

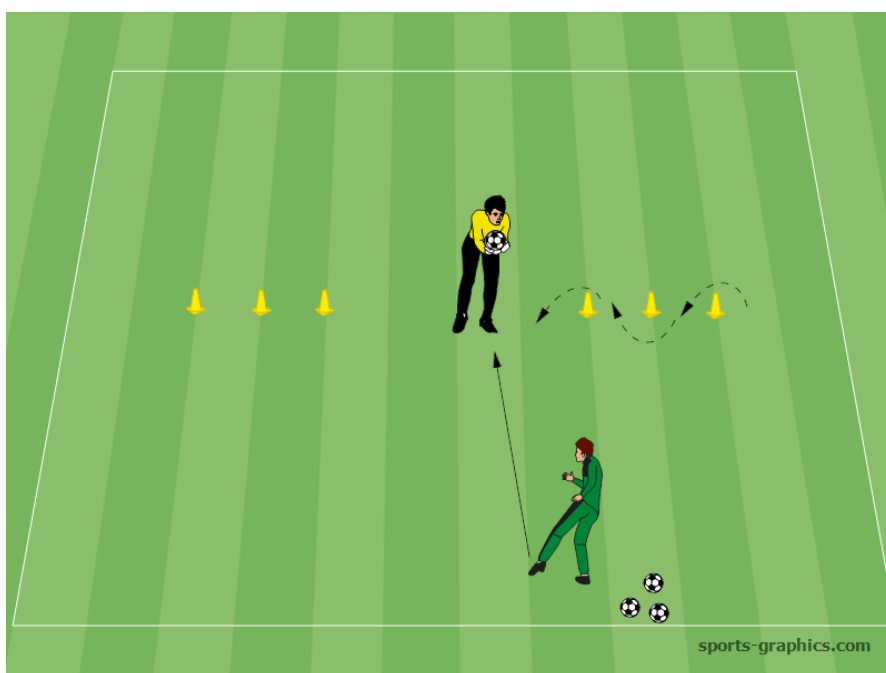
STEPS AND CATCH

Develop handling techniques to collect the ball

TECHNICAL

Goalkeeping

Handling



Set up two lines of cones spaced 1yd apart with a central gap of 5yds.

The goalkeeper starts on the outside of the line of cones.

The goalkeeper uses short quick steps to weave through the three cones before 'setting' themselves in the centre to make a catch from the server.

As the goalkeeper finishes stepping through the last of the three cones, the server hits the ball.

The goalkeeper must collect the ball and bring safely into their chest.

Repeat from both ends.

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.
- Improve ball handling consistency.

KEY FACTORS

- Assess flight and pace of ball
- Glide into the ready position
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Positive attitude
- React quickly

FOCUS AREAS

- Demonstrate the correct technique.
- Does the goalkeeper do things quickly?
- Encourage quick explosive actions.
- Ensure adequate rest between sets of repetitions.
- Goalkeeper must stay light on their feet when moving into position.
- 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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