



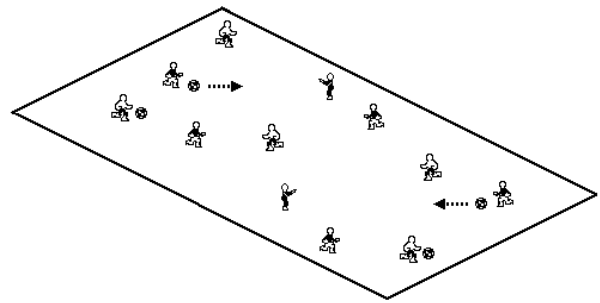
Goalkeeping

Handling Long-Range Shots

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Objectives: To improve the goalkeeper's ability to handle long range shots...recognizing when, where and how the shot is being taken (anticipation), getting into appropriate position and making the save.

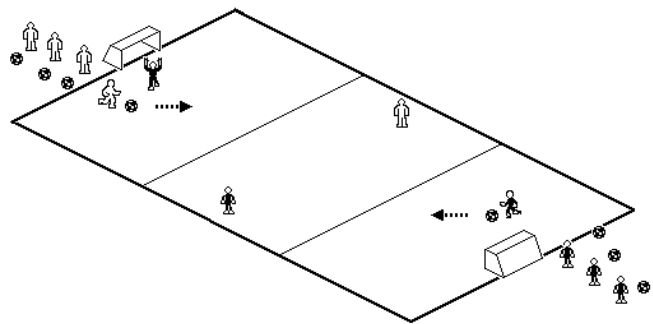
1) Goalkeeper Technical Box (15-20 minutes): Divide the field players into two groups (a red group and a yellow group). Each group has 1-2 soccer balls. Position the two groups with the goalkeepers on half of the field passing and moving freely throughout the space. Field players must pass to any goalkeeper when the opportunity arises. The goalkeepers must use their feet during this phase. Version 2: All balls played to keepers must be on the ground; keepers field the ball with their hands; then they distribute to any field player by rolling the ball to them. Version 3: balls must be played over distance in the air to the keeper; keepers catch the ball with their hands; then they distribute to any field player by rolling the ball to them.



Coaching Points:

Make sure foot skills (receiving and passing), catching technique and distribution by the keeper are clean. Keeper must begin communication to the field players in this activity by calling for the ball and talking to field players when distributing it.

2) Pass-Deflect-Shoot (15-20 minutes): Position goals at each end of a half field opposite each other. Goalkeepers in each goal. Field players are split into two groups, each with a soccer ball and positioned in a line on the right side of each goal. Two target players are positioned diagonally opposite each line. Both groups perform the following sequence at the same time: the first player in line passes a ball to the target player facing them. The target player lays the ball off centrally for the passer to shoot. After the shot, the shooter becomes the next target player, while the original target player goes to the end of the shooting line. Play is continuous for a designated time. Version 2: the target player lays ball off toward the flank. Version 3: move the lines to the left side of each goal.



Coaching Points:

Coach should be in a good coaching position behind the goalkeeper
Proper starting positions, footwork and angles
Cut down angle of the shooter and get set as the shooter prepares to shoot
Focus on clean handling (saving) of the ball versus shot stopping (deflection, parrying)



3) 6v6 on a Half Field (15-20 minutes): Play 6v6 on a half field. Award 3 points for any shots taken from outside the penalty area that are on goal. Award 5 points for any shots taken from outside the penalty area that score. Award 1 point for goals scored from inside the penalty.

Coaching points:

Coach should be positioned behind the goalkeeper emphasizing the coaching points made throughout the session to this point.

4) 11v11 Game on the Full Field (30 minutes): Play a game! Throughout the run of play, the coach will award each team 5-8 corner kicks and 5-8 free kicks from 20-30 yards out.

Coaching points:

Coach should be positioned behind the goalkeeper emphasizing the coaching points made throughout the session to this point.

5) Cool-down (5-10 minutes):

Individual juggling with restrictions: feet only, feet and thigh only, 3 small juggles then 1 big touch above head, unrestricted. Static stretching of the major muscle groups.