

Goalkeepers: Basic Positioning and Shot-Stopping Techniques

Basic Positioning

- Learn the optimal stance for stability and agility.
- Practice proper positioning in relation to the ball and goal line.
- Drill: Move along the goal line while tracking ball movement.

Shot-Stopping Techniques

- Focus on hand positioning and diving mechanics.
- Drill: React to shots from various angles and distances.
- Encourage players to anticipate ball direction by reading the shooter.