

**GLENN HODDLE  
ACADEMY**

# Dave Beasant Angled shot stopping

## Overview:

Angled shot-stopping looks at the principles of moving around the goal in order to give a keeper the best chance of reacting to danger.

It's based on an innovative concept which examines angles inside the penalty area, notably an 'imaginary triangle' around the six-yard box, two edges of which the keeper traverses. The set-up forces shot-stoppers to think differently about how they stand and the positions they adopt, because every week in the Barclays Premier League there are examples of keepers taking up incorrect positions. This session aims to reinforce an understanding of angles and distance from the goal.

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## ANGLED SHOT STOPPING

### SET-UP

#### AREA

Penalty area

#### EQUIPMENT

Ball, cones, goal

#### NUMBER OF PLAYERS

4

#### SESSION TIME

Practice angles  
40mins,  
shooting 15mins,  
game 20mins

## What do I get the players to do?

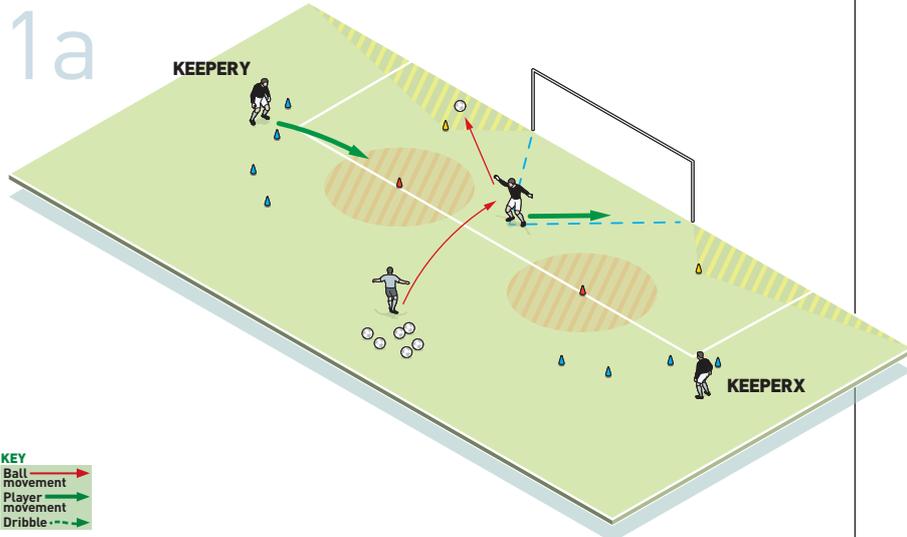
### Practice angles

In a penalty area, we place two angled coned gates outside the six-yard box. A keeper is stood by each, with the main working keeper in goal. There are also red cones on the six-yard line, in line with each goalpost, plus yellow cones at 45 degree angles three yards outwards from each goalpost.

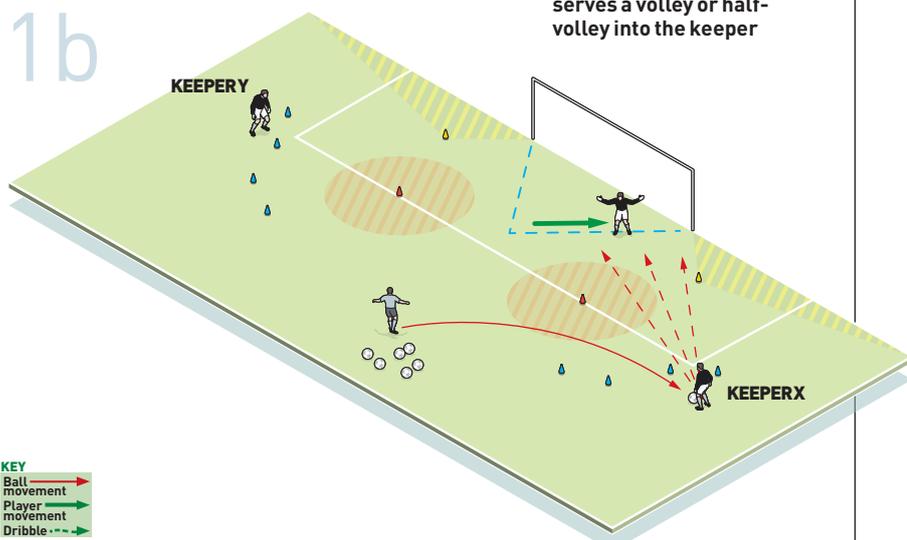
Goalkeepers work around an imaginary triangle which extends diagonally from both posts to a point about four yards out, and in line with the penalty spot.

From the penalty spot, the coach serves a volley or half-volley into the keeper (1a), then half-volleys to keeper X, on his right. As the ball is travelling, the keeper in the goal works down the angle of the triangle towards the post, and into position. Keeper X catches the ball and serves at goal (1b).

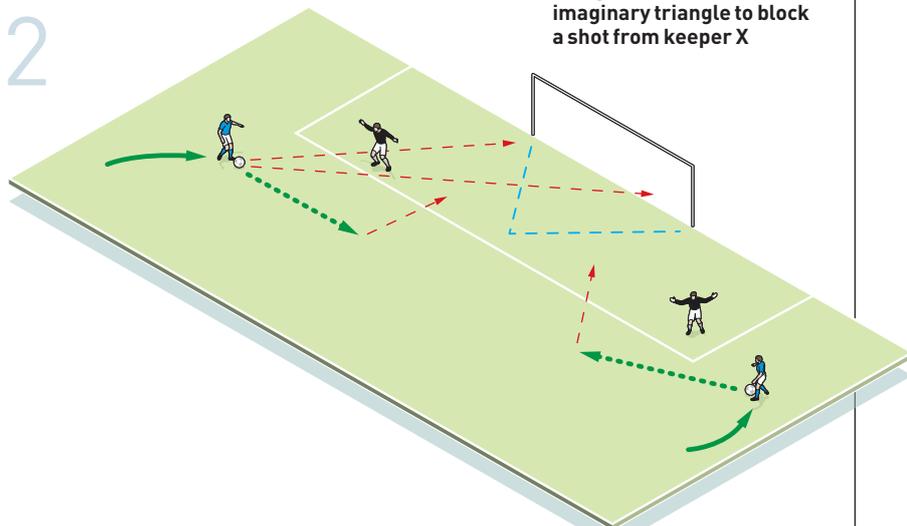
If a saved shot goes to the right of the yellow cone, it's safe. But if it falls anywhere around



In the first part, the coach serves a volley or half-volley into the keeper



The keeper then moves along the line of the imaginary triangle to block a shot from keeper X



If the ball is outside the post the keeper must not be drawn towards the ball, but should stay on the line of the imaginary triangle to improve the saving angle



**Dave Beasant**

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Dave Beasant became the first goalkeeper to save a penalty in an FA Cup final when his spectacular stop to deny John Aldridge helped unfancied Wimbledon to a 1-0 Wembley success in 1988.

He played for Newcastle United, Chelsea, Nottingham Forest and Southampton amongst others, before moving into specialist goalkeeping coaching, with posts at Fulham and the Northern Ireland international team.

Beasant now works with the Glenn Hoddle Academy, giving a second chance to young keepers who have been released by professional clubs in England.

“Keepers must ensure they adopt correct angles, using the imaginary triangle as a guide.”

**ANGLED SHOT STOPPING**

the red cone, keeper Y can follow up.

We repeat on both sides, and through different gates to vary angles.

**Shooting**

The coach now lays a pass into a striker on the 18-yard line behind a central mannequin, who must turn either way and try to beat the keeper with a first-time shot (3).

Next we use supporting midfielders – the striker holds up the ball for his team mate to receive and move through the gate. The striker then follows in for any rebounds (4).

**Small-sided game**

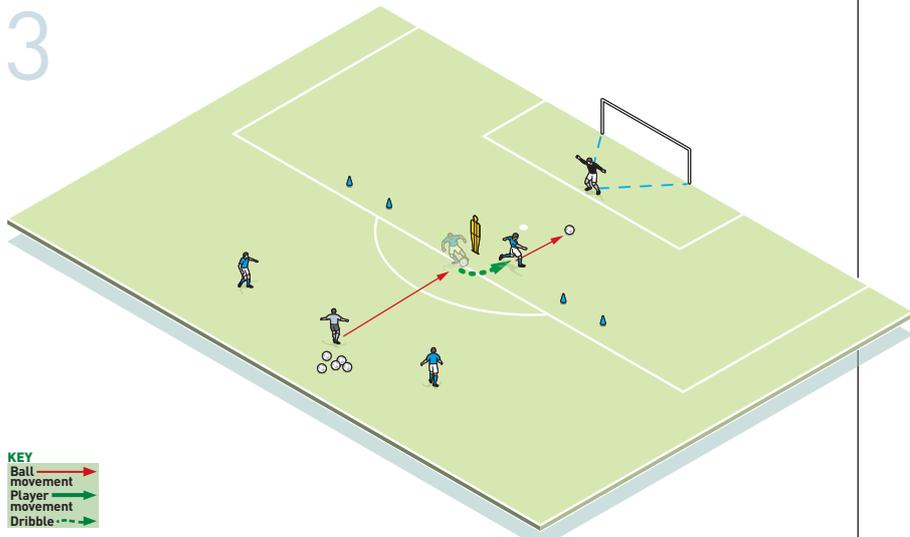
We conclude with a 36x44-yard game. It's 7v7 (plus keepers), played at high intensity, with players allowed to shoot from anywhere (5).

**What are the key things to look for technically/tactically?**

Keepers must ensure they adopt correct angles, using the imaginary triangle as a guide. We're looking for them to get in position quickly, save well, and deflect the ball into safe areas, not back at players.

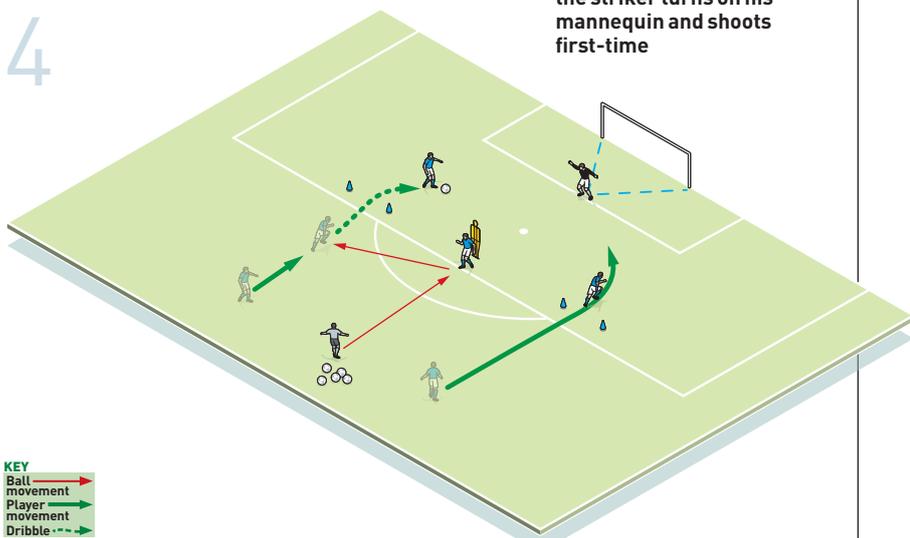
In the small-sided game, the tight area means rebounds are a real threat for keepers, while players must shoot regularly, close down and find space. ■

3



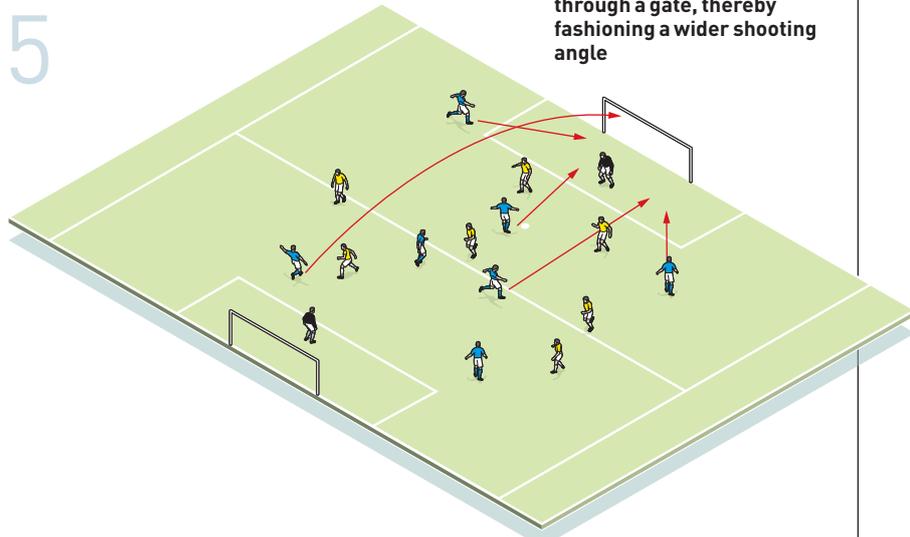
In the shooting practice, the striker turns on his mannequin and shoots first-time

4



Now a supporting midfielder must receive and dribble through a gate, thereby fashioning a wider shooting angle

5



The compacted nature of the small-sided game means keepers have to be aware of shots coming in from all areas