

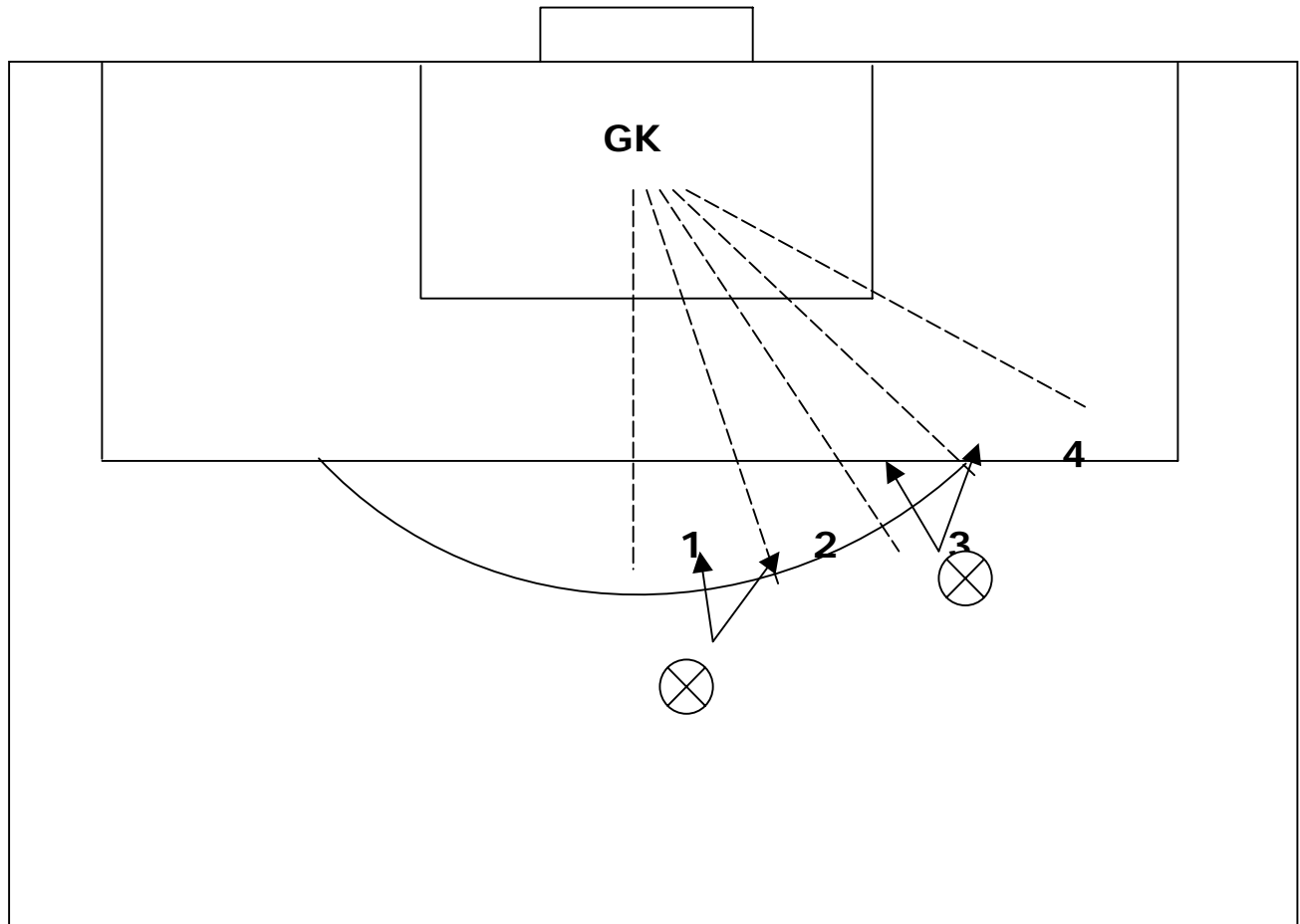
SESSION THEME Dealing with angled shots

Coach Vic Bettinelli Age All ages (younger ages have smaller area and goals)

Position Goalkeeping Coach at English Premiership Club

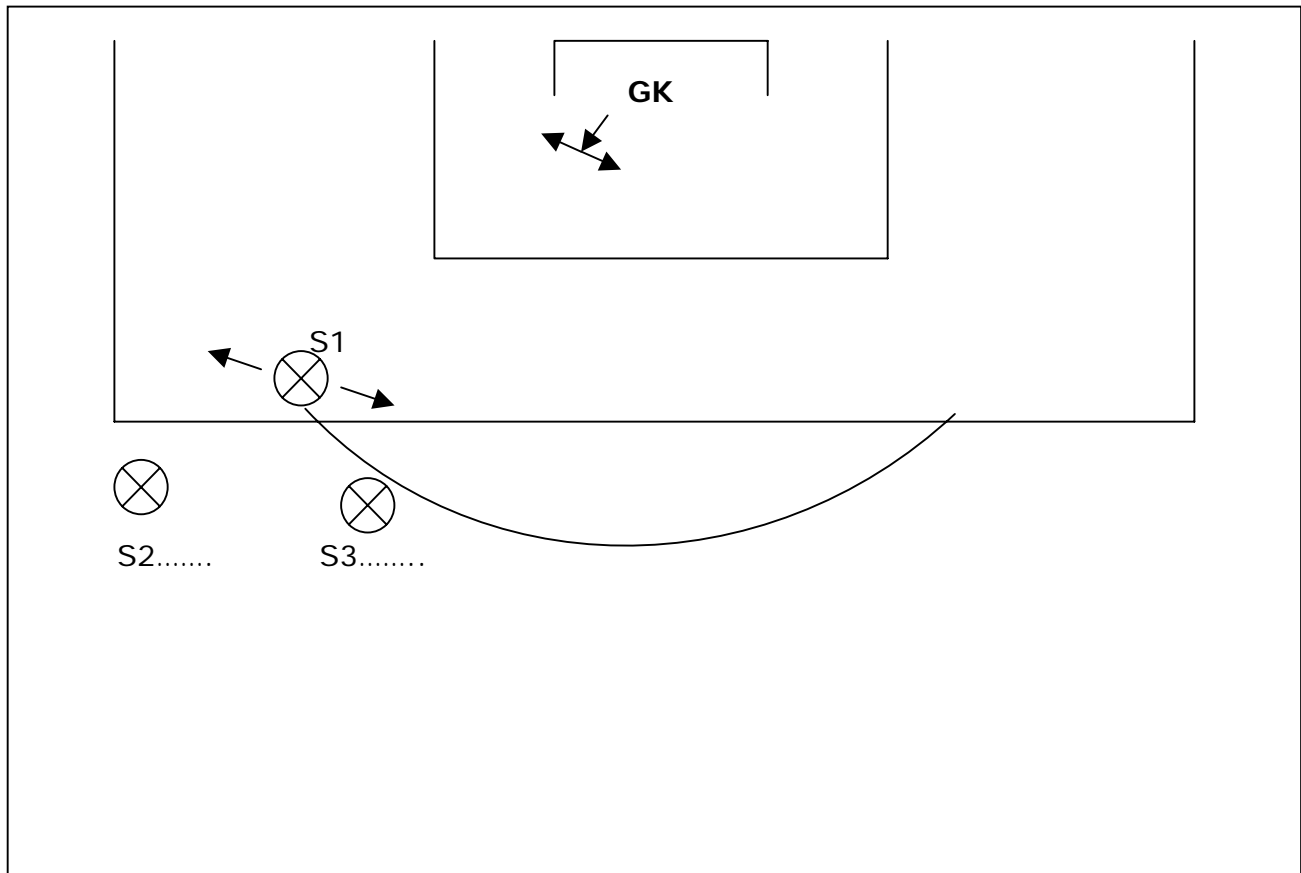
Session Aims / Coaching Points

- 1/ Improve Goalkeeper shot stopping
- 2/ Improve Goalkeeper communication-
- 3/ Improve Goalkeeper positioning for angles shots



CONED OFF GOALMOUTH IN FOUR SECTIONS. A GK SERVER IS STATIONED IN A SECTION WITH A BALL. ON THE COACH'S COMMAND ONE OF THE SERVERS PLAYS THE BALL OUT OF HIS FEET AND SHOOTS FOR GOAL IN HIS SECTION OR THE SECTION NEXT TO HIM.

NOTE : WORK LEFT AND RIGHT- SERVERS CAN ALTERNATE IN QUICK ROTATION TO KEEP ALL INVOLVED



ORGANISATION

One of the Servers S2 or S3 on the outside of the area passes to server S1 who then either lays off to S2 or S3 or turns and shoots himself.

Note : Work Left side , Central and right Side. – S2 and S3 have a number of balls to start.