

Reaction Time

Description: All soccer positions must react quickly to what is happening in the game. It is especially important for goalkeepers to have a fast reaction time. They usually only have about 0.3 seconds to react to shots and penalty kicks. In this lesson, you will work on your reaction time and calculate your save percentage.

Save Percentage = (# shots stopped/# of total shots) x 100

Activity: Find a space somewhere inside or outside and make a goal with two cones. You will need a classmate or partner. One of you will act as the “goalkeeper,” and one will act as the “shooter.” The “goalkeeper” will stand inside the goal. The “shooter” will place a soccer ball and line it up 12 yards from the goal. The “shooter” will shoot at the “goalkeeper,” and the “goalkeeper” will see how many shots he/she can save out of 10 shots.

Part 1: Calculate how many successful saves are made from 10 shots. Record your results in the table below and calculate your save percentage.

Part 2: Use the soccer ball to calculate how any successful saves are made out of 10. Record your results on the table below and calculate your save percentage.

Additions: Switch positions with your partner, with the new “shooter” taking 10 shots against the new “goalkeeper.”

| Name | Number of Saves | | | | | | | | | | Save Percentage |
|------|-----------------|---|---|---|---|---|---|---|---|----|-----------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
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