

Dealing With Angles

Teach your goalkeeper how to turn dangerous angled shots away to safety by using this competitive end-to-end training game

WHY USE IT

One of the hardest shots to save are those from angles that the goalkeeper has to turn away from lurking strikers while making sure the ball goes out of play. It is a great test of a keeper's positioning and their ability to get down to low shots.

SET UP

Use half your normal pitch. Mark out four boxes as shown in the diagram: 5x5 yards at one end and 10x10 yards at the other. We've used 18 players. You need balls, bibs, cones and two normal goals.

HOW TO PLAY

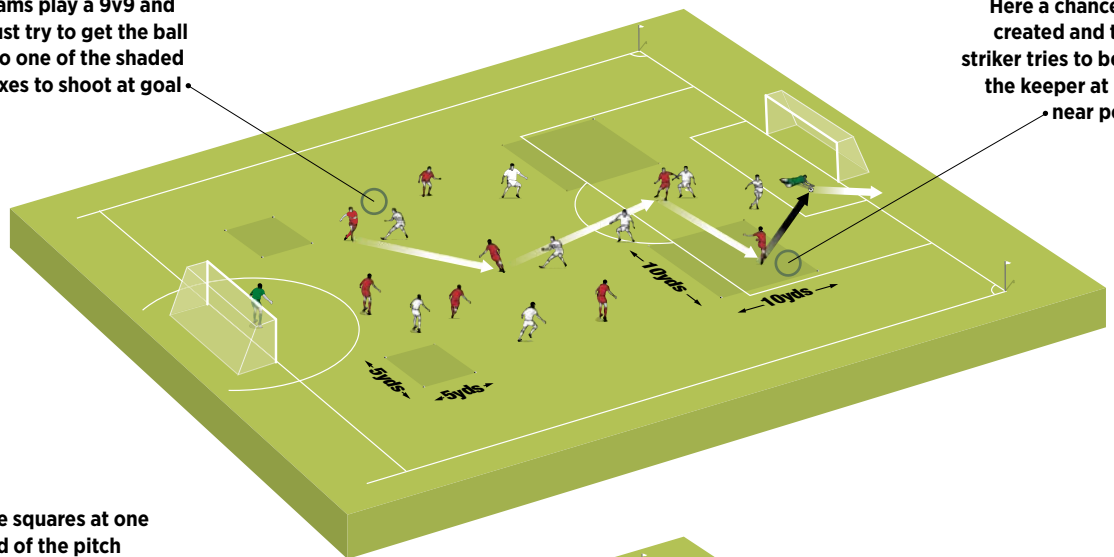
Split your squad into two teams of nine including keepers. Sort out your 9v9 formations so one team plays 3-3-2 and the other 2-4-2. Players can only shoot from the coned squares, which makes sure that the shots are always at an angle for the keepers to save. Otherwise normal rules apply.

TECHNIQUE

Angled shots from both sides of the pitch help goalkeepers to position themselves so they are covering as much of the goal as possible. This is also a good workout for teams wanting to find space on both sides of the pitch in order to create openings to shoot from the boxes.

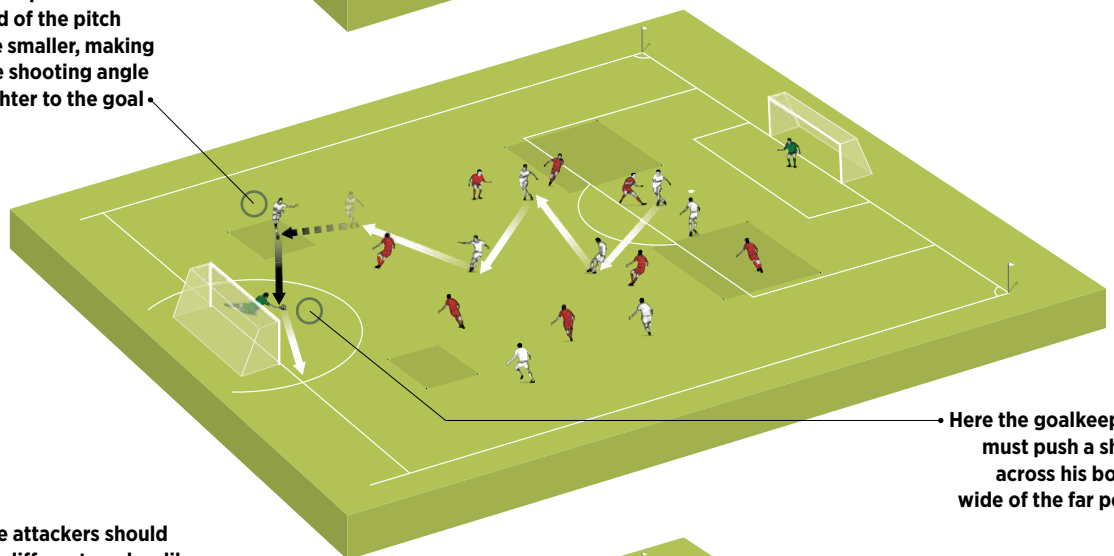
Teams play a 9v9 and must try to get the ball into one of the shaded boxes to shoot at goal

Here a chance is created and the striker tries to beat the keeper at his near post

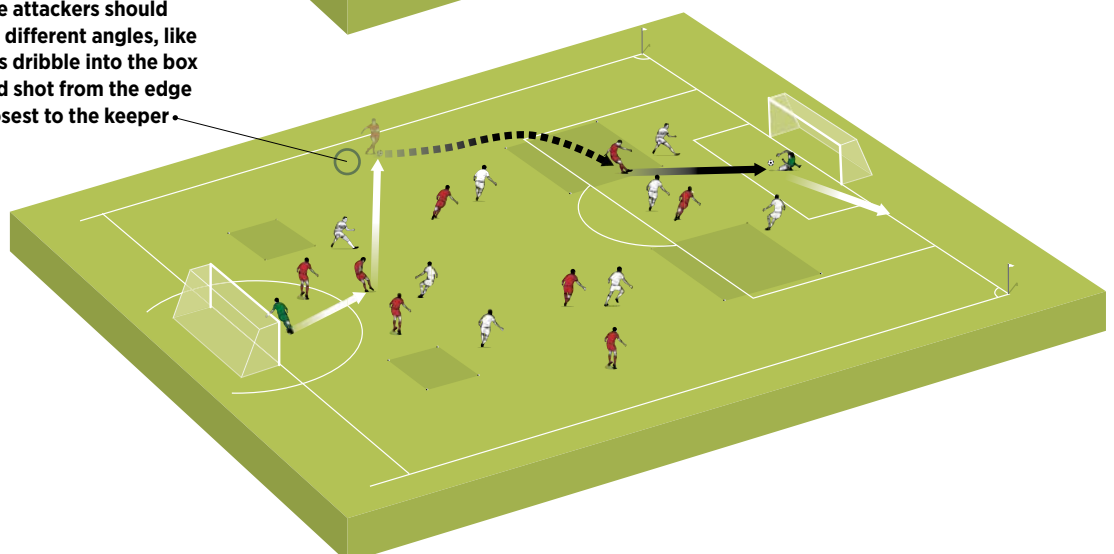


The squares at one end of the pitch are smaller, making the shooting angle tighter to the goal

Here the goalkeeper must push a shot across his body wide of the far post



The attackers should try different angles, like this dribble into the box and shot from the edge closest to the keeper



Player movement 

Ball movement 

Run with ball 

Shot 