

# Blocking Short / Long

- Low basic position
- Hold the center of gravity of the torso at the front
- Stand on the forefoot – balance
- Arms wide and bent downwards at the sides (large attack surface)
- Upper body is upright, offer maximum large surface
- High pressure on the striker
- **Block short:** knee bends in laterally (depending on striker – f.ex. striker has strong right foot - right knee turns in) – distance 0-1 meters
- **Block long:** lateral split (depending on striker – f.ex. striker has strong right foot - left leg long) – distance 1-3 meters
- **Block push-off:** goalkeeper is too late, push-off out of running at maximum speed to close an area as large as possible





# BLOCKING SHORT / LONG

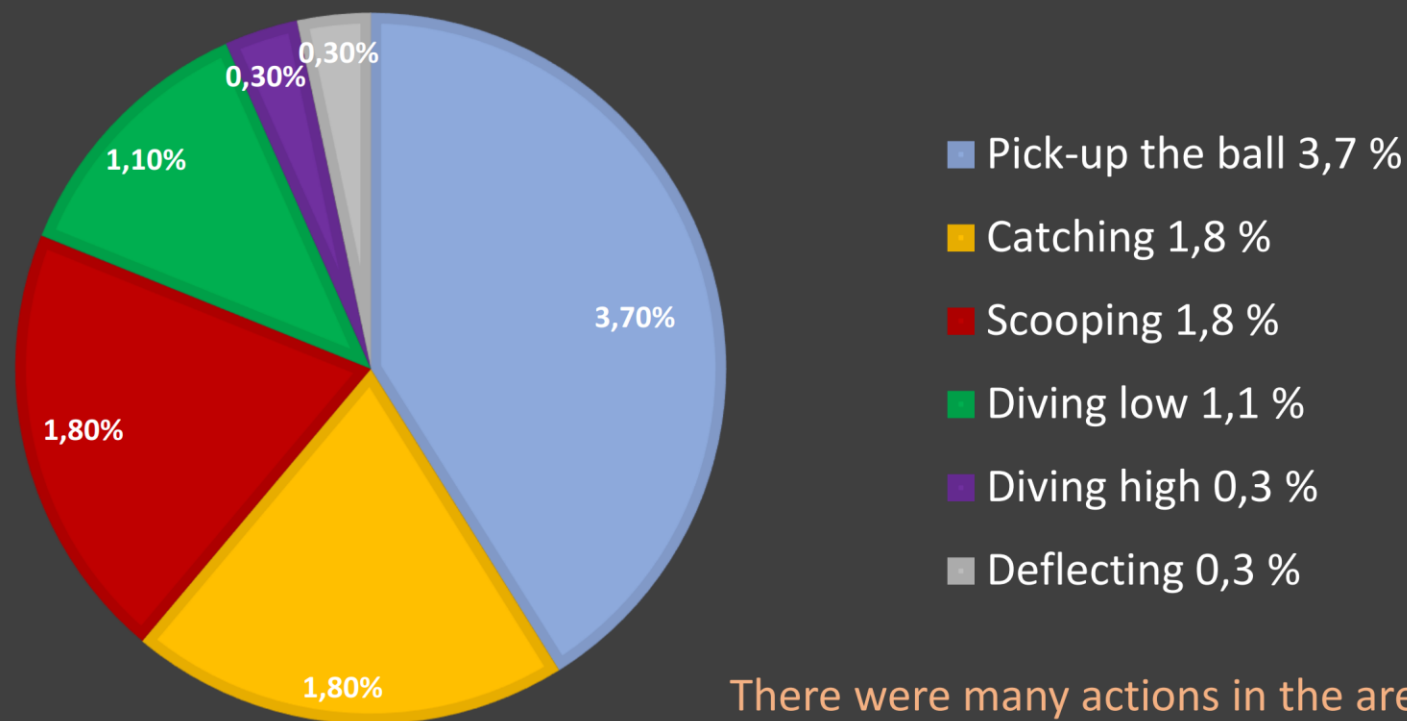
Sequence of movement





# Basic Techniques

Frequency distribution of **basic techniques** (in total 9%):



There were many actions in the area of **basic techniques** (9,0 %).  
→ These relatively simple defensive techniques are the basis and **belong to each training plan.**



# 10 questions to Steffen Krebs



- When do you think it is the right time to start with technical training for children and youth goalkeepers?
- Which technical priorities do you recommend within the respective ages?
- Do you work with methodical series?
- Does your detailed correction of techniques depend on the age or performance level of a goalkeeper?
- Is there anything for you to improve on established and experienced Bundesliga goalkeepers?
- How important is the exchange with your goalkeepers regarding technical performance?
- For you as a coach, how important is the direct goalkeeper-specific coaching on the pitch?
- Are there any differences in your coaching between your work in the youth and in the senior sector?
- How much voice do you give your goalkeepers?
- What is the difference between correction and coaching for you as a goalkeeper coach?