

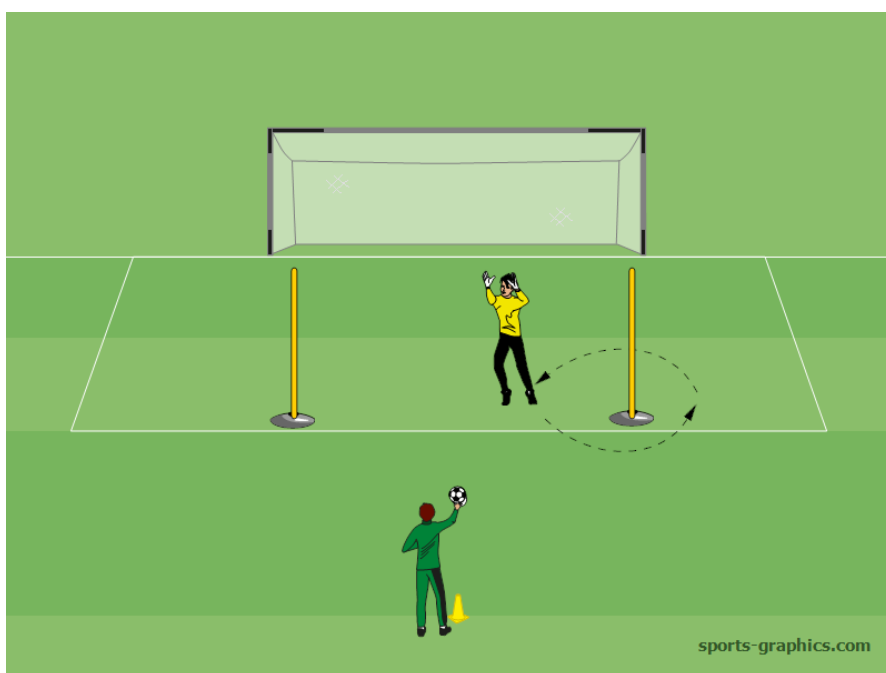
SET AND SAVE HANDLING

Develop handling techniques to collect the ball

TECHNICAL

Goalkeeping

Handling



Set up two poles on the edge of the six yard box.

The goalkeeper starts in the middle of the two poles.

Coach calls either right or left and the goalkeeper uses the most effective footwork to move quickly around the nominated pole before returning to the centre.

The goalkeeper sets position and the coach serves the ball accurately to work on the required save.

Repeat.

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.
- Players learn basic handling skills.
- Technical refinement of correct positioning.
- To learn basic handling skills.

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

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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