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Role: Goalkeeper Coach
Qualf: UEFA 'Pro' (Spain)

Reading Body Shape and Quick Reactions of the Goalkeeper in an 8 v 8 Four Goal Game



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Date: 27/Oct/2015

Measurement: 60 x 40 Yards

Time: N/A:N/A

Players: 18

Duration: 16

Level: U11 - 18+

Objective: Improve GK actions; positioning, quick reactions, shot-stopping, catching, footwork and the ability to read the body shape of a player and their intention, which continually changes.

Description: In a 50 x 40 yard area, with a central square position 4 poles 8 yards apart. The poles create 4 goals which are defended by 2 goalkeepers.
 We have 2 teams (reds v whites) who play 8v8 and try to score in any of the 4 goals. Play 2 halves of 8 minutes (16 minutes total).
 The outfield players are not allowed to shoot from within the central square.
 If the GK saves the ball, he throws it to a player on the team that had possession.

Coaching Points: The main focus of this practice is for the goalkeeper's to be able to read the body shape of the attacking player so that they can get into the right position (anticipate) and save the shot.

Progression: