

PENDULUM ROLL

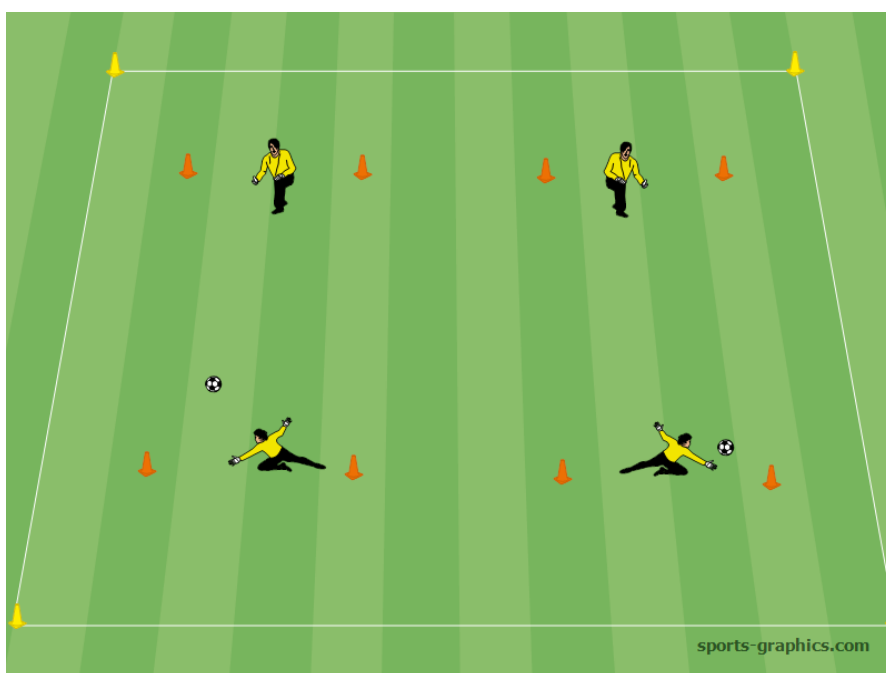
Develop handling techniques to collect the ball

TECHNICAL

PHYSICAL

Goalkeeping

Handling



In a 10x20 practice area. Adjust accordingly and set up as many cone goals as there are goalkeepers.

Goalkeepers work in pairs with one ball.

Goalkeepers are on their knees to test their body strength while handling the ball.

They aim to roll the ball past their partner.

Balls must be rolled to the side of each keeper, not straight, but not so far to the side that the receiver cannot roll and collect the ball.

Ensure that the players kneel in an upright position and not back on their heels.

After receiving the ball, the keeper should roll back to the kneeling position.

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

- To learn basic handling skills.

KEY FACTORS

- For saves on the ground - leading hand behind the ball, and the other hand securing it on top
- Good/correct technique
- Keep in line with ball
- Prepare hands prior to handling the ball
- Start gradually

FOCUS AREAS

- Demonstrate correct diving technique ensuring players are not landing on elbows.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.
- The goalkeeper should watch/assess the flight of the ball.

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