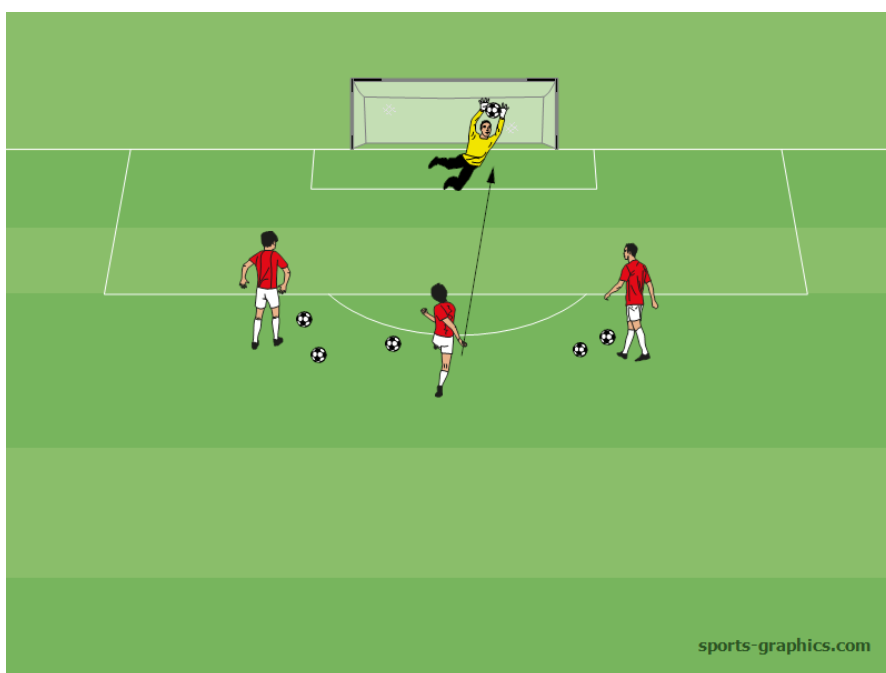


STOP EVERYTHING

Develop handling techniques to collect the ball

TECHNICAL

Goalkeeping



Handling

The goalkeeper starts in the middle of the goal.

Three servers stand just inside the 18-yard box with a supply of balls.

The servers shoot at goal one after the other to test the goalkeeper.

The goalkeeper selects the appropriate technique to prevent a goal being scored. If the keeper is to parry they must quickly react to get the ball under control on their second attempt or until the ball has gone dead.

To add competition to the practice, the GK gets 2 points for a save, against the servers. The servers are awarded one point if they score.

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.
- Correct technical aspects.
- Good decision making prior to performing move.
- Technical refinement of correct positioning.
- To learn basic handling skills.

KEY FACTORS

- Always expect a shot
- Assess flight and pace of ball
- Check set position
- Command the six yard box
- Glide into the ready position
- Good/correct technique
- Know the location of the goalposts
- Prepare hands prior to handling the ball
- React quickly

FOCUS AREAS

- Evaluate the players performance ensuring good form with technique. Actions should be performed at high speed and with maximum intensity while maintaining high quality. Adequate rest is vital between sets of work repetitions.
- Goalkeeper must stay light on their feet when moving into position.
- Is the goalkeeper focused and organised?
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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