

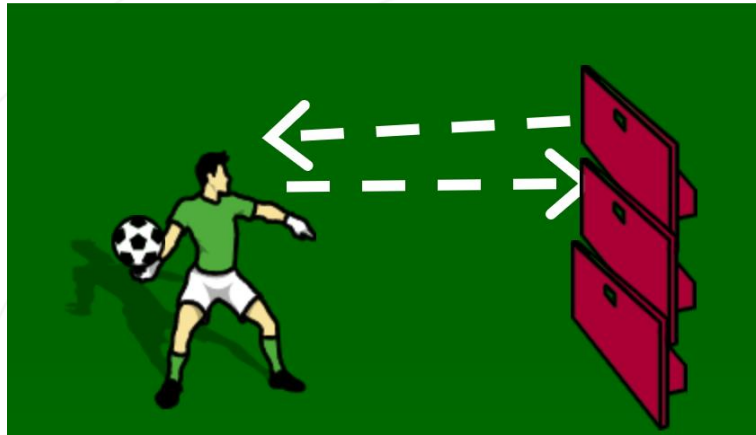


GOALKEEPING

Individual Skill Development



GOALKEEPING



Equipment: 1 ball and a wall/flat surface.



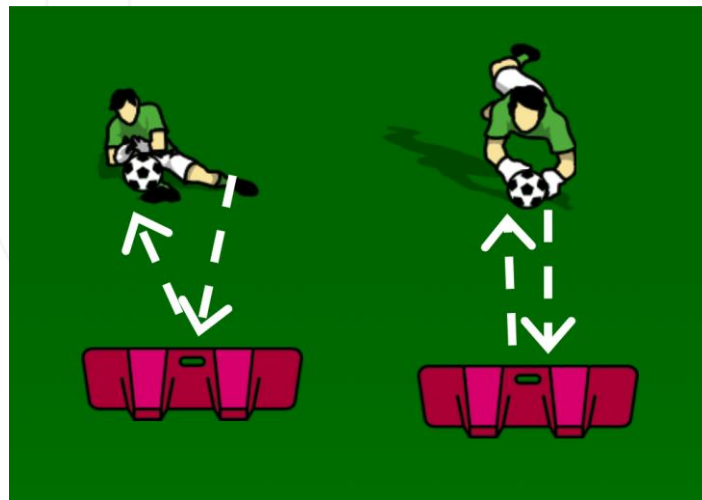
What to do: Perform an overhand throw at a wall. Catch the ball as it comes back using proper catching form. Repeat 10x.



Variations/Progressions: Vary the throws. Throw underhand. Throw to side to encourage movement while catching. Throw lower down to scoop the ball.



Keep in mind: Light on your feet. Get body behind the ball.



Equipment: 1 ball and a wall/flat surface.



What to do: Kick the ball along the ground against wall. Practice your diving technique. Vary the pace of the ball – can be a faster/slower paced ball.



Variations/Progressions: Play higher balls and practice diving while catching in the air.



Keep in mind: Have proper technique while falling/collapsing. Practice with slower paced balls and work your way to faster paced balls.