

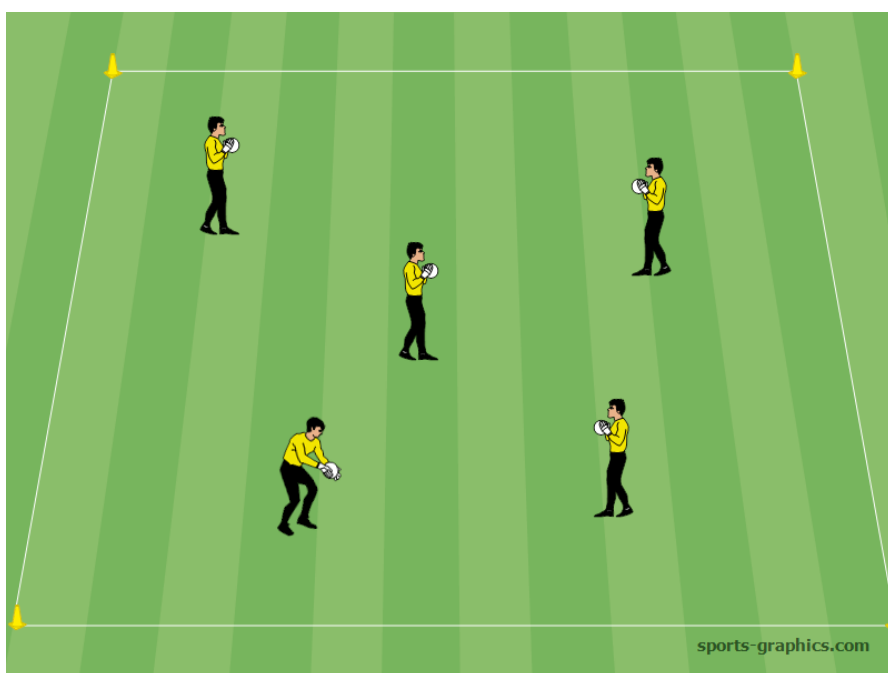
# HANDLING FUNDAMENTALS

Develop handling techniques to collect the ball

TECHNICAL

## Goalkeeping

## Handling



Using a 10x20 playing area, this practice is for goalkeepers to gain confidence and familiarity in handling the ball. Each goalkeeper has a football. Goalkeepers move randomly within the area using different ball manipulation exercises such as bouncing the ball from one hand to the other, juggling from hand to hand, using fists to juggle the ball, roll the ball on the ground then quickly scooping back up, throw above head and then catch etc. There are many relevant exercises that will help with ball handling familiarity.

## 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

- Improve ball handling consistency.
- Players learn basic handling skills.

## KEY FACTORS

- Focus on key technical goalkeeping elements linked to the game
- Good/correct technique

## FOCUS AREAS

- Goalkeeper must stay light on their feet when moving into position.
- Is the goalkeeper focused and organised?
- Observe the quality of technique.
- Warm up should be progressive, enjoyable and have purpose.



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