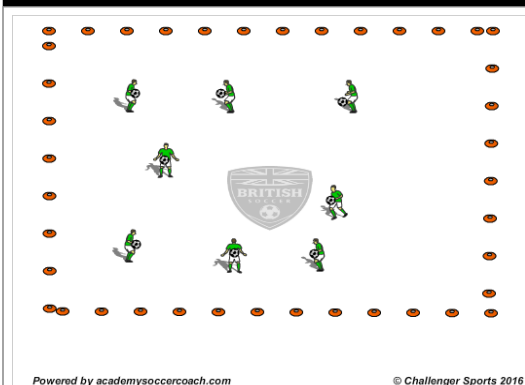


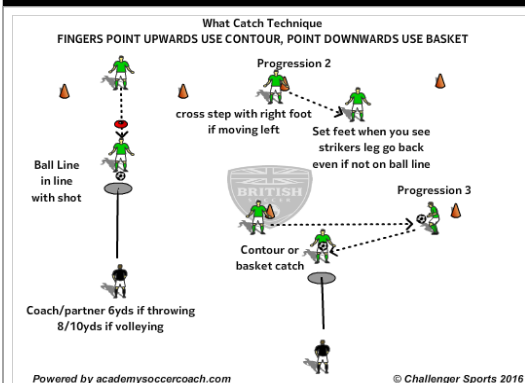
Topic: Basic Handling - Contour and Basket Catch (with Footwork)

Objective: Learn the basics of catching, while introducing side shuffling and the cross-step techniques.

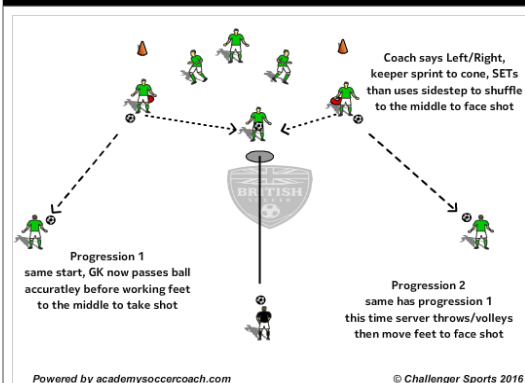
Session Part: Warm-up



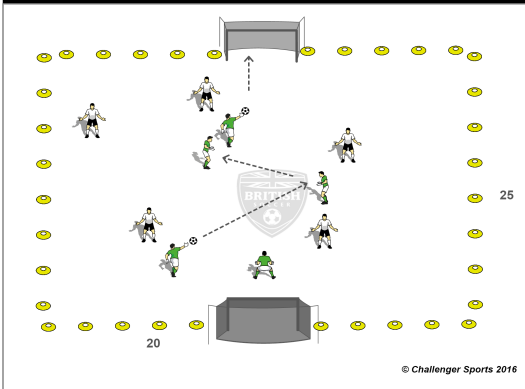
Session Part: Partner



Session Part: Game Realistic



Session Part: Group Activity



Organization	Time:	10
Area: 25 x 25		
Numbers: Group (Goalkeeper's in pairs in the group)		
Goalkeeper's move around area side shuffling, ball in their hands in front of face. Focus on SET position and the movement of a Goalkeeper (side shuffling). When Coach calls SET, Goalkeepers must stop in SET position. Coach can then call GO, for the Goalkeeper's to place their ball on the floor (not just drop), shuffle to their partners ball and SET behind it. Work on this several times before progressing.		
Progressions	Coaching Points	
Instead of shuffling to partners ball and setting, Goalkeeper's shuffle around partner's ball and back to their own. Aim is to do it quicker than their partner does.	- SET position - feet shoulder-width apart, knees slightly bent, up on the balls of the toes, weight slightly forward. Shoulders face forwards - "Nose over Toes" - Hands at stomach height, fingertips forward.	
Organization	Time:	20
Area: Goal 8 yards apart, a cone in the middle 2 yards off the line		
Numbers: In pairs		
With Goalkeepers in pairs, focus is on the contour/basket catch and shuffling/cross-over step with feet. Start on one knee, up and step forward to the middle cone and take catch. Progress to a standing start and repeat. Service can be underarm throw or volley. Contour catch (chest and up)- hands in 'W-shape' with thumbs touching and fingers spread out. Head behind the ball elbows bent and shoulder-width apart, catch in front of the face to absorb the shot.		
Progressions	Coaching Points	
(2) Goalkeepers start on post, shout of GO, cross step to the center of goal to take catch. (3) Start on post, touch ball that partner is holding, cross step back to the middle and set for the shot	Basket Catch (stomach and down) - Step in to the shot. - Head and body facing down as about to catch. - One hand on ball second hand on top. - Shoulders square.	
Organization	Time:	20
Area: Cone 6 yards away level with post		
Numbers: 12		
Goalkeepers now starts in middle and will make two catches. They sprint to cone and SET in proper technique for the catch. They then cross step to the second server.		
Progressions	Coaching Points	
(2) Second server will volley or shoot. Goalkeeper sets as the servers leg goes back. (3) Now take volley from the side, before moving feet to take volley or shot from second server.	-SET feet when on ball line or when servers foot is about to shoot. - Keep balanced at all times. Move between cones quickly and SET for the shot.	
Organization	Time:	10
Area: Field 25 x 20		
Numbers: Group - two teams		
Handball Split into two teams. Ball can not hit the ground, if ball is dropped the other team receives possession of the ball. Only way to score is by throwing the ball in to the goal. Goalkeeper's cannot run with the ball when in hands, and can only pivot. They throw between their team players to move up the field. Focusing on the two different catching techniques.		
Progressions	Coaching Points	
	- Watch the ball in to THE hands, - Correct catching techniques - Decision (contour or basket)	