

Soccer Source 360
Animated Activity Library
Shot Stopping Description
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Observation: Many goals are scored at the youth level do to poor goal keeping. Few shots are scored in the side panel and the upper 90. Coaches can improve their team's performance by teaching goalkeepers the correct method in catching the ball.

Suggestions:

- Show your goalkeepers the two methods of catching balls played between the knees and the head. These methods include the cradle catch used for shots below the elbows and the w catch used for shots above the elbows.
- The cradle catch involves meeting the ball with the hands and bringing it into the chest with a cradle action.
- The w catch involves the goalkeeper making a w with the thumbs at touching or almost touching and the index fingers out at an angle. The ball is met at arms length of the goalkeeper as the arms are used a shock absorbers with the ball brought into the chest.
- Begin repetitive activities with lightly paced serves.
- Make sure all serves are accurate.
- Add velocity to the serves when success is achieved.
- Recognize coaching moments when the keeper attempts the wrong catch for the serve.
- Follow the progression below as it develops the keeper's ability to make quick decisions and deal with catches in a crowd.

Animated Progression

- Shot Stopping 1
- Shot Stopping on the move
- Numbered Shot Stopping
- Find the Shot
- Goalkeeping Challenge

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