



Progressive Goalkeeping

Rebounder Program

Technique	Exercise	Repetitions	Sets	Progression
Two Hands	Straight on	10reps	3 sets	15 reps
	Side to Side	10 reps	3 sets	16 reps

Points

- Make sure ball is being received head height
- Throw ball for over-head (Throw in technique)
- Feet shoulder width
- Knees relaxed
- Head and shoulders forward
- Shoulders and knees inline
- Top half of the body doesn't move
- Throw firm and build a rhythm not about speed to start with.

Technique	Exercise	Repetitions	Sets	Progressions
One hand	Throw and catch	10 each hand	3 each hand	15 each hand

Points

- Stand to the side of the rebounder
- Right foot in-line with edge of rebounder if throwing right hand
- Throw and aim for the middle of the net
- Hand stays in front
- Cushion the ball when receiving off the net
- Arm outside the line of the body
- Catch the ball at head height – fingers facing up
- No movement of the top half of the body except the arms.



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Technique	Exercise	Repetitions	Sets	Progression
High balls	High ball	10 reps	3 sets	20 reps

Points

- Adjust rebounder so ball will come higher
- Take step back from usual position
- Throw from where you start
- Move in and jump through the ball – lifting knee
- Keep ball in front
- Make sure to alternate your push off foot
- Maximise height and drive into the ball once have a rhythm

Technique	Exercise	Repetitions	Sets	Progressions
Diving	Knees	10 repetitions	3 sets	Standing up

Points

- Adjust the rebounder so the ball will come chest to head height
- Start in line with the edge of the rebounder
- keep hands in front and watch ball in to the hands
- when diving make sure to use the hips to move across into the ball
- slowly increase throw and distance
- as distance increases, drive with hips and try lift body to dive through the ball
- when standing, adjust rebounder.
- Make sure to take step and fall, using the hip
- Landing on the side of the hip and gently taking ball to the ground.

When starting:

- Build a rhythm
- Make sure of the technique
- Repetition will increase rhythm and speed.
- Film it and analyse if needed
- Minimise movements and maximise the effect of the movement
- Use your core, not just your arms when throwing.
- Use your core when catching to keep stability.