

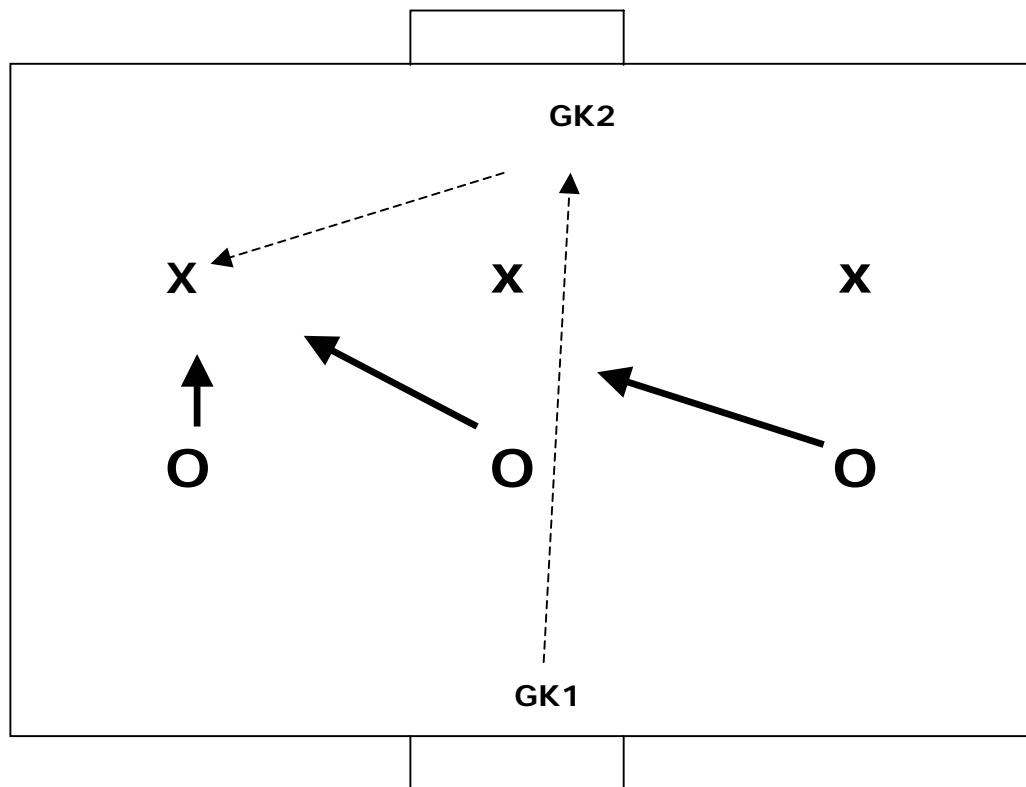
SESSION THEME Shot stopping

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 in small sided game
- 3/ Improve Goalkeeper positioning at shots



Organisation

Areas = 36 x 20 yards
 3 v 3 Players
 2 Goalkeepers

Practise

GK1 throws the ball to Goalkeeper 2 –
 GK2 rolls the ball to one of his team mates – X
 O Defends
 3 Touches