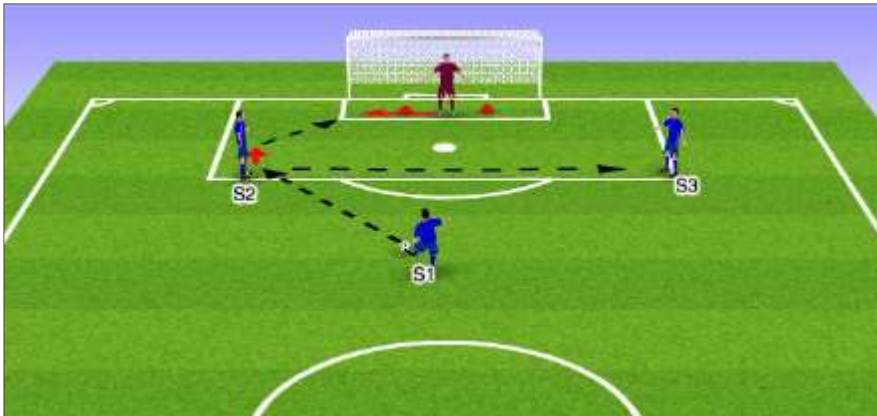
Phase 2

- GK starts centrally in the goal. On command, the GK moves through the cones and saves a shot from Server 1, who has taken a touch and hits a moving ball.
- GK then returns to starting position and repeats from Server 2.
- GK takes 2 shots from each Server and then rotates.
- Service progresses from scripted to harder shots.
- Footwork can be lateral forwards and backwards through cones.
- Servers must take a touch. This gives the GK cues to look for.



Phase 3

- GK starts in the middle of the goal facing Server 1. Server 1 inter-passes with Server 2 and Server 3. GK must track the movement of the player on the ball.
- Server 2 and Server 3 can touch the ball towards the goal and shoot or make a lateral pass. If a pass is played across the box, the other Server must shoot it first time. (Cones can be used to divide the goal – micro goalkeeping).
- Shots should be from 12-18 yards.
- Must be at game speed.
- Focus on footwork, body shape, preparation to save, and technique during the save.



Phase 4 - After picking up on body shape issues in the previous exercise, this exercise is used to try to get the GKs to focus on getting in to a more compact position to save shots from around the box.

- GK starts on the six yard box. Server 1 touches the ball and tries to chip the GK, who can recover in to a good position after Server 1's touch.
- GK must make the appropriate save from Server 1 and then get set for a shot from Server 2, who touches and shoots immediately after the save from Server 1 is complete.
- Both serves can come from angles to add a different dimension.
- Focus on the transition from jumping to deal with a chipped ball to a more compact shape for a shot from the top of the box.
- GKs then join the team for an 8v8 game.

