



# Progressive Goalkeeping

## Rebounder Program

Technique	Exercise	Repetitions	Sets	Progression
Two Hands	Straight on	15reps	3 sets	20 reps
	Side to Side	15 reps	3 sets	20 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

**For an added Hand Eye Coordination – use a size 1 ball as well as a normal ball.**

### 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
Scoops	Low to waist	10 reps	3 sets	20 reps

## Points

- Adjust rebounder so ball will come lower
- Take step back from usual position
- Throw from where you start
- Move in and step into the ball – keeping hips facing line of the ball
- Keep ball in front
- Make sure to alternate your foot stepping in
- Make sure to keep elbows inside the knee, drop opposite knee, chest still facing forward angle, bend from the hips and knees.

Technique	Exercise	Repetitions	Sets	Progressions
1. Diving	Knees	10 repetitions	3 sets	Squat and fall
2. Diving	Knees	10 each hand	3 sets	Squat and fall

## Points 1

- 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 in the squat, adjust rebounder.
- Make sure to take step with the near foot and fall, using the hip to move the body across.
- Landing on the side of the hip and gently taking ball to the ground.



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## Points 2

- Same principle but use a small ball to catch one hand, bottom hand to start with
- Then top hand
- Keeping the ball in front and extending from the core
- Still bringing the opposite hand across to support the other hand and bring the body across.

## 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.