



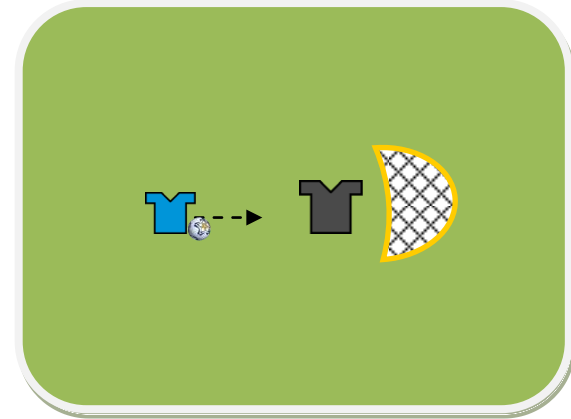
Session Focus.... Goal Keeping Handling

Organisation/Set up....

Players needed: Minimum of 2.

Blue Player – Server. Black Player - Goal Keeper.

Distance – 10yds apart.



Corner Coaching Points and Detail....

W Technique – Hands are prepared with the palms facing the ball with the fingers spread and the thumbs forming the “W” shape.

Cup Technique - Prepare the hands early and brought forward in front of the bodyline.

Scoop Technique – Open the palms with fingers spread with little fingers close together.

How to play....

Player Challenge....

Measure your progress: Keep practicing your handling skills. Every week, test your handling techniques.

Log your progress each week and look for your personal improvement. With this test, have 10 attempts at each technique.

How many times were you successful out of 10?

Technical/Tactical

How:

W Technique: Soft Hands – Strong Wrists. Keep eyes on the back of the ball, when catching above chest height.

Cup Technique: Soft Hands – Strong Wrists.

Both hands in front of the body line when catching between the waist and knees height.

Scoup Technique: Soft Hands – Strong Wrists. Open the palms up to face the ball with fingers spread and little fingers close together when catching the ball below knee height.

When:

At the appropriate height and speed.

Why:

So ball is gathered successfully.

Psychological

How:

By assessing the height and the speed of the ball.

Why:

So handling technique can be selected.

When:

When the ball is travelling towards the goal keeper as a shot, cross or back pass.

Why:

So the ball is gathered successfully.



Physical

How:

Hands being prepared early in the appropriate position

Why:

In relation to the flight and speed of the ball.

When:

At the appropriate height of the ball.

Why:

So the ball is gathered successfully.

Social

How:

Why:

When: