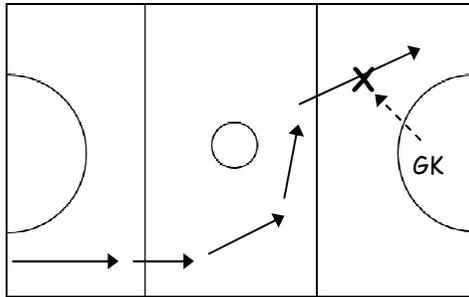


Improving your positional play

* Watch other Goal Keeper's live on TV/DVD to see the various movements they use and when/where they drive out for intercepts.

* Draw patterns of the ball coming down the court and put a cross where you think you could drive out and intercept the pass
E.g.

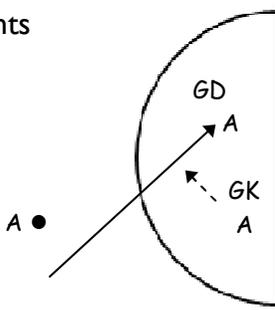


* Make sure you practice all the skills when you are training (not just the ones you are good at!) so you can go for the ball with confidence from anywhere.

* Spend time in and around the goal circle, talking with your Goal Defence
Moving in relation to each other with:

- Imaginary opponents
- Co-operative opponents
- Working opponents

Would you be prepared to go for this intercept?



DO YOU LIKE?

- * Getting rebounds from a shot at goal?
- * Intercepting the ball for your team?
- * Preventing your opponent from getting the ball?
- * Defending the shot at goal?
- * Moving fast in a small area?

**IF...
YOUR ANSWERS ARE
'YES'
YOU COULD BE A
GREAT
GOAL KEEPER**



COACHFORCE

**SO...
YOU WANT TO BE
A
GREAT
GOAL KEEPER**



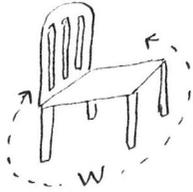
Skills you can practice alone

WITHOUT A BALL

Footwork

Practice moving round a dining chair or similar obstacle.

Keep your head up.



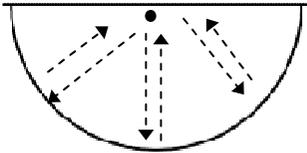
Elevation

Jump to make a mark on the wall. Test yourself each week to see if you can jump higher.

Speed

Develop an explosive take-off and speed over a short distance, e.g. from the goal post to the edge of the circle.

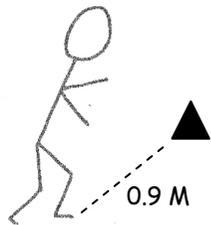
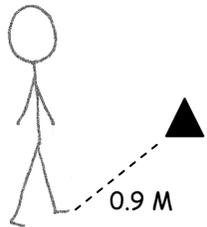
Add - backwards movements and side shuffle to your movements.



Rules

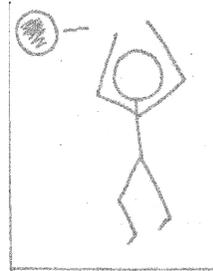
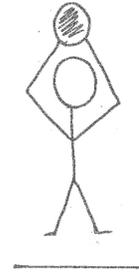
Practice moving backwards with little steps to be 0.9metres from an object and **then** put your arms up.

Keep arms relaxed and head up all the time.



WITH A BALL

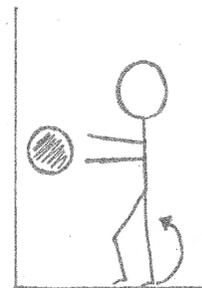
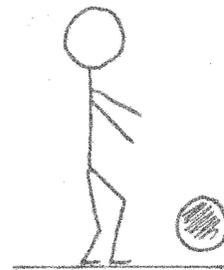
* Toss the ball up high and jump to catch it with your whole body at full stretch.



* Do as above, but throw the ball against a wall – so that it comes back at different angles for you to catch.

* Do as above, but turn in the air to land facing away from the wall.

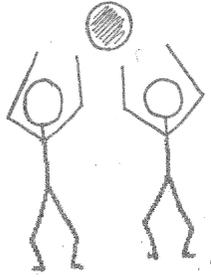
* Throw the ball against the wall at different heights and angles to practice going after 'loose' balls.



* Throw the ball against the wall at about chest height. As it comes back, do a half turn and using your outside arm - use one bounce to control and collect the ball (use arm closest to the wall). You should end up with your back facing the wall.

Things you can do in 2's

* Toss the ball up high and both try to catch it at full stretch. Try and avoid contact and use one hand to tip or bat the ball first if you cannot collect it cleanly without contacting.



* Practice your overhead passing so that you can rebound a shot at goal and clear the ball well down the court.

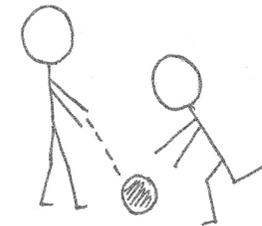
NOTE: Make sure you use your body weight and step into the pass.



* Practice moving around:

A stationary opponent

An opponent who continually changes angles.



* Have one person stationary tossing, dropping or bouncing the ball anywhere while the other recovers it as quickly as she can.

* Have one person as a shooter and one as a defender to practice leaning, jumping, using 1 or 2 hands or alternate arms to defend the shot at goal.

