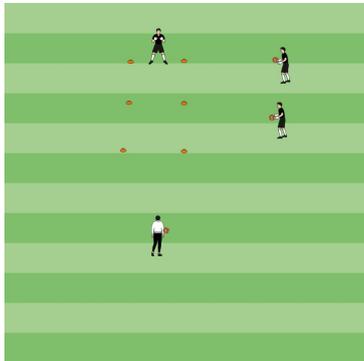


## TRAINING SESSION: SHOT STOPPING AND ANGLE PLAY

### Objectives

To improve the gk's shot stopping ability by improving their technique and their angle play.

### Goalkeeper box circuit



 1 v 3

 cones, balls, gloves

 Intensity: 2

 15:00 min  
(4 x 00:45 min, 01:30 min rest)

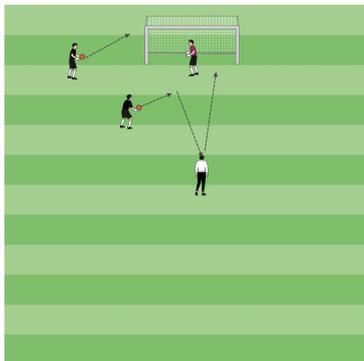
#### Coaching Points

Set positioning (feet, hands, shoulders), soft hands, speed thru circuit

#### Description

Layout a square of cones (1 for 2 gk's, 2 for 3, etc). GK that is working will start by facing the coach, turn towards server, get set, and receive service (can start with feet, volleys, high balls, etc before working thru dives). GK then will receive a volley from the coach before going to the next server (can change sequence).

### Basic Machine



 1 v 1

 Goal, balls, cones

 Intensity: 6

 20:00 min  
(6 x 00:30 min, 01:00 min rest)

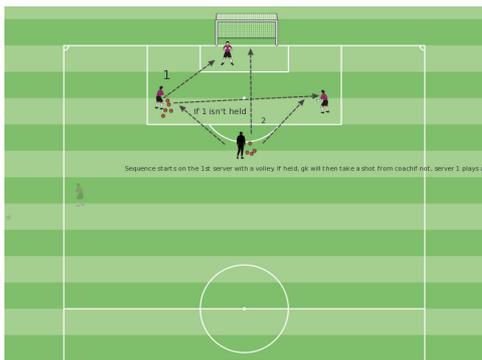
#### Coaching Points

High ball technique (foot work, proper knee, hands over the ball). Collapse dive technique (lower center of gravity, hand behind and on top of ball when impacting the ground, face behind arms). Getting set when ball is struck, angles are correct.

#### Description

1 gk in goal, 1st server sends in a high ball. GK gives ball back then gets collapse dive from server 2. GK rolls that ball out to Coach who strikes the ball to the goal.

### Angle Machine



 Players

 goals, cones, balls

 Intensity:

 15:00 min  
(12 x 00:30 min, 00:10 min rest)

#### Coaching Points

Gk will need to be able to cover near and the far post. Getting across the goal quickly, adjusting the angle from shot to shot. Protect the vertical as well as the horizontal angle.

#### Description

Three servers, one of which is the coach along with the gk. The two gk servers will be roughly 12 yards out the coach will be 18. Server one will hit a volley to gk (hard). If caught, the coach will take a touch then shoot. If not held, server 1 plays another ball across to server 2 for a shot. Then the coach will shoot. If coach's