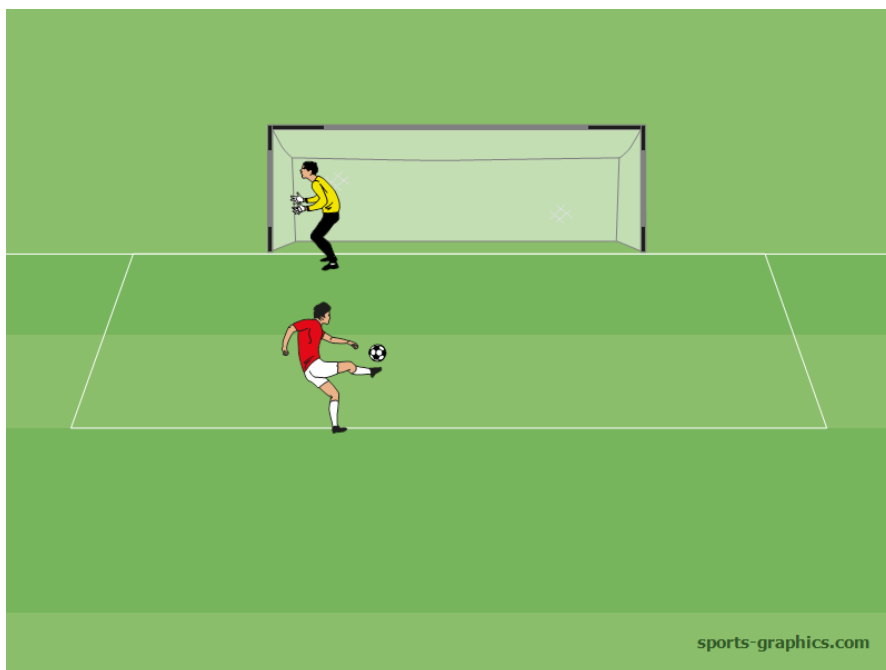


POST TURNS

Develop handling techniques to collect the ball

TECHNICAL

Goalkeeping



Handling

In front of a full size goal, the goalkeeper starts by facing towards one of the posts. The goalkeeper is on their toes ready to turn.

The server will call when the goalkeeper needs to turn and face the shot.

The server will hit a ball out of their hands towards the goal and the GK must react quickly.

The server can strike the ball at different speeds and at different heights. Repeat from both posts.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Confidence in handling balls from different heights and speeds.

KEY FACTORS

- Assess flight and pace of ball
- Brings hands forward early in line with ball
- Explosive movements
- Glide into the ready position
- Good form (correct technique)
- Good/correct technique
- Prepare hands prior to handling the ball

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Ensure adequate rest between sets of repetitions.
- Goalkeeper must stay light on their feet when moving into position.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.
- Positive take off and collection.
- The goalkeeper should watch/assess the flight of the ball.

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