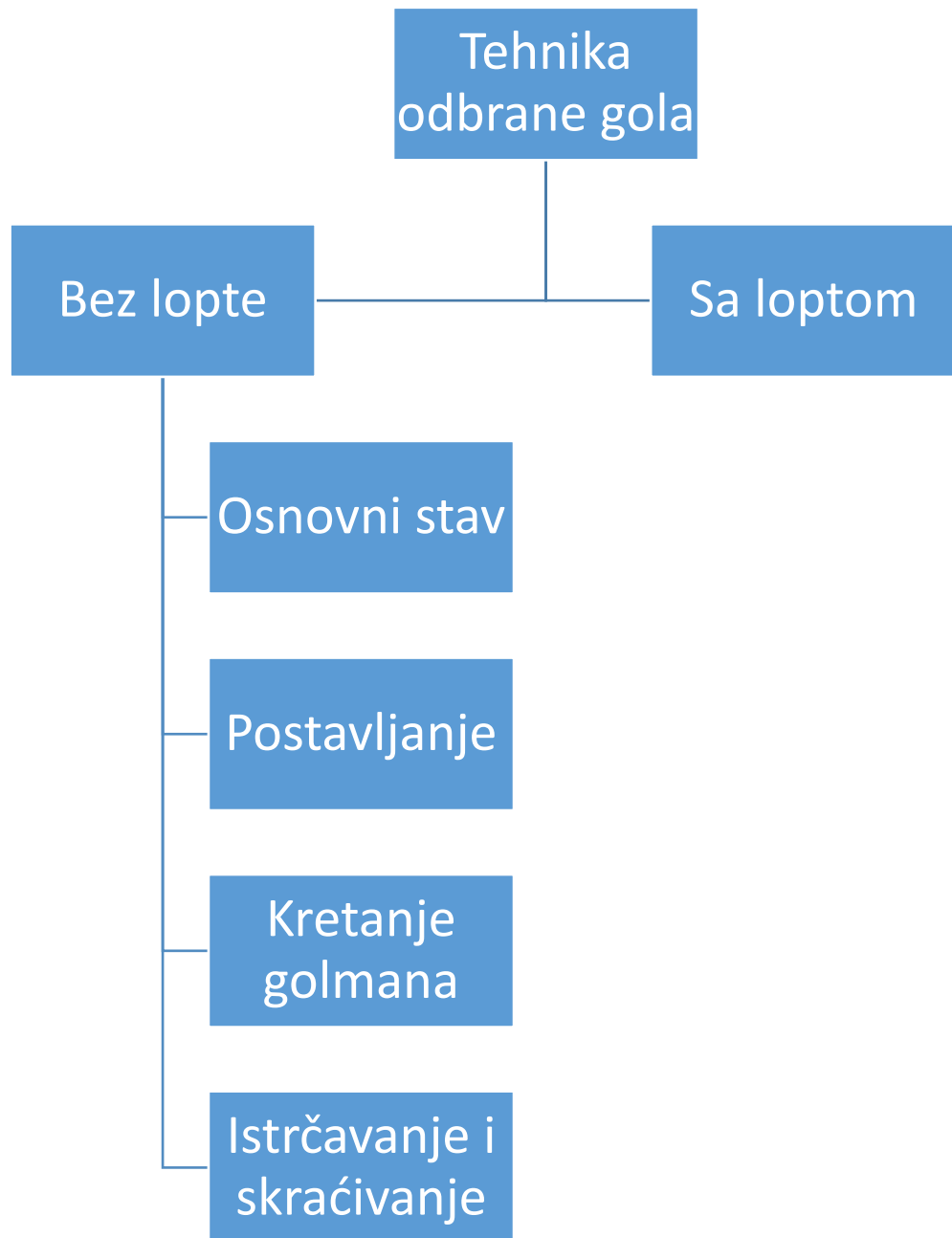




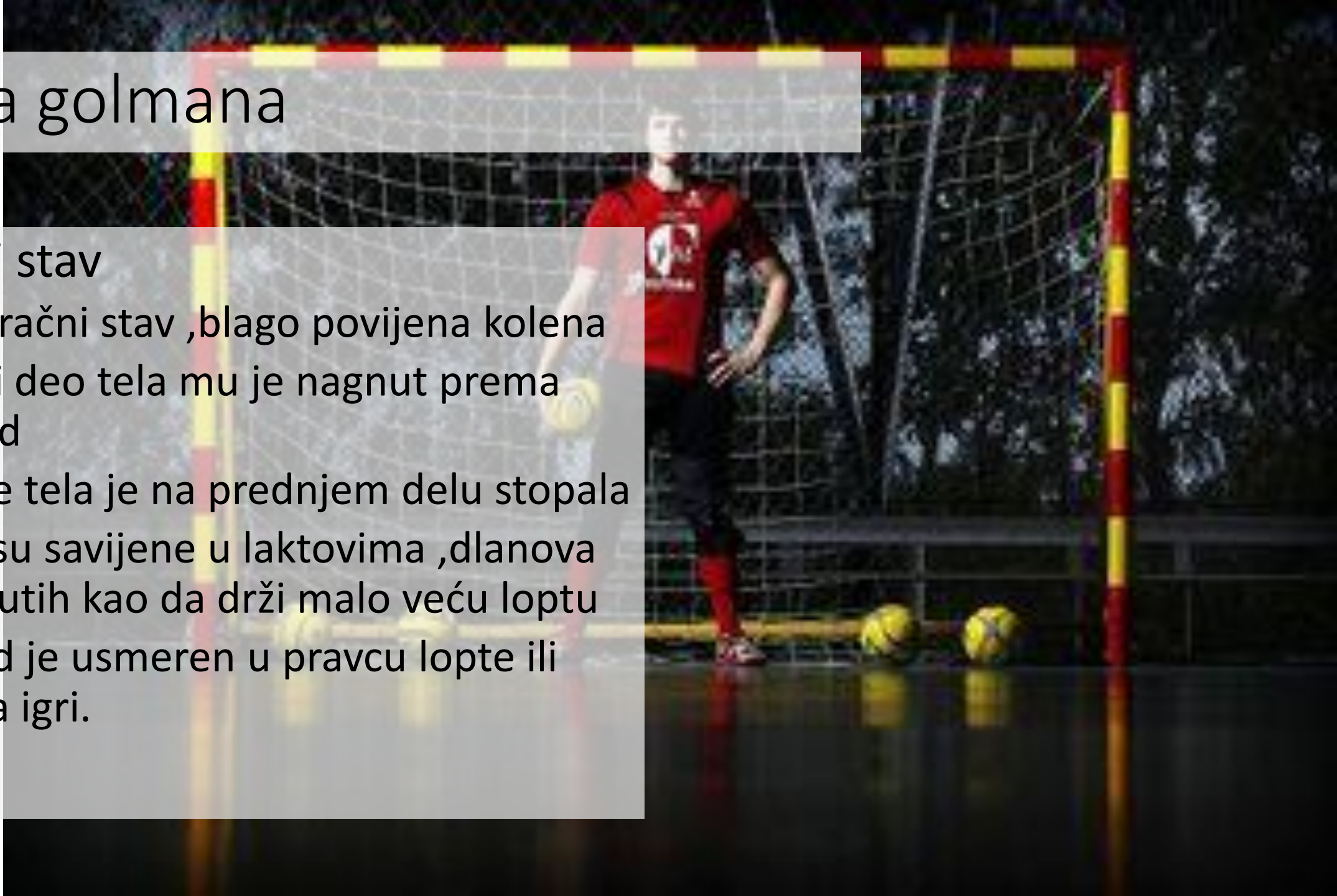
Tehnika odbrane gola

dr Zoran Milanović, docent

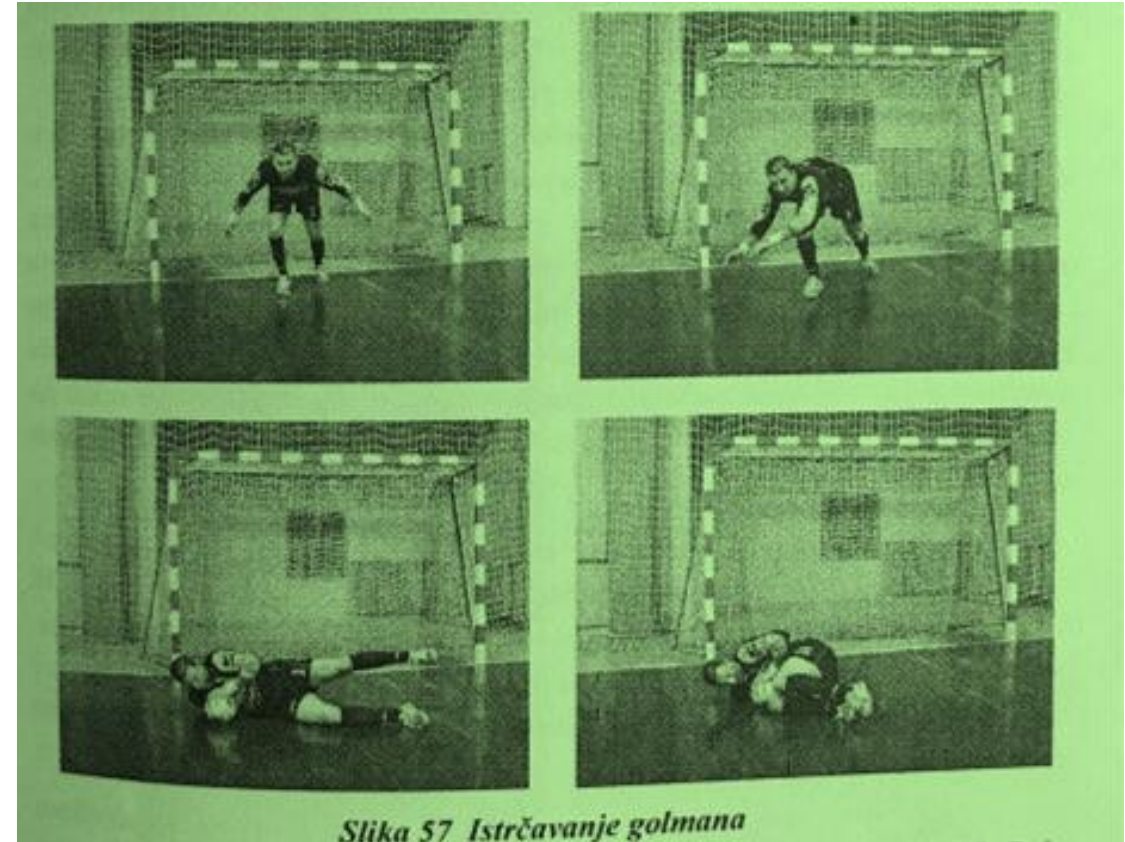
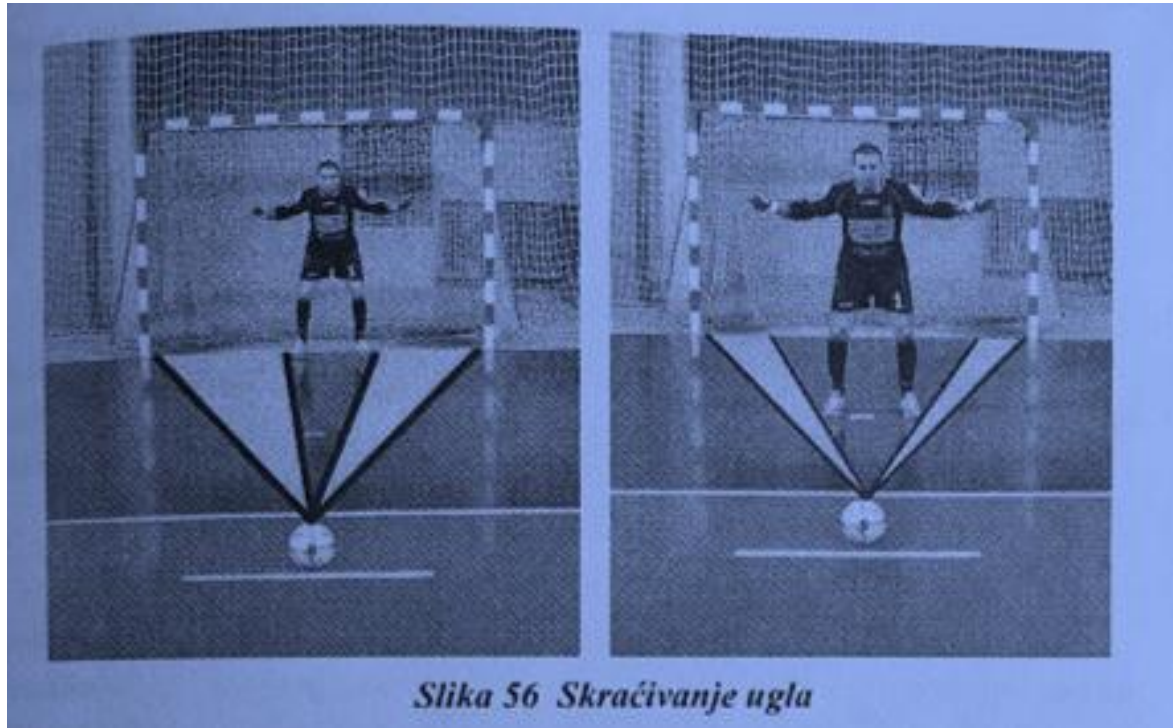


Tehnika golmana

- Osnovni stav
 - Raskoračni stav ,blago povijena kolena
 - Gornji deo tela mu je nagnut prema napred
 - Težište tela je na prednjem delu stopala
 - Ruke su savijene u laktovima ,dlanova okrenutih kao da drži malo veću loptu
 - Pogled je usmeren u pravcu lopte ili prema igri.



Skraćivanje ugla i istražavanje



Tehnika hvatanja
lopte

```
graph TD; A[Tehnika hvatanja lopte] --> B[Hvatanje niskih lopti]; A --> C[Hvatanje poluvisokih lopti]; A --> D[Hvatanje visokih lopti];
```

Hvatanje
niskih lopti

Hvatanje
poluvisokih
lopti

Hvatanje
visokih lopti

Tehnika hvatanja
lopte

Hvatanje
niskih lopti

Hvatanje
poluvisokih
lopti

Hvatanje
visokih lopti



Tehnika hvatanja lopte

Hvatanje niskih lopti
POVALJKOM

Hvatanje poluvisokih lopti

Hvatanje visokih lopti

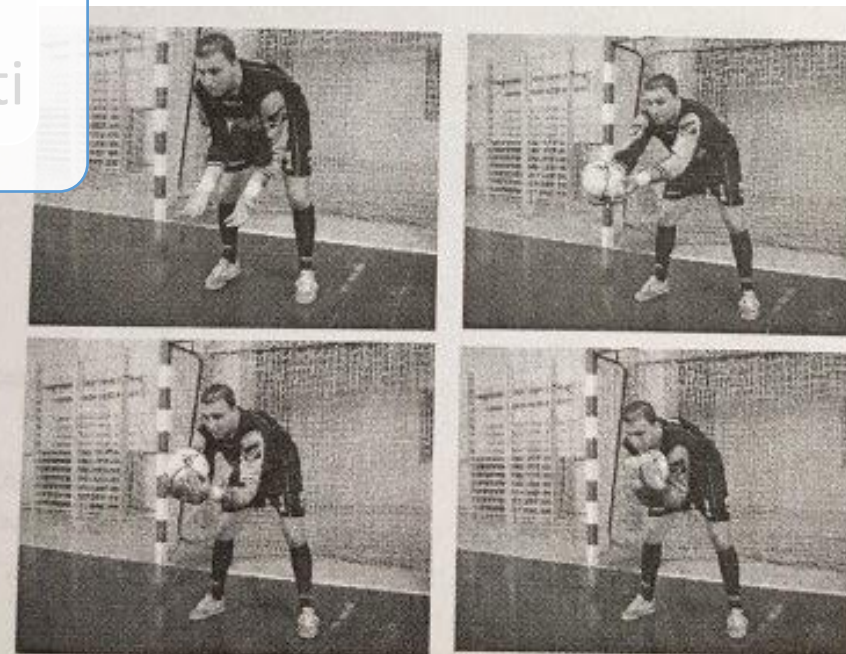


Tehnika hvatanja
lopte

Hvatanje
niskih lopti

Hvatanje
poluvisokih
lopti

Hvatanje
visokih lopti



Slika 59 Hvatanje poluvisokih lopti

Tehnika hvatanja
lopte

Hvatanje
niskih lopti

Hvatanje
poluvisokih
lopti - povaljka

Hvatanje
visokih lopti

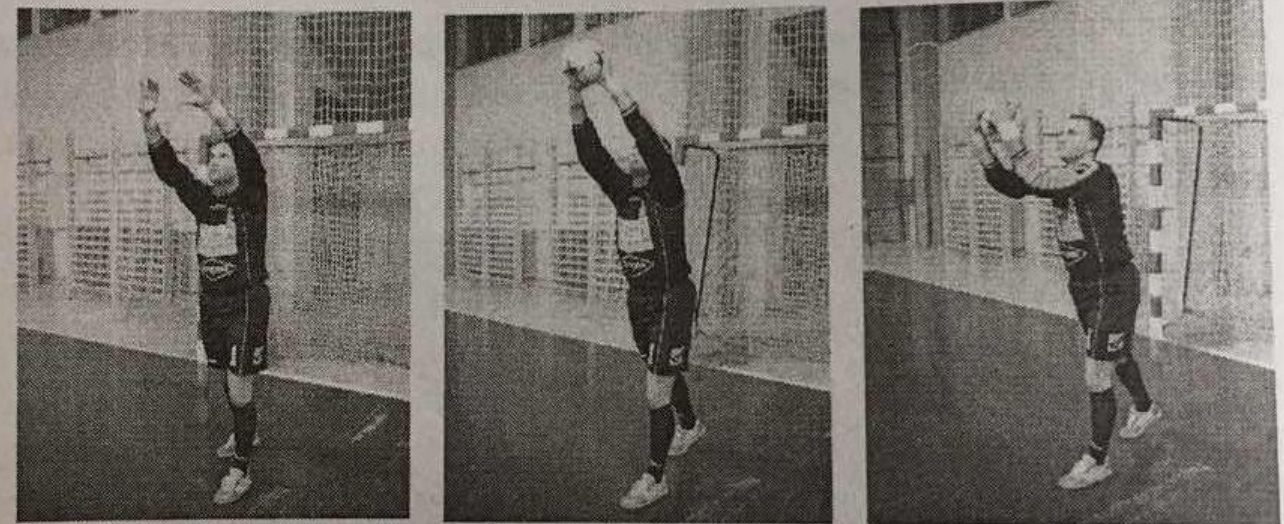


Tehnika hvatanja
lopte

Hvatanje
niskih lopti

Hvatanje
poluvisokih
lopti

Hvatanje
visokih lopti



Slika 60 Hvatanje visokih lopti

Tehnika hvatanja
lopte

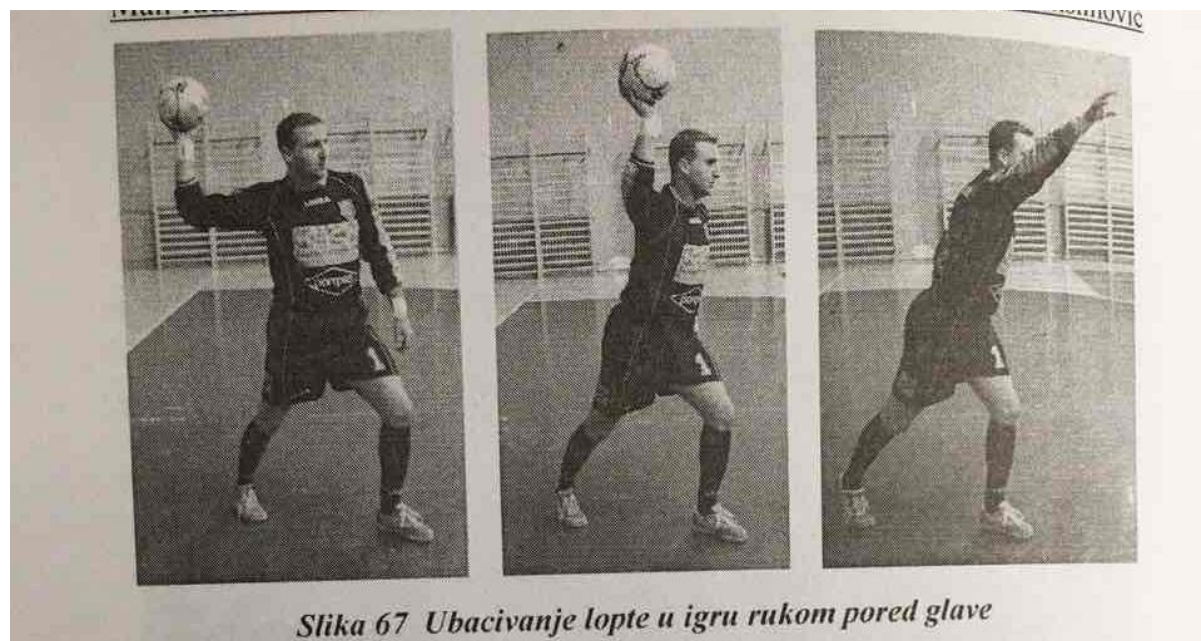
Hvatanje
niskih lopti

Hvatanje
poluvisokih
lopti

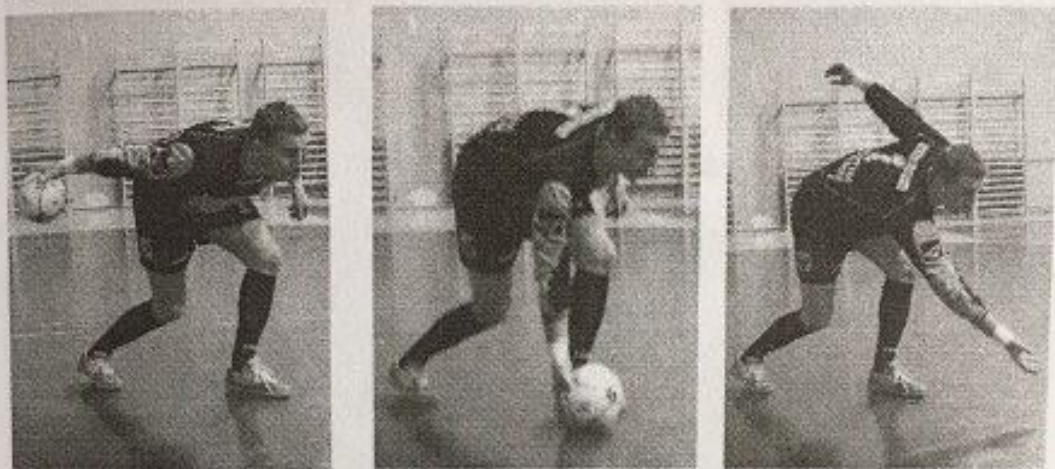
Hvatanje
visokih lopti



Tehnika ubacivanja lopte u igru



Tehnika ubacivanja lopte u igru



Slika 65 Ubacivanje lopte rukom - kuglanje

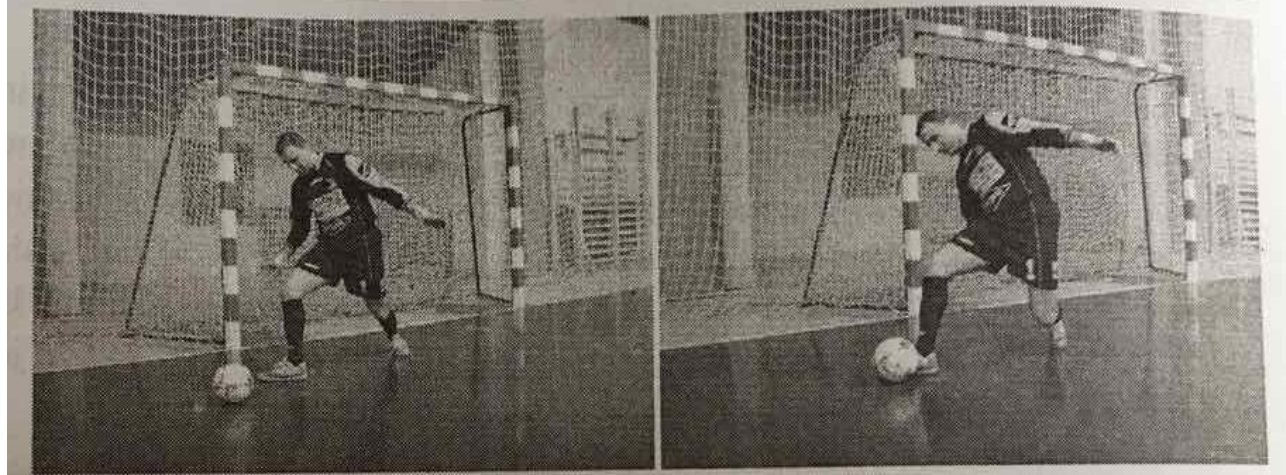


Slika 66 Ubacivanje lopte rukom sa strane

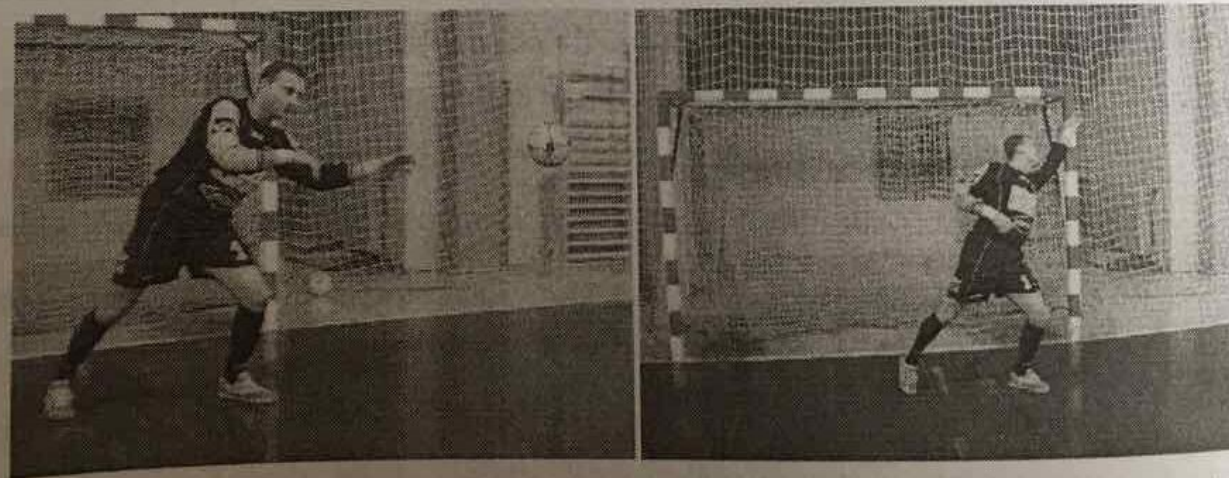
Tehnika ubacivanja lopte u igru



Odbijanje lopte



Slika 62 Odbijanje niskih lopti nogom

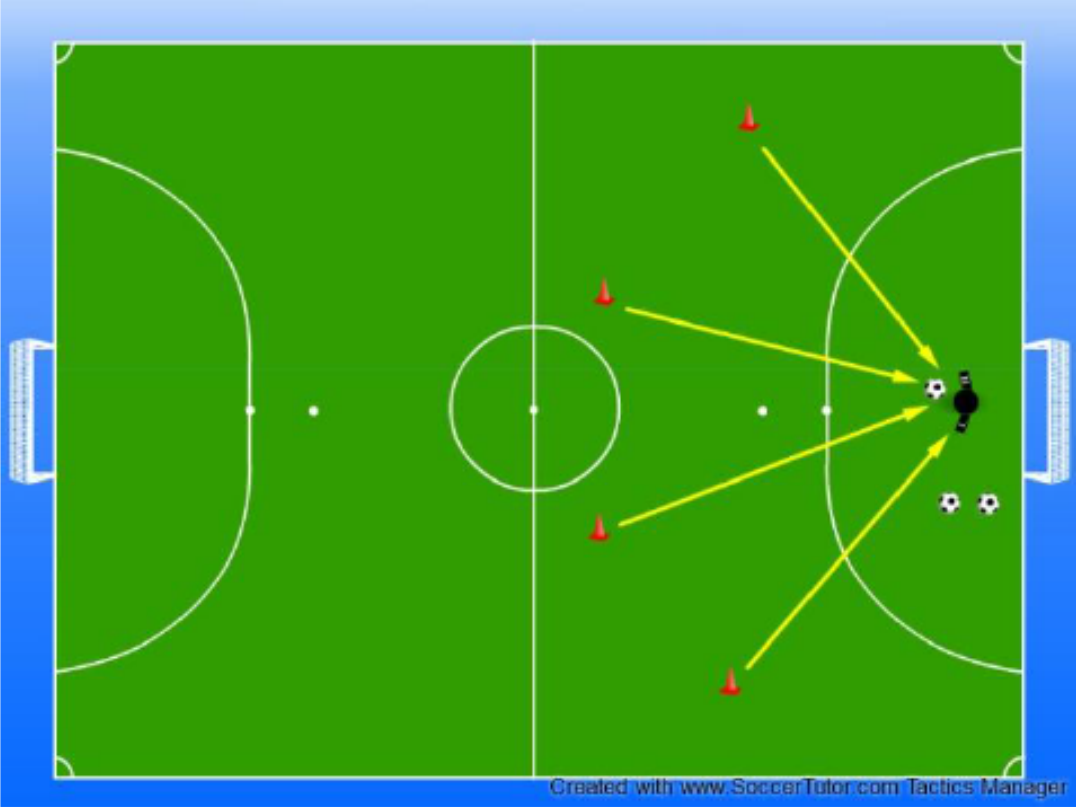


Slika 63 Odbijanje poluvisokih lopti

Slika 64 Odbijanje visokih lopti


Activity #1 - Clearances to cones

Four cones are set out on different parts of the pitch at different distances. The goalkeeper has a supply of balls available in the goal and throws them out trying to hit the cones.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Practices the technique of making a clearance.	<ul style="list-style-type: none">• Same exercise, but the goalkeeper kicks the ball out• A defender can be placed around the second penalty mark to make the exercise more difficult	<ul style="list-style-type: none">• Focus on the goalkeeper's inclined body position when making the clearance• Focus on the arc that the goalkeeper's arm should make when throwing the ball	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 - Clearances to the pivot

One attacker and one defender. The goalkeeper has to match the throw to the attacker's movement as he tries to lose his marker.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Clearing the ball in a match situation.	<ul style="list-style-type: none">• Same exercise, but the ball is kicked out.	<ul style="list-style-type: none">• In addition to the previous coaching points, the attacker also has to synchronize his movement to the goalkeeper's clearance.	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #1 - Shots from different angles

Three attackers at different locations on the pitch each have various balls. The attackers take it in turns to shoot and the goalkeeper must correct his positioning for the next shot.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Maintaining correct positioning with shots from different angles.	<ul style="list-style-type: none">• The attackers are given numbers and the coach indicates which player should shoot, not necessarily in numerical order• A defender can be placed in the way to make positioning more difficult	<ul style="list-style-type: none">• The goalkeeper should have his weight on his toes so that he is better able to react• The goalkeeper should always try to take up a position on the imaginary line between the ball and the centre of the goal	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 - Positioning when faced by numerical superiority

Two attackers, one on each side of the pitch. The attacker with a ball can shoot at the near post or pass to the teammate at the far post.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Positioning in a match situation.	<ul style="list-style-type: none">• A time limit can be imposed on finishing.	<ul style="list-style-type: none">• The goalkeeper's positioning should guarantee cover of the post nearest to him and he should try to defend the passing channel to the other attacker by stretching out a leg• The goalkeeper should try to close down the passing channel to the attacker as much as possible	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

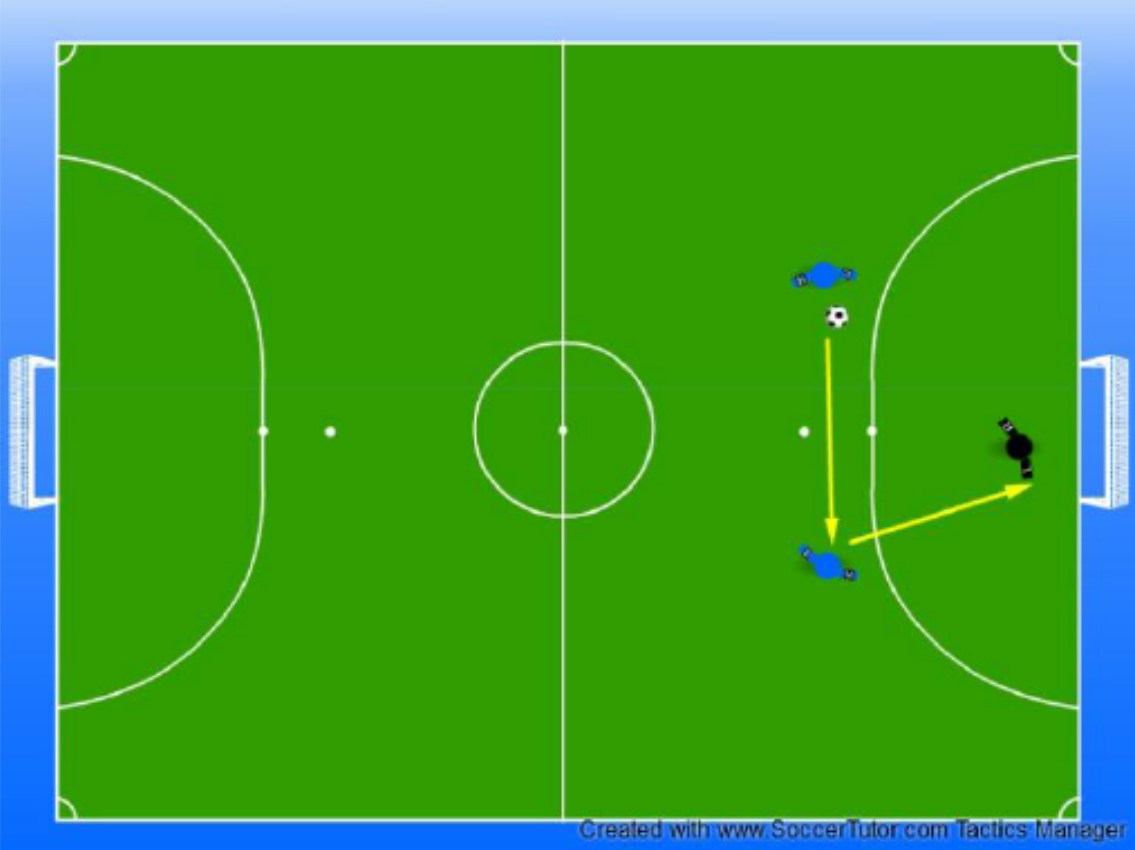
Activity #1 - Touching the post

An attacker has a supply of balls at the penalty mark. The goalkeeper moves to touch a post; the attacker then immediately kicks the ball towards the opposite post. The exercise continues in this way.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Working on lateral movements.	<ul style="list-style-type: none">• The goalkeeper can also be brought forward and then lobbed over to work on backwards movement.	<ul style="list-style-type: none">• The most important point is that the body weight should be on the toes so that the goalkeeper can move quickly. The goalkeeper should not move backwards when the player shoots.	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 - Lateral passes

Two attackers stand in a line parallel to the goal, inside the area. The players pass the ball to each other. This continues until a player decides to shoot at goal. The goal keeper has to move while taking into account the trajectory of the ball and remain alert to when a player decides to shoot.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Movement of the goalkeeper in a match situation.	<ul style="list-style-type: none">• Impose a maximum number of passes.	<ul style="list-style-type: none">• In addition to the coaching point above, the goalkeeper takes a small step forwards in order to reduce the attacker's shooting angle.	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 - Shots from the wings

An attacker stands on each wing with a supply of balls. A third attacker waits in the center for any rebounds. The attackers take it in turn to shoot from the wings. If there are any rebounds, the third attacker shoots at goal.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Working on catching the ball in a match situation.	<ul style="list-style-type: none">• A defender can be used to screen the shots and hamper the goalkeeper's vision.	<ul style="list-style-type: none">• The goalkeeper should also try to get his body behind the ball in case its spills through his hands.	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #1 - Deflecting from different angles

Three attackers at different angles take it in turns to shoot at goal; the goalkeeper has to deflect the ball. A fourth attacker roams the penalty area and tries to put any rebounds in the net.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Working on deflecting from different angles	<ul style="list-style-type: none">• The attackers change the sequence of shooting to make the exercise less predictable.	<ul style="list-style-type: none">• Place the hands straight and tensed• Do not be passive, push the ball• Always deflect the ball towards the wings, never towards the center	


Activity #2 - Match situation

Two attackers compete against one defender and try to reach the goal to finish the move. A third attacker waits in the penalty area and tries to score from any rebounds.

Objective:	Variations:	Coaching points:	 <p data-bbox="1837 1200 2369 1225">Created with www.SoccerTutor.com Tactics Manager</p>
<ul style="list-style-type: none">• Practicing deflecting in a match situation.	<ul style="list-style-type: none">• Impose a time limit on finishing the move• Only allow shots from outside the area	<ul style="list-style-type: none">• All of those previously mentioned	


Activity #1 – one attacker's v the Goalkeeper

Several attackers, each with a ball. The attackers take it in turn to take the ball towards goal with only the keeper defending.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Keeper comes out against an attacker	<ul style="list-style-type: none">• the attackers have to try and dribble around the goalkeeper• the attackers have to shoot on goal without dribbling past the keeper• the attacker can choose how they attack the goal	<ul style="list-style-type: none">• Be patient• look the opponent in the eyes• make a dummy move to force the attacker into making a hasty decision	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 – coming out against a counterattack

An attacker (red) shoots at goal. The Goalkeeper then quickly plays the ball out to one of the two yellow team players who counter attack. The opposing goalkeeper comes out to defend against the counter attack, either trying to intercept the ball or hold up play for the red team player to drop back.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Coming out against a counterattack	<ul style="list-style-type: none">• Impose a time limit for finishing the counter attack	<ul style="list-style-type: none">• The goalkeeper takes up an advanced position• Be in an alert, tensed position and not upright and relaxed.	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #1 - Wide free kick

Two attacking players take up positions outside the box and one goes to the far post to be marked by the goalkeeper. As the attacking players change their positions, the goalkeeper must defend against a pass to the attacker at the far post and try to block any shots from outside the area.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">Defending against a pass into the area and a shot from outside the area.	<ul style="list-style-type: none">The nearest defender moves back to mark the attacker on the far post while the goalkeeper comes out to narrow the angle of shots from outside the area.	<ul style="list-style-type: none">The goalkeeper should be continuously issuing orders to his team-matesThe goalkeeper should always defend the post furthest from the ball and the wall the closest postThe goalkeeper should not close his eyes or move backwards during shots	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 Central free kick

The goalkeeper forms part of the defensive wall, guarding against a direct shot by the player taking the free kick as well as a shot from the attacking team player adjacent to the free kick taker. The other attackers are marked by the defenders on the posts. The goalkeeper mustn't go to ground, but rather attack the shot.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Defending shots from the center.	<ul style="list-style-type: none">• The attacker adjacent to the ball blocks a defender on a post and the attacker who was next to the post comes out in order to shoot• The goalkeeper must make full use of peripheral vision in this case	<ul style="list-style-type: none">• The goalkeeper protects the posts with defenders and takes up a position in the wall to protect the center of the goal• The goalkeeper should attack the shot in order to reduce the angle of the shot• The goalkeeper should come out very quickly	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #1 - Defending shots from inside the penalty area

Two attackers, one at each corner, take it in turns to take a corner kick. They can pass to a third attacker inside the area or play the ball directly at goal. The goalkeeper has to be ready to cover both options.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none">• Practicing defense against shots from inside the penalty area.	<ul style="list-style-type: none">• It only becomes apparent who will take the corner at the last moment• The goalkeeper starts the exercise lying on the ground and quickly gets up when the coach instructs a player to take the corner	<ul style="list-style-type: none">• The goalkeeper's position at or close to the post depends on the position of the defenders• The goalkeeper should be a little crouched in order to be able to react quickly	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Activity #2 - Defending shots from inside and outside the penalty area

An attacker is positioned at each corner with a ball. Two attackers take up positions inside the area are confronted by two defenders. Another attacker is outside the penalty area to provide long-range shots. The player taking the corner decides who to play the ball to, resulting in a shot from inside or outside the penalty area.

Objective:	Variations:	Coaching points:	 <p>Created with www.SoccerTutor.com Tactics Manager</p>
<ul style="list-style-type: none">Defending shots inside and/or outside the penalty area.	<p>A follow-up move is allowed if the ball rebounds</p> <ul style="list-style-type: none">Give more value to a goal from inside or outside the area, depending on what the exercise is focusing on	<ul style="list-style-type: none">The same as above.Also the goalkeeper asked for a strong clearance from his defenders of any balls he cannot catch.	