



GK: Movement and transitions to a new angle for shot blocking Phase I - JT

Category: Goalkeeping: General
Difficulty: Moderate

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Description

Phases to begin moving from one angle to the next. Working on their movement, set position, and ready position.

Subtopics: Understanding the transition of lateral movement, diagonal movement, and when you need to move horizontal or vertical.

Activation Drills (5 mins)

Handling/Catching (3 or more gks)

Activation Warm up

1. Blue runs to yellow cone
2. On "Go" Blue turns around
3. Yellow THROWS ball to face area
4. Blue runs back with Ball and Yellow does same drill

Progressions

1. Roll on ground to GK
2. Bounce ball to GK
3. Volley ball to GK
4. Half height cross to GK



Handling/moving Warm up drill (5 mins)

Getting GK's into proper movements and setting for a ball right at them. For purposes of a warm up

1. GK Moves to near post/cut back position and saves a ball at head height
2. S Servers the ball to the GK within their bubble. (Throw, Volley, bounce, and/or rolls)
3. GK Transitions to new angle and saves shot in the bubble
4. S should hit the ball from off the ground, right at the GK.

*** This can be set up in goal and going from both sides or set up in groups of 3 to obtain the movement warm up



Catch and move (10 mins)

Catching and moving drill 1

** Go to goal **

1. GK transitions to near post
2. S1 Throws ball to hands/head height of GK
3. GK transitions to the far post to S2
4. S2 Volleys or kicks from the ground at GK
5. GK transitions to opp. near post
6. S1 throws ball to hands
7. GK transitions to opp. far post to S2
8. S2 Volleys or kicks from the ground at GK

Note 2 GKs can be working at one time

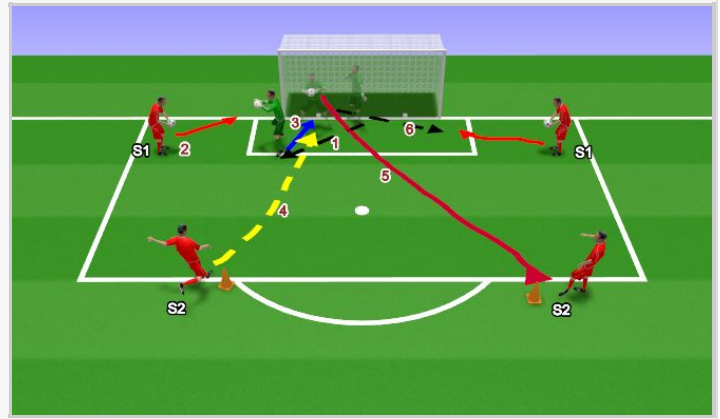
Repeat



Handling & Throwing to outlet (10 mins)

Catching, saving and Throwing/rolling Drill 2

1. GK transitions to near post
2. S1 shoots a ball to GK's hands
3. GK drops in to save a shot from S2
4. S2 shoots at GK
5. GK throws to opposite S2 and restarts
6. GK Transitions to the opposite side and repeats.



In goal Shooting/moving drill

In-goal shooting to work on angles and movement Drill 3

Getting to a new angle and working on, to be "set" on a dead ball and then progress to a slightly moving ball.

1. Coach calls out a number (1, 2, or 3)
2. moves to the angle of the shot
3. Server hits a **dead ball**, low shot but either post

**** Progress** to server taking a small touch and then hitting anywhere

**** Moving vertical and horizontal****



Game-like: new angle for shot blocking

Getting to a new angle and practicing to be "set" on the shot Drill 4.

1. Server or coach has balls 25-30 yards away.
2. Shooter 1 & 3 are set up close to the corners of the 18
3. Shooter 2 sets up at the top of the "D"
4. Coach serves ball into 2: They can: 1). Turns and shoots or 2). plays the ball to 1 or 3
5. GK must get to each angle and work on ready position and set position.



Coaching Practice Review and Reflection

- Are the GKs moving to the new area as quick as possible, to be set before the ball gets to that point, before the attacker sets up the ball, or before the attacker takes the shot.
- Are they set correctly?
- Are they in their ready position?
- Are they moving in the correct way to get to the angle for the shot? To cover all posts.