

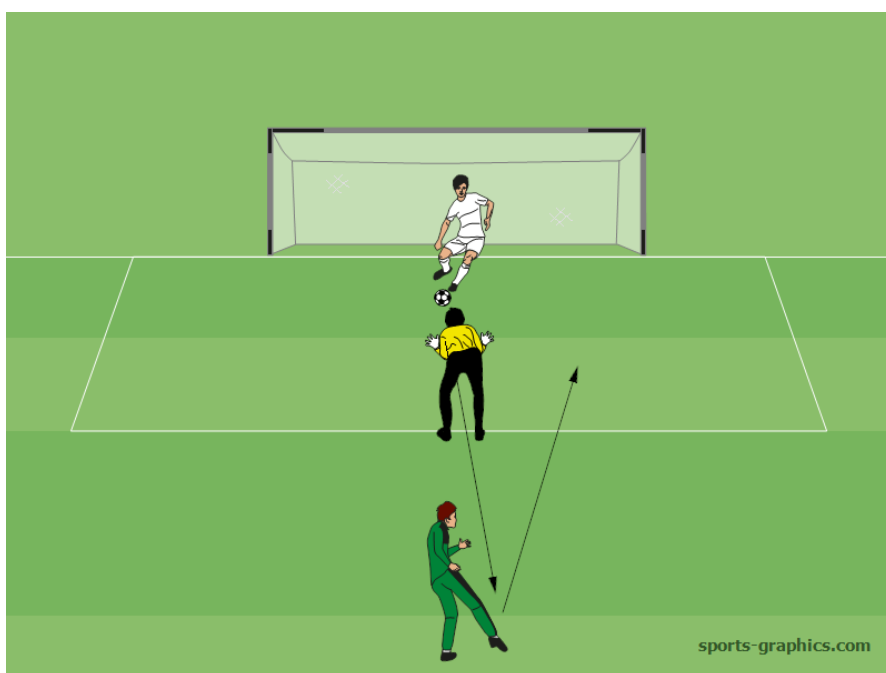
THROUGH LEGS, TURN AND SAVE

Develop handling techniques to collect the ball

TECHNICAL

Goalkeeping

Handling



This practice will test the goalkeeper's ability to turn and catch with instinct. Set up a player, goalkeeper and coach/player in front of a full size goal. The goalkeeper starts facing the goal and the player (white) making the first pass. The first player (white) passes a ball through the goalkeeper's legs to other coach/player. The receiving coach/player will test the goalkeeper by striking the ball firmly at the goalkeeper who must react quickly to catch at different heights. The goalkeeper must adopt the 'set 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

- Confidence in handling balls from different heights and speeds.
- Correct technical aspects.
- Players learn basic handling skills.

KEY FACTORS

- Brings hands forward early in line with ball
- Catch the ball with the hands first
- Elbows flexed to act as shock absorbers
- Explosive movements
- Feet shoulder width apart
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Prepare hands prior to handling the ball

FOCUS AREAS

- Demonstrate the correct technique.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.

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