

UEFA B Shot-stopping

Category: Goalkeeping

Length: 00:20 Rec. Players: 8

Published: July 18, 2014 @ 10:14

Practice Theme/Topic

UEFA B Shot-stopping small-sided game

General Notes

UEFA B Goalkeeping shot-stopping 4v4 game

Aims & Objectives

Small-sided game to encourage shots and for GK to work with defence to deny opportunities

Organisation & Setup

36x30 area,
Halfway line acts as offside line
Supply of balls in each goal
Parrying gates on side of pitch

Coaching Factors & Outcomes

See coaching points

Adaptation & Progression

4v4 to start
Progress to use parrying gates

Technical

N/A

Physical

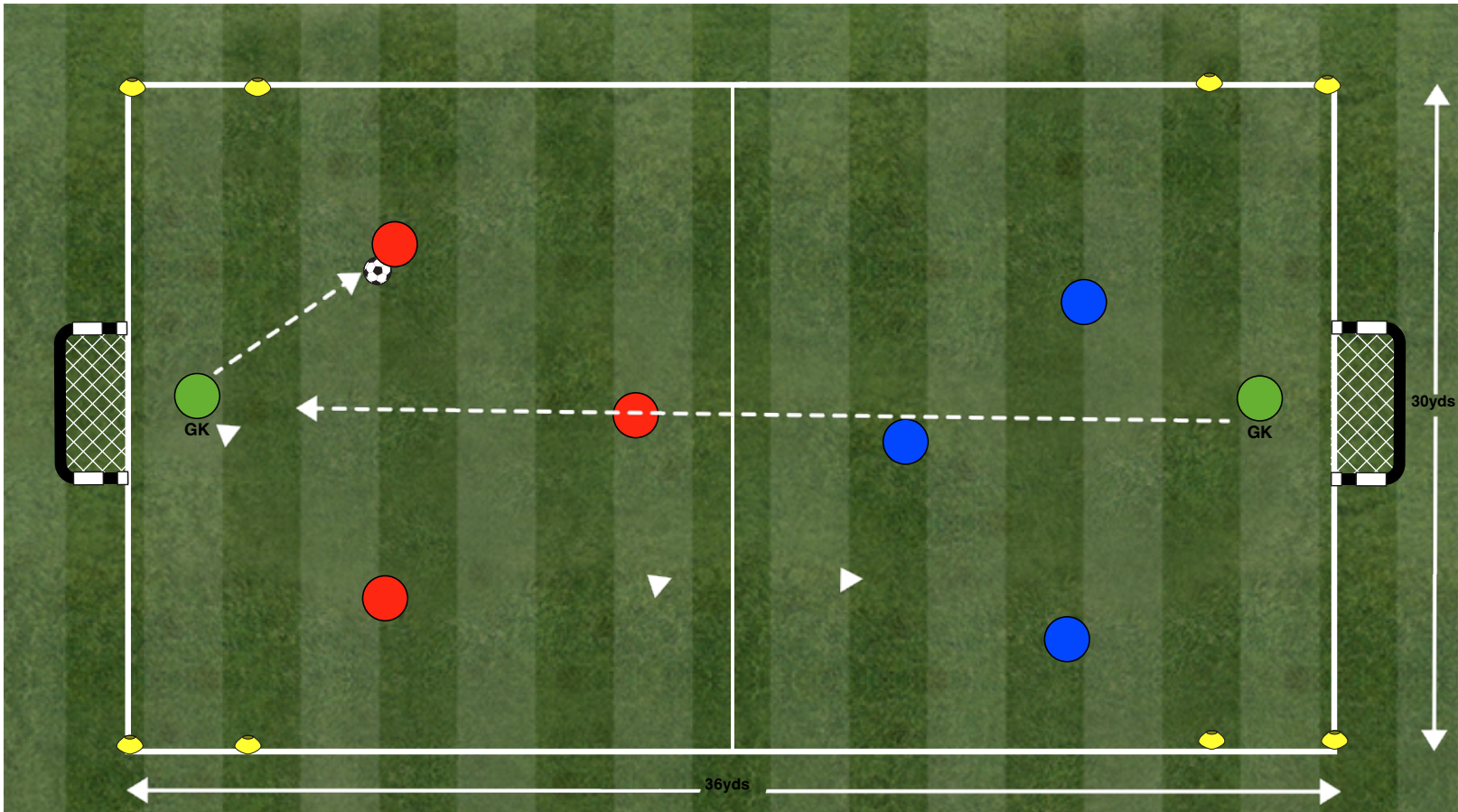
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Goalkeeper's position in relation to the ball (into line, down the line)

Coaching Point #3

Shot-stopping
- behind the ball
- stance
- catching or punching (height, distance, width)

Coaching Point #2

Goalkeeper's communication
- pressure the ball
- covering defender
- balance of other defenders
- defending narrow
- depth of back-line...

Coaching Point #4