



Goalkeeper Workshop - Development Phase

Category: Goalkeeping: General
Difficulty: Moderate

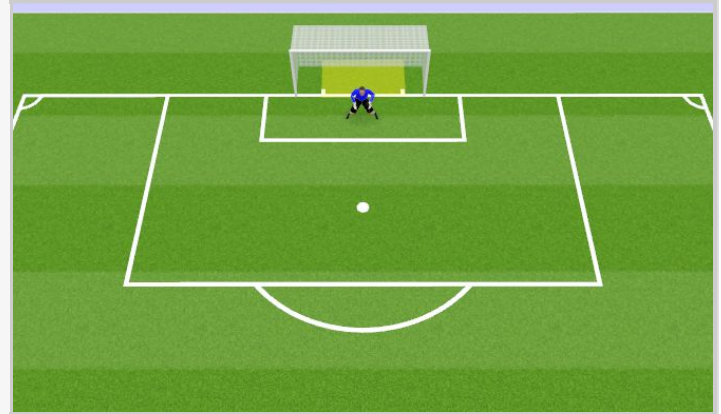
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Topics

Focus on the fundamentals



M3rd



Group Activity

4 -5 Goalkeepers
Ball Each
Standing in a circle

Conduct

At the same time, each player passes with two hands the ball to the player next to them.



Warm up

Set Up

3 x 3 Grid area set up

A marker at opposite ends, 6 yards for the edge of the grid

Conduct

A Goalkeeper starts on one end

A server with a ball at the opposite end

The server throws using an underarm throw, making sure that the ball travels up from the hands

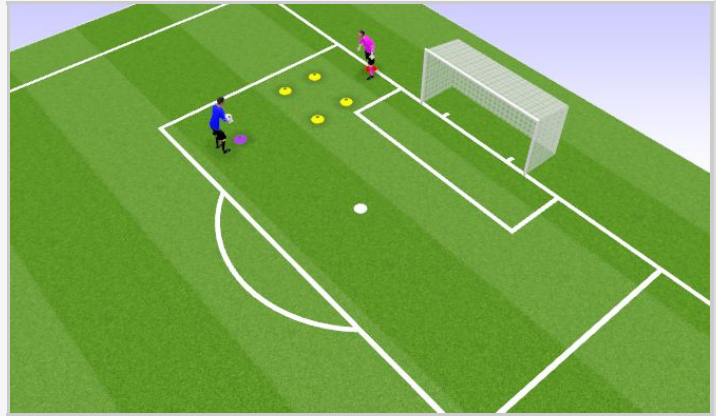
The server is looking to have the ball bounce inside the grid area

As the ball travels, the goalkeeper accelerates and looks to claim the ball before the second bounce

Once the goalkeeper collects the ball, they swap ends.

MAKE IT FUN

Challenge the servers to challenge the goalkeepers with their throws



Handling - Pairs

Set Up

Marked out M3rd Goal - two markers 3yards apart on goal line
Another opposite - 6 yards from goal line , another 8 yards and
another 12 yards from goal line.

Balls positioned to side of each marked out M3rd Goal

Goalkeeper positioned in the middle of the m3rd goal - goal line
and 6 yards

Conduct

Goalkeepers start on their knees

1 - Using an underarm throw, one goalkeeper with the ball aims a
throw at the opposite Goalkeepers nose

Goalkeeper catches the ball using the 'W' technique

2 - using a two hand overarm throw, the Goalkeeper throws the
ball into the ground aiming to bounce the ball once before
reaching the opposite Gk

Goalkeeper catches using the 'cup' technique

3 - Using an underarm roll, the goalkeeper rolls the ball looking to try and roll the ball throw the opposite Goalkeeper legs.

Goalkeeper catches and secures the ball using the 'scoop' technique

Repeat for 6 - 8 throws each

(Make it a game - if Gk misses and the ball goes in the targeted area, that is one point to the thrower)

Progress

Move the Goalkeepers to their feet and to the goal 8 yards from the goal line.

1 - One Goalkeeper throws an underarm throw to the opposite Goalkeeper

When they throw they are looking to throw the ball chest to head height, inside the m3rd goal area.

The opposite Goalkeeper looks to move behind the line of the ball and use the 'W' Technique.

(Make it a game - if Gk misses and the ball goes in the targeted area, that is one point to the thrower)

2 - One Goalkeeper using an over arm throw bounce passes in to the opposite GK M3rd goal area

The Goalkeeper looks to move behind the line of the ball and use the correct technique depending on the height (cup or W)

(Make it a game - if Gk misses and the ball goes in the targeted area, that is one point to the thrower)

3 - Moving back to the 12 yard goal area, one Goalkeeper looks to pass the ball along the ground inside the opposing Gk M3rd goal area.

The Goalkeeper looks to move behind the line of the ball and use the scoop technique or a collapse dive

(Make it a game - if Gk misses and the ball goes in the targeted area, that is one point to the passer)

Repeat 8 attempts each Goalkeeper for each practice

Coaching

Stance position - feet/ leg width, knees slightly bent, body weight forwards and balanced, hands in front of line of body, palms facing each other, relaxed and comfortable, being able to transfer body weight through hips to move.

Catching techniques - W, Cup, Scoop

W - Palms facing forwards, fingers spread, impact with ball into the palms, wrists locked (back of hand inline with bent elbow), bent elbow on impact

Cup - elbows in front of the line of the body, palms leading in front facing up, on impact arms wrap around the ball

Scoop - fingers underneath the line of the ball, hands and elbows together / tucked in, low hips, using nearest foot to step across in line with the ball, elbow inside knee, ball rolls up arms in to body.



High Balls

Set up

Markers on the corner of the 6 yard box on each side
Goalkeepers in two groups start in the middle, one group facing each marker

Conduct

Goalkeeper starts in stance position (as if a crossing situation, angles stance, near foot towards line of the ball)

Goalkeeper makes direct run towards server

As the Goalkeeper starts moving, the server throws a flat underarm throw above head height

The Gk jumps into the ball, meeting the ball at the earliest point

Coaching

MAKE SURE SERVICE IS RIGHT and allows Gk to practice

Stance position - off the line, central area, angled stance

Direct run to the line of the ball

Jumping through the line of the ball

As they jump, lifting the out side knee

Keeping body weight forward and hands in front of the line of their head

Catching technique - W, elbows bent, palms meeting the ball



Possession - handling

Set up

Grid 12 x 12 (adjust if too small)

4 vs 4 (or if odd numbers have a joker)

Conduct

Team with the ball looks to maintain possession inside the grid using their hands

The defending team using their hands looks to intercept and win the ball, which forces a change over in possession

5 passes = 1 goal

Throws -

1 - Over arm throw head height (W Technique when catching)

2 - Bounce pass (one bounce before getting the player) (Cup technique)

Coaching

Catching technique reinforcement - W, Cup

Communication skills - calling names, supporting player with the ball - relative to match

