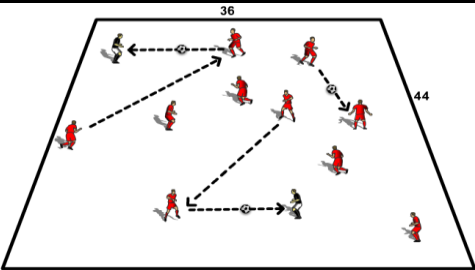





NAME Adam Merrick

TOPIC Improve Basic Shot Stopping – USSF D

DATE January 2012

	ORGANIZATION	KEY COACHING POINTS
W A R M - U P	 <p>-10 + 2GK's pass and move -GK to call for pass. No pass to GK without a call -GK control ball with proper GK techniques -Balls should remain on ground -Ball to GK may be reasonable aerial ball</p> <p>-Push pass with gradual progression to instep</p>	<p>-HAND positioning -Getting SET / balanced -EYES always on ball -Get body BEHIND BALL and square to flight -Diving -Ball breaks fall -Land on side -End looking through forearms & elbows</p>
A C T I V I T Y 2	 <p>SHOT STOPPING 44x36</p> <p>-2 attackers vs. 1 defender -Next 2 live after shot, regardless of goal/save -Next 2 comes from goal shot on -Non-shooting attacker recover to defend next group -Shooter recover to behind goal -HIGH TEMPO, BACK and FORTH -Play to N (10) saves by GK -Encourage early shots to maximize GK activity</p>	<p>-All from above</p> <p>-POSITIONING - vertical and horizontal -SET as shot is taken -CUT ANGLES - mirror attacker -COMMUNICATION - direct defender -Be clear and specific</p> <p><i>Are you in the ideal position?</i></p>
A C T I V I T Y 3	 <p>SHOT STOPPING 44x40+</p> <p>-5v5 (3v3+Bumper players) -3v3 in middle third, combine with bumper before shot -Bumpers 'safe' from defenders -Bumper may pass back to own team or step into field to finish with shot on goal -All players looking for any opportunity to finish early MAXIMIZE finishing attempts</p>	<p>-All from above</p> <p>-COMMUNICATION - increasingly critical -Verbal direction of defender is form of shot stopping -POSITIONING - vert and horiz -Must be on ball line (horiz). Vert. is dynamic</p> <p><i>What would happen if you were (deeper)?</i></p>
T H E G A M E	 <p>THE GAME</p> <p>-5v5 +GK's to big goals</p>	<p>-All from above</p> <p>-Positional play -Communication - displays confidence -Proper handling technique -Remain connected/engaged in support of attack</p>
COOL DOWN		<p>-Slow/light jog or shuttles - break often to stretch</p> <p>-Hydrate -Post session nutrition</p>