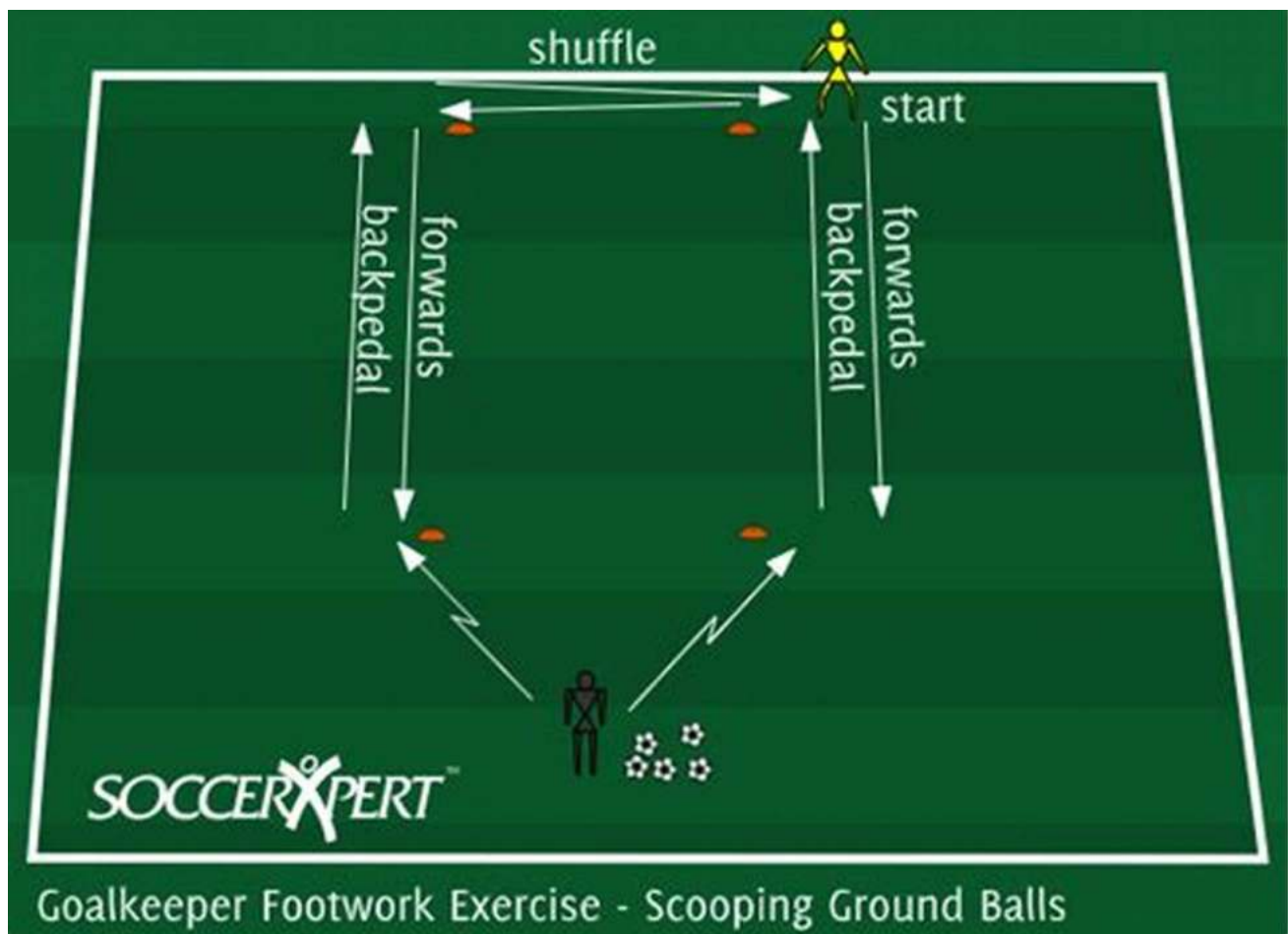


# Discover the Best Modern Games Based Soccer Drills to Improve Shot Stopping, Footwork, and Distribution



Soccer is a game of skill, agility, and teamwork. As a goalkeeper, it is vital to master the art of shot stopping, footwork, and distribution to ensure success on the field. Traditional training methods can be effective, but modern games based soccer drills provide a fun and engaging way to enhance these essential skills. In this article, we will explore some of the best drills to improve shot stopping,

footwork, and distribution, guaranteeing you become a confident and competent goalkeeper.

## The Importance of Shot Stopping

Shot stopping is arguably the most critical skill for any goalkeeper. Being able to deny the opposing team from scoring goals requires quick reflexes, strong positioning, and excellent diving technique. One game-based drill that can help develop shot stopping skills is called "The Reaction Game."



### 65 Goalkeeper Training Exercises: Modern Games-Based Soccer Drills for Shot Stopping, Footwork, Distribution, and More by Andy Elleray (Kindle Edition)

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1635 KB
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Screen Reader	: Supported
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Hardcover	: 176 pages
Item Weight	: 15.2 ounces
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In this drill, a coach or teammate stands several yards away from the goalkeeper and rapidly kicks or throws balls towards them. The goalkeeper must react quickly to save the shots coming from different angles and heights. This drill not only improves shot stopping reflexes but also enhances agility and hand-eye coordination.

## **Mastering Footwork**

Footwork is the foundation of good goalkeeping. Being able to move swiftly across the goal line, change direction quickly, and maintain balance is crucial for making saves. Agility ladder drills are an excellent game-based training method for improving footwork.

Set up an agility ladder on the ground and have the goalkeeper perform various footwork exercises, such as high knees, lateral quick steps, and quick switches. These ladder drills help develop speed, coordination, and overall footwork, enabling the goalkeeper to effectively cover their goal area and make those diving saves.

## **Distribution Skills for Goalkeepers**

In addition to shot stopping and footwork, a modern goalkeeper must possess exceptional distribution skills. The ability to pass or kick the ball accurately and with power is essential for initiating counterattacks and maintaining possession. The "Soccer Tennis" game is an entertaining way to improve distribution skills.

To play this game, set up a mini net or a marked area on the ground divided by a low net or rope. Divide into teams, and using only their hands, players must pass the ball back and forth over the net, similar to a game of tennis. This drill encourages goalkeepers to work on their distribution skills as they aim to pass accurately over the net to their teammates. It also helps improve communication and decision-making on when to distribute the ball quickly or hold onto it.

## **Putting It All Together: Game-Based Drills**

Finally, it is crucial to practice these skills in game-like scenarios. Small-sided games, such as 3v3 or 5v5, not only provide an opportunity to apply shot

stopping, footwork, and distribution skills but also foster quick decision-making and teamwork.

One popular game-based drill is the "Goal Box Scramble." Set up a small goal or mark two cones approximately six yards apart. Divide into two teams and place a goalkeeper in each goal. The remaining players play inside the marked area, attempting to score goals. This game forces goalkeepers to make quick decisions regarding shot stopping and distribution, as well as improving their communication with teammates.

Modern games based soccer drills offer a fun and engaging method to improve shot stopping, footwork, and distribution skills for goalkeepers. Incorporating drills like "The Reaction Game," agility ladder exercises, "Soccer Tennis," and small-sided games like the "Goal Box Scramble" will undoubtedly enhance your performance on the field, making you a formidable force between the posts.

So, get out there, start training with these innovative drills, and watch your shot stopping, footwork, and distribution skills skyrocket!



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In 65 Goalkeeper Training Exercises, goalkeeping coach and educator, Andy Elleray, offers fellow football coaches a way of training that takes keepers from the confines of the goal or penalty area, into new, challenging, and fulfilling settings. Games-based goalkeeper training is an alternative to the traditional goalkeeping curriculum and combines physical, psychological, technical, tactical and social skills in small situations that keepers will face in matches. These include 1v1s, communicating with the defence, decision making, shot stopping, and more.

Games-based training is about using games and activities drawn from football, selected sports, physical education, sports science, and other spheres, to help progress keepers with the skills they will really need in competitive match situations. Aimed at readers who coach goalkeepers at all levels, from junior level to elite standard, the games can be conducted within a variety of playing environments including, in many cases, indoors.

Goalkeepers will be working on areas of their game relevant to their position without them even knowing it because they will be made to think quickly and do what comes naturally to them. They will be learning to cope with new and challenging situations in these games and often how to work as a team to win points or solve a problem.

Whilst standard technical drills still have a central role to play in goalkeeper development, games-based development aims to offer an alternative to traditional sessions. Much of games-based goalkeeper training is designed for coaches who have a large group of goalkeepers to work with. With large numbers, it is very hard to do small technical practices in goals, because of space constraints and having so many goalkeepers not working.

65 Goalkeeper Training Exercises is a must-have addition to every coach's bookshelf.

### About The Author

Andy Elleray is a goalkeeping coach who also specializes in performance analysis and sports science. His former clubs include Cheltenham Town, Liverpool and Chelsea, working at different levels, and in a variety of roles. He is currently responsible for the goalkeeping development at Birmingham City Ladies Football Club where he works at all levels of the club with youth international goalkeepers in the female game. He is also involved in different regional and youth international coaching environments. Holding UEFA qualifications, Youth Awards, and a Master's degree, Andy blends different approaches into his current coaching projects.

Important Note: This book utilises some selectively curated content from Andy Elleray's acclaimed book "Scientific Approaches to Goalkeeping in Football: A practical perspective on the most unique position in sport". If you have already invested in the Scientific Approaches book, please do not purchase this title.



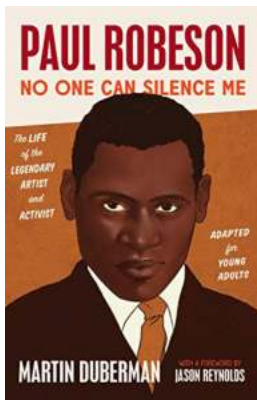
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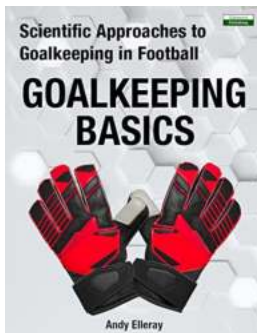
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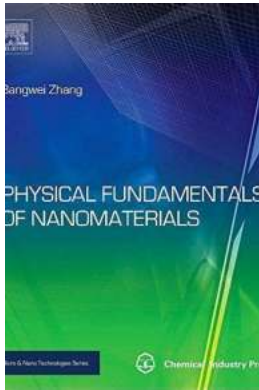
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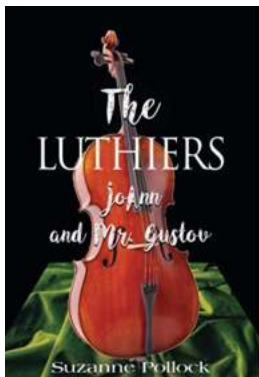
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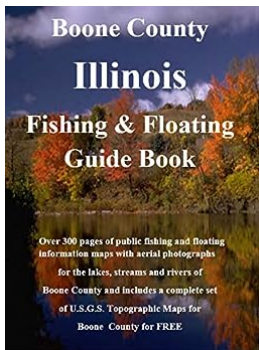
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