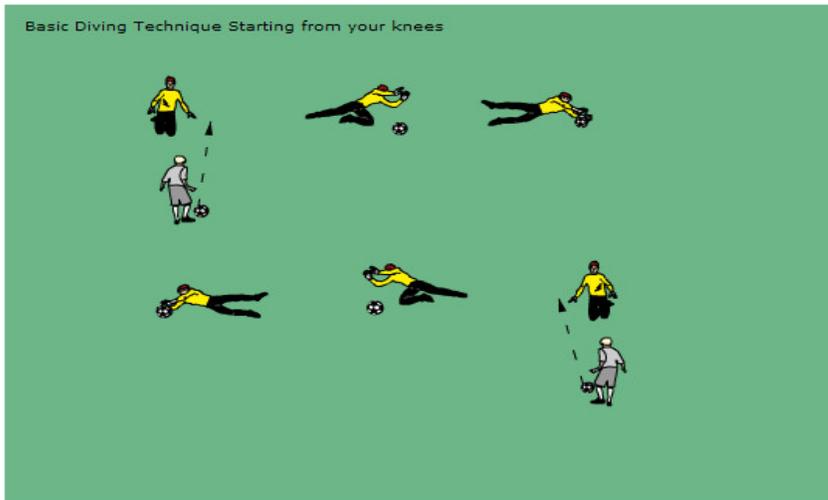


Basic Goalie Techniques:



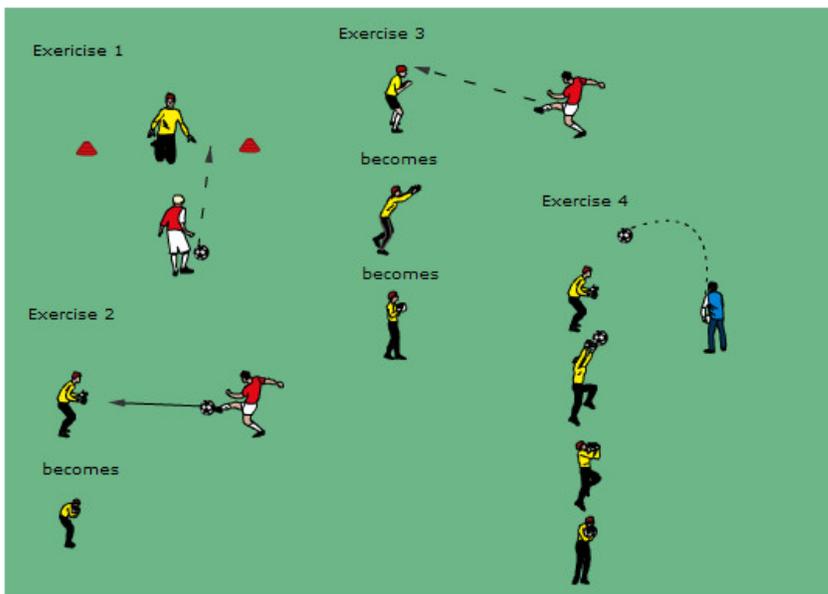
The Exercise: Have players pair up with one acting as a goalkeeper, the other as a server. The goalkeeper positions himself upright on his knees with arms slightly bent at his side. The server passes the ball to one side of the keeper.

The keeper should:

1. Step with his knee toward the side the ball was played (middle picture)
2. Hands should extend toward the ball (top right/bottom left)
3. One hand should be positioned behind the ball, the other slightly on top of the ball pressing the ball into the ground to secure it.
4. Try to have arms slightly apart so you can keep a line of sight to the ball.
5. Encourage players to land on their side, not their stomach!

Server should play the ball to one side 5 times than the other side. **Note:** It is not a race! Look for technique to be done properly, speed of reaction will come later.

Progress to:



Note: These exercises are for the goal keeper, the server needs to be able to be accurate in the service, if not, and the coach should ask that they serve the ball with their hands

Exercise 1: Same set-up as the initial exercise, but now place 2 discs about 6 yards apart. Goalie should be on his knees in the center of the “goal”. Server now plays the ball to either side of the keeper.

Keeper should:

1. Follow same techniques as previously practiced (listed above)
2. React to the ball, don’t anticipate!

Have server keep the ball on the ground. Look for proper technique from partner.

Serve 10 times than change roles.

Exercise 2: In Pairs. Server either volleys or tosses the ball to the keepers’ midsection.

The goalie should try to “absorb the ball” into the midsection and embrace it.

The keepers’ starting position should be:

- Posture like a “Gorilla” Shoulders slightly forward.
- “Get Set” body weight evenly distributed on both feet, don’t be on heels
- Arms act as “Shock absorbers”; take the sting out of the ball.
- Hug the ball as it comes into your midsection.

Serve once, act as keeper once. No need to rotate. Continue for 2 to 3 minutes, encourage less repetition and better technique. It’s not a race!

Exercise 3: In Pairs. Server either volleys or tosses the ball toward the keepers head or slightly above the head. The keeper should receive the ball with the hands in the **W** position (thumbs almost touching W is formed with the thumb and Index finger).

The Keeper should:

- Have posture like a “Gorilla” Shoulders slightly forward.
- “Get Set” body weight evenly distributed on both feet, don’t be on heels
- Hands should move together toward the ball, create **W** when catching the ball
- If the service is slightly off, keeper should get as much of the body behind the ball as possible by moving feet
- Secure the ball by bringing it back into your body

Serve once, act as keeper once. No need to rotate. Continue for 2 to 3 minutes, encourage less repetition and better technique. It’s not a race!

Exercise 4: In Pairs. Server tosses the ball up in the air. Server should toss the ball high enough that it allows the keeper to follow the following pattern.

The Keeper must quickly:

1. Judge the flight of the ball
2. Yell “Keeper” as he approaches the ball
3. Extend arms outward to catch the ball (keep elbows slightly bent)
4. One leg should rise up (knee bent) to help protect yourself and increase the power of the jump
5. Secure the ball back into your body after you’ve landed

You can serve once, act as keeper once or serve 5 to 10 times than change roles. The latter offers quick repetition and fitness, but might sacrifice the proper technique we are hoping to achieve.

