

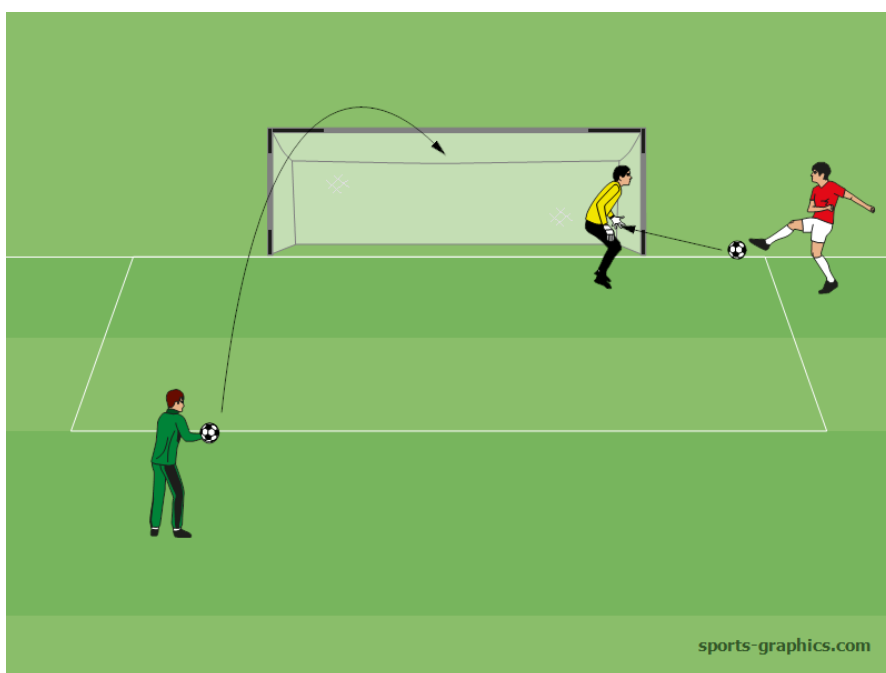
SAVE NEAR POST, COLLECT AERIAL BALL

Develop handling techniques when collecting the ball from aerial positions

TECHNICAL

Goalkeeping

Handling



Arrange a goalkeeper in front of a full size goal with a server and coach/server. The goalkeeper starts on the post nearest the server.

The server plays a ball out of hands into the goalkeeper who collects on their chest. The goalkeeper throws the ball back to the server and in the same movement reacts and takes off into the air to collect an aerial ball from the coach who has thrown or kicked a ball high into the air. Repeat several times from both sides.

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.
- How to deal with the high ball.

KEY FACTORS

- Assess angle and distance of approach of the opponent - analyse the situation
- Assess flight and pace of ball
- Command the six yard box
- Communication
- Ensure a straight arm preparation
- Explosive movements
- Good/correct technique
- Prepare hands prior to handling the ball
- Take high balls at the highest point possible

FOCUS AREAS

- Clear communication when collecting the ball.
- Goalkeeper must stay light on their feet when moving into position.
- Observe the quality of technique.
- 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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