

GOALKEEPING: THE SPLIT SAVE

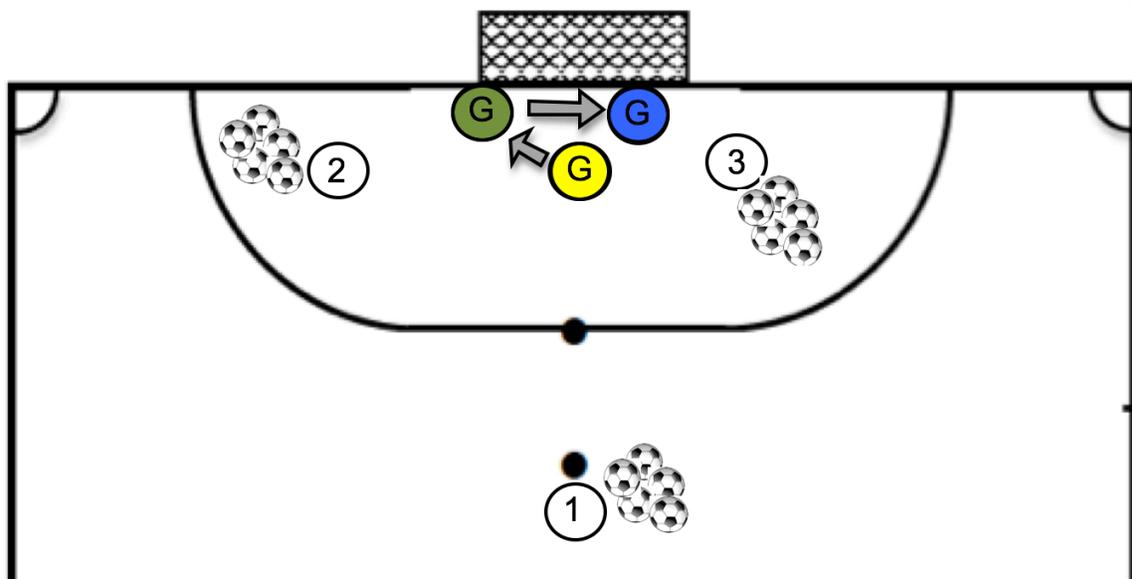
(by Otto Orf, 1-04-2016)

Set up 3 shooting stations:

1. from 8-12m away where you will use your hands to catch or dive to save shots.
2. from one post where the ball will also be shot, punted or thrown to the near post side either high to save with the upper hand, at the body to be save with the chest or hands, or low to be saved by hands or by dropping the knee.
3. from the opposite side slightly outside the goal and about 5-10 feet off the goal line.

The hardest thing about this work out is that you need to rely on others for help. Balls must be served well enough to allow you to practice proper technique and timing.

The split save is a common, necessary futsal save and in order to execute it properly and safely you must stretch regularly. Stretch the groin, keep your upper body upright and even forward if possible. Be sure to equally work your right and left sides. Use a towel under each knee to slide on and achieve a good stretch. Keep your hands out in a saving position and not on the ground.



Execution: (You may rotate the order and mix up the different saves mentioned above at any time. Shots should always be predictable so you know where the ball is coming from and have a legitimate chance to save it when working on technique.

Save **shot one** from distance using hands in whatever technique is necessary. Then shuffle quickly to the post where **shot two** will be punted to the near post and a hand save pushes the ball away or deflects it outside or over the post or crossbar. Immediately step and go into a split save trying to stop **shot three**, which is low to the opposite post. (This last shot can be from a player with a ball in hand OR a one-touch shot from a pass across the goal, which would imitate game play much better.

Don't forget to switch and work from both sides! Repeat, repeat, repeat!