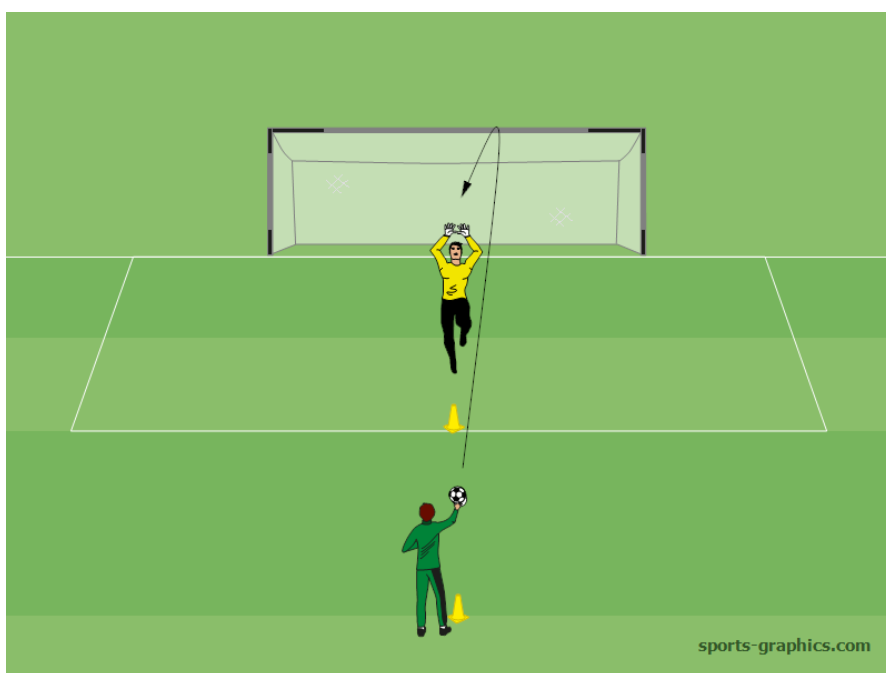


SALMON LEAP

Develop handling techniques when collecting the ball from aerial positions

TECHNICAL

Goalkeeping



Handling

In front of a full size goal, the goalkeeper starts 5yds off the goal line. The coach/server is positioned 10-12yds out. The goalkeeper must stand square to the coach/server and not anticipate the service. The coach/server delivers the ball over the goalkeeper but under the crossbar. The goalkeeper must leap into the air in order to prevent the ball going in. Repeat from different areas.

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.
- How to deal with the high ball.
- Players learn basic handling skills.
- To learn basic handling skills.

KEY FACTORS

- Assess flight and pace of ball
- Bring the ball back into the chest
- Communication
- Ensure a straight arm preparation
- Good/correct technique
- Light on feet
- Positive attitude to show commanding presence
- Prepare hands prior to handling the ball
- Take high balls at the highest point possible
- Take off on one foot

FOCUS AREAS

- Clear communication when collecting the ball.
- Do not take risks in a game related situation.
- Goalkeeper should command ball as they approach.
- Positive take off and collection.
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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