

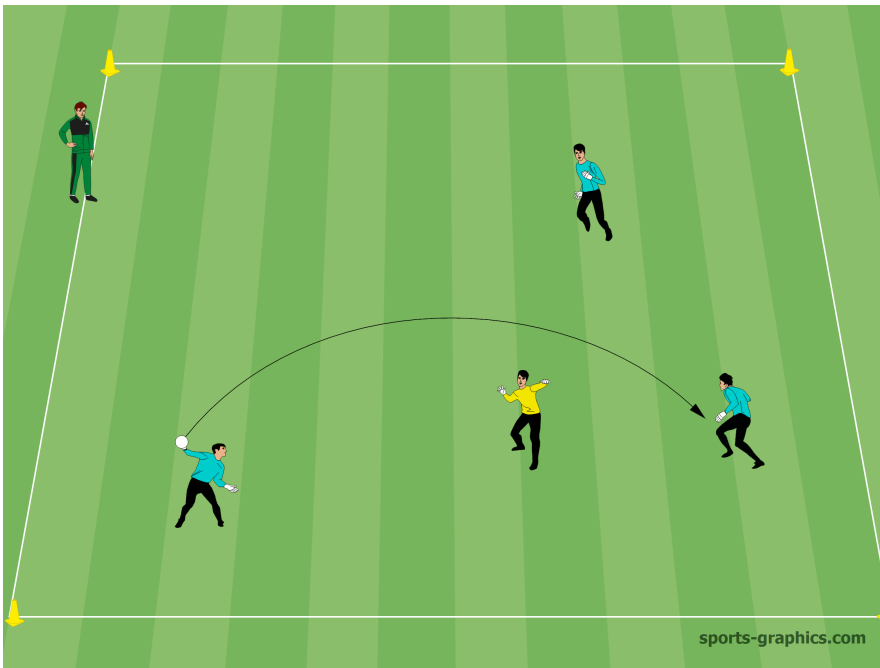
GK 3v1 HANDBALL

Develop handling in a skill related practice

TACTICAL

Goalkeeping

Handling



Use a 10x10 playing area.

Three players play against one defender.

This practice can include more players.

Modify the playing area accordingly.

The three attacking players throw the ball to each other to keep possession inside the square.

For throw to count, receiver must catch ball - bouncing/dribbling is not allowed.

The defender must try and intercept the ball by catching it.

Players switch positions after a set period of time or once the defender has intercepted the ball.

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.



Football
SESSIONS

INSPIRE TO DELIVER

Skill Based Practice

LEARNING OUTCOMES

- Improve ball handling consistency.

KEY FACTORS

- Assess flight and pace of ball
- Brings hands forward early in line with ball
- Communication - loud, clear, deliberate
- Glide into the ready position
- Good distribution (decision, accuracy and timing of throw)
- Prepare hands - fingers spread, hands in W shape

FOCUS AREAS

- Clear communication when collecting the ball.
- Goalkeeper must stay light on their feet when moving into position.
- Is the ball distribution accurate and is the technique selection correct?
- Observe the quality of technique.

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