



# Aylesbury United Ladies & Girls Football Club

## Player Development during Covid-19 restrictions

### Goalkeeping



We will be looking at some basic techniques for goalkeeping, preferably these will be done with a partner (mum, dad, sibling etc) however some of them can be done individually. We would love to see goalkeepers at the club upload their own videos of some of the skills below...hope you enjoy

Core Skill Name	Coaching Points	Images
<p><b>The W hands save</b></p> <p>A save that is made between the chest and the head</p> <p>Can be done alone if kicking the ball against a wall and catching. If you have a partner, they can feed the ball to the GK by either kicking or throwing it</p>	<ul style="list-style-type: none"> <li>• Hands form around the ball to make W shape with the thumbs</li> <li>• Elbows tucked in facing down</li> <li>• Feet apart</li> <li>• Knees bent</li> </ul>	

Core Skill Name	Coaching Points	Images
<p><b>Scoop save</b></p> <p>This save will be used when collecting the ball from shot coming straight towards you</p> <p>Can be done alone if kicking the ball against a wall and catching. If you have a partner, they can feed the ball to the GK by either kicking or rolling it</p>	<p>Technical points (left image)</p> <ul style="list-style-type: none"> <li>• One knee bent touching the heel of the other foot (this stops the ball rolling through your legs)</li> <li>• Chest slightly forward (putting your weight towards the ball)</li> <li>• Arms straight with palms open facing the attacker</li> </ul> <p>Technical points (right image)</p> <ul style="list-style-type: none"> <li>• If the shot from the striker is powerful it may cause you to collapse onto the ball</li> <li>• Knees down</li> <li>• Elbows out</li> </ul>	
<p><b>High catch</b></p> <p>Try and catch the ball at the highest point</p> <p>Can be done alone if throwing the ball high in the air and catching. If you have a partner, they can feed the ball to the GK by either kicking or throwing it up in the air</p>	<ul style="list-style-type: none"> <li>• Jump off of your favoured leg</li> <li>• Lift the other leg (this protects you from strikers running in and will also improve your jump)</li> </ul> <p>Proper landing technique:</p> <ul style="list-style-type: none"> <li>• Land with your whole foot and keep your weight evenly distributed from heel to toes. Avoid landing only on the balls of your feet.</li> <li>• Ensure your knees are tracking over your foot and not caving in or falling outward)</li> <li>• Shift your weight back over your heels. Your knees should remain behind your toes during the movement.</li> </ul>	
<p><b>Off wall save</b></p> <p>Try to stop the ball going in the goal.</p>	<ul style="list-style-type: none"> <li>• Position goal a few feet from a wall or solid object</li> <li>• Start on the outside of the post on one side of the goal</li> <li>• Kick the ball against the wall so that it bounces back into the goal</li> <li>• Try to dive and stop the ball going in the goal</li> </ul>	<p>Link to YouTube video of a young lad doing the drill in his garden at the start of the restrictions in the UK:  <a href="https://www.youtube.com/watch?v=Xcby499YyUo">https://www.youtube.com/watch?v=Xcby499YyUo</a></p>

Core Skill Name	Coaching Points	Images
Can be done alone by kicking the ball against the wall	<ul style="list-style-type: none"> <li>• For progression – move goal closer to the wall</li> <li>• To simplify – move goal further away from the wall</li> </ul>	