

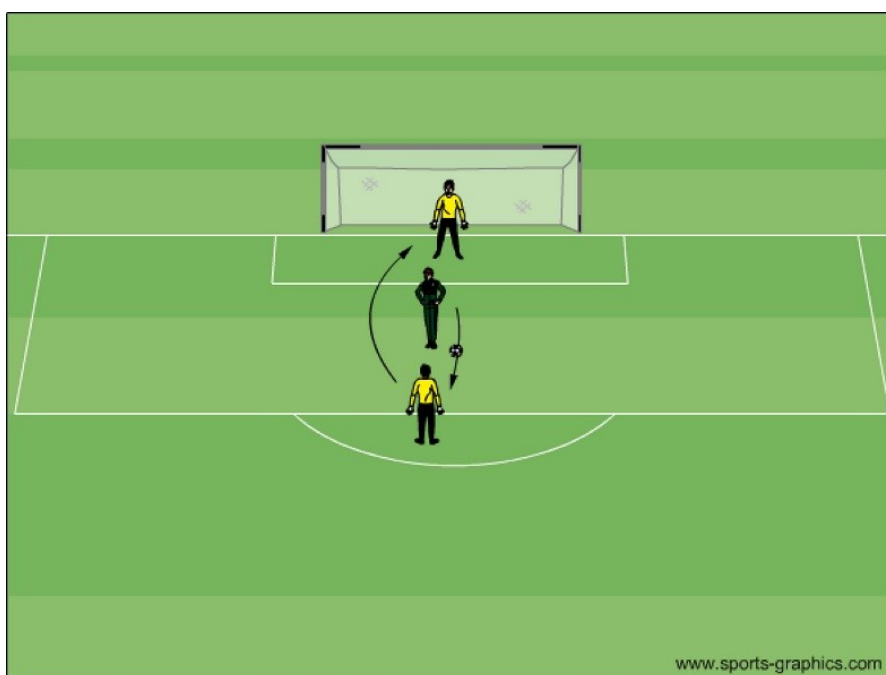
PUNCHING AERIAL BALLS

Develop handling techniques when collecting the ball from aerial positions

TECHNICAL

Goalkeeping

Handling



Set up this practice with a target goalkeeper standing on the edge of the 18-yard box. A working goalkeeper is set up ready in front of goal.

Coach is near the penalty spot.

The coach lobs the ball to the working goalkeeper just above head height.

The goalkeeper aims to punch the ball back over the coach to the target goalkeeper.

This can be performed with either a one or two handed punch.

Repeat and swap goalkeepers.

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.
- Goalkeeper will be able to effectively punch aerial balls.
- Good decision making prior to performing move.
- How to deal with the high ball.
- Improve technical aspect of punching the ball.
- Players learn basic handling skills.
- To learn basic handling skills.

KEY FACTORS

- Assess flight and pace of ball
- Command the six yard box
- Communication
- Communication - loud, clear, deliberate
- Early decision
- Ensure a straight arm preparation
- Good/correct technique
- Know the location of the goalposts
- Move into the line of the ball

FOCUS AREAS

- Clear communication when collecting the ball.
- Do not take risks in a game related situation.
- Does the goalkeeper punch the ball cleanly away from goal?
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Evaluate the players performance ensuring good form with technique. Actions should be performed at high speed and with maximum intensity while maintaining high quality. Adequate rest is vital between sets of work repetitions.
- Goalkeeper must stay light on their feet when moving into position.
- Goalkeeper should command ball as they approach.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.
- The goalkeeper should focus on the timing of collection.
- The goalkeeper should watch/assess the flight of the ball.

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