



“Making friends with the ball”

A set of 18 basic skills and exercises which will assist young players to better enjoy the game.

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17. CATCHING, BY THE GOALKEEPER

THE CHALLENGE : 20 catches in succession

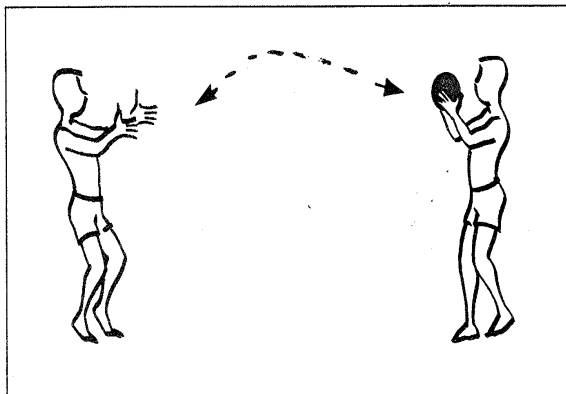
Recommended distance: Level 1- Beginners, Level 2 - 6 metres, Level 3 - 12 metres, Level 4 - 18 metres, Level 5 - 24 metres.



The correct position for the hands when catching the ball.

A COACH'S PERSPECTIVE

"It is a duty of coaches to encourage players to play at the highest level that their skills warrant - otherwise they will never know how good they are."



Reasons for learning this skill

Like most skills in soccer, it is good positional sense to get behind the flight of the ball so that, if he/she did nothing else, the ball would hit his/her body. To get your body behind the ball, the player has to work hard and fast and must change position after anticipating the flight of the ball. The quicker the player can get into position the more time he/she will have on the ball and the better chance that he/she will be able to perform the selected skill. This applies to the goalkeeper as well. The advantage a goalkeeper has over other players is that he/she can pick the ball up in the penalty area. If a goalkeeper can cleanly and effectively control the ball in his/her hands/arms then he/she will be a great asset to the team. Like other players as soon as the goalkeeper has possession of the ball he/she has to think about sensibly distributing the ball to a team mate.

Organisation by coach or parent

N.B. To avoid injury, players should warm up and stretch properly, before starting any exercises.

Two players, one size 3 ball, 2 cones, one tape measure.

Task to practice - the challenge

Catch the ball. on the full, in the arms and bring it to the chest, throw, at medium speed and medium height, from a server, positioned at a set distance (metres) - repeat 20 times in succession.

Coaching hints - things to look for

Before receipt of ball:

- feet should be comfortably apart (no more than the width of the shoulders) pointing toward the ball;
- body weight on the soles;
- knees bent slightly;
- lean forward slightly focus;
- eyes on ball;
- keep arms in front of body, elbows well bent, forearms close together and parallel;
- palms face the ball, fingers widespread and pointing upward;
- get in line with the ball and the middle of the goals;
- get body behind ball.

Receiving the ball

- extend arms, use both hands - fingers spread;
- keep hands and ball in view;
- lean forward slightly, allow ball to come into body;
- bend from the waist, legs straight, feet close together;
- control the ball either with the hands and/or forearms whichever is the most appropriate and the most comfortable for the keeper to enable him/her to bring the ball to the chest as efficiently as possible under control for security;
- use hands and forearms;
- body always behind ball.

Additional skills practice

- Varying heights and distances.

Progressive training practice

- Set up a small game with 4 attackers against 2 defenders and a goalkeeper. Identify an area where the attackers must shoot outside e.g. outside the penalty area or 12 metres out. This will give the goalkeeper plenty of shot saving.