

Handball

Goalkeeper- the first steps.



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1. The introduction

It is great to be a goalkeeper.

He is a member of the team, he has friends, they experience all workouts and games together but the same time during the game he is separated from them by goal area line. He needs to make decisions, concern a direction of the throw and the way he wants to defend, on his own. He takes full responsibility and each action is a new experience and a new challenge.

The rest of the team tries to support him by interrupting and blocking the player however he knows that the final interference in most cases is up to him.

It is said/ pointed by coaches, that the most important player of the team is a goalkeeper.

Unfortunately time a coach spends with goalkeepers during the trainings is not sufficient but it is on the right way to be changed for better. A goalkeeper should not demand any privileges or special treatment due to his superiority in the team.

Of course he plays in a different way, but he is still a member of a team.

What is more he does understand how hard and how difficult it is to become a goalkeeper. It always happens that somebody can strike him a goal and there is always something that can be improved to make the next shot more difficult for the player. Though, the best goalkeepers reach the peak of their career when they are about their thirties. That is why during the trainings he tries to be fully concentrated and does his best to follow his trainer's commends. It is not easy to do everything correctly at the first time that is why he has to repeat exercises on his own, whenever he has free time. All this is because there is nothing *better for goalkeeper than the satisfaction he gains after a good play as his contribution to the win*. His happiness is even greater when he saves one to one or penalty throw at the very end of the game especially when it brings the win to the team.

It is difficult to define; you need to experience it on your own!

That is why it is great to be a goalkeeper!

Would you like to try?

Unfortunately not each of you can become a goalkeeper. This position requires essential mental abilities, like for example:

-courage

-bravery

-self-control

-concentration

-self-confidence

What is more he needs to cope with stressful situations because stress accompanies him all the time at the field.



Courage!

It is the most important. Throws made from close distance are very often painful although a goalkeeper can be afraid of them. That is why, in the situations when it is necessary, to feel satisfaction a goalkeeper needs to do something more than he usually does and save the goal covering as much as possible with his body. He needs to accept the fact that he is not always able to absorb a throw.

Bravery

The goals he does not save will not discourage him to play. On the contrary he does

want to save the next shot. It is impossible for a goalkeeper to worry about the goal he did not save. He should try to understand what he did, analyze it and avoid making the mistake once again.

Self-control

Each goalkeeper should stay calm and keep self-control all the time during the game regardless of the situation. He can be spontaneous showing his satisfaction of saving or scoring a goal by his friends. However he cannot be defeated unconsciously by emotions caused by opponents or referee's unfair opinion.

As it has been already mentioned being a goalkeeper is something unusual that is why t he needs to have unusual abilities. He should be able to save as well as to help his teammates.

It is all because...

-he has to save as many goals as possible

-he has to pass a ball as soon as possible to his teammates immediately after he saved a goal to make them start counterattack.

- He should help his team leaving a goal line area in the situation when all of his teammates are covered while they are in the offence

- a goalkeeper should help the team after losing the ball in offence by leaving a goal line area and trying to prevent them from passing a ball and going into the forwards or in case it is necessary to take over the ball.

Why he is a goalkeeper?

- He is fully aware of his decision he made to become a goalkeeper
- He knows he is good in what he is doing- playing in the goal area
- He did not know how it is to be a goalkeeper .He has tried and he just simply likes it and decided to play as a goalkeeper.
- He loves playing handball and the position of a goalkeeper rather than a defence player is the best for the person with his skills
- The coach decided to put me into this place
 - the coach considered him as a right person equipped with all necessary skills to play as a goalkeeper
 - although he is tall, he does not have any other features essential to play out of the goal area.

Goalkeeper clothing

- The goalkeeper's sweatshirt during the game should be always in a different color than the t-shirts of :
 - his teammates
 - t-shirts of the opposite team
 - the opponent's goalkeeper

In case of changing the goalkeeper during the game, reserve player who is going to play in a goal area needs to have the cloths the same color as the first goalkeeper, starting the game had on.

In contradiction to the rest of the players, a goalkeeper can wear long-sleeves t-shirts to protect himself from the hits of a ball. He is also allowed to wear long pants or even special pants for goalkeepers that have soft protectors.

To have his legs and arms better protected he can also use knee-pads and elbow pads. Additionally boys use pads to protect their genitals that are put underneath.



Special pads for boys



Goalkeeper clothing



2. The rules concerning a goalkeeper.

A team scores a goal as soon as the whole ball enters the goal area and neither the shooter nor any of his teammates is breaking the rules of the game the same time.

Referee hands' signals



A goal

One hand is raised up, two short whistles blows.



Straight hand is raised up, the palm is turned down.

A throw from the goal is made by the goalkeeper from the goal area.

-after taking the control over the ball in the goal area

-when the ball goes out of the field

- ✓ After the throw
- ✓ When the goalkeeper was the last person who touched the ball (it could not have been a player of the team in defence)
- ✓ If the player passed the goal area line

The player is throwing without the referee's whistle blow.

Changing a goalkeeper

- A goalkeeper can be changed many times during the game but the change always has to be done in the place where the players switch in case of any change

- A goalkeeper can also take a part in a game as a player out of the goal area just after changing the t-shirt (has to be the same as t-shirts of all players of his team) keeping the same number as he had playing as a goalkeeper
- The same situation with the player who can play as a goalkeeper after changing the t-shirt for long-sleeves goalkeeper's t-shirt keeping the same number

CAUTION!

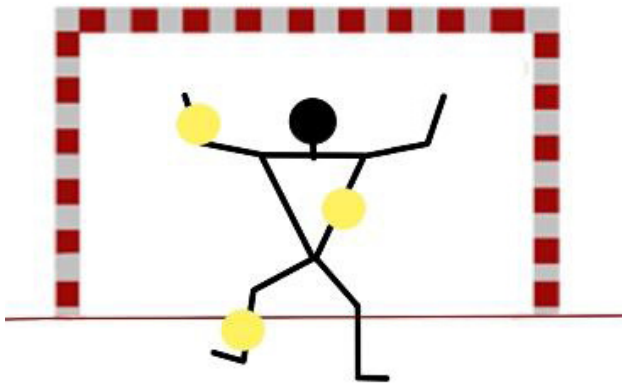
When during the game the rule of man to man defence, handball for juniors and handball for children under thirteen the goalkeeper is not allowed to pass the centre line of the field (losing a ball means free throw) and to execute penalty throws.

The rules clearly say what is allowed for a goalkeeper and what is forbidden on the field during the game.

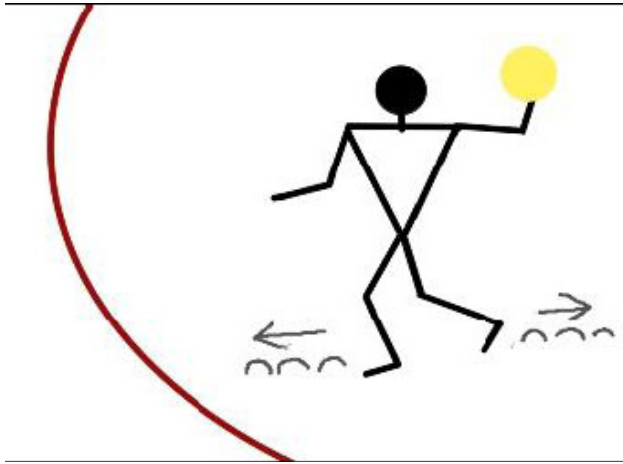
Regulations also highlight the importance of a goalkeeper in the team.

He is allowed to save in the goal area with his legs, trunk and of course both hands. He is also allowed to leave the goal area and take part in a game as a regular player who can score a goal.

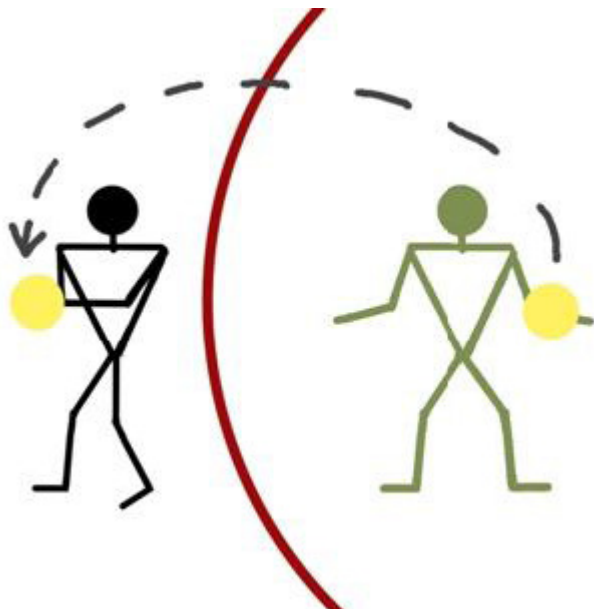
A GOALKEEPER IS ALLOWED TO:



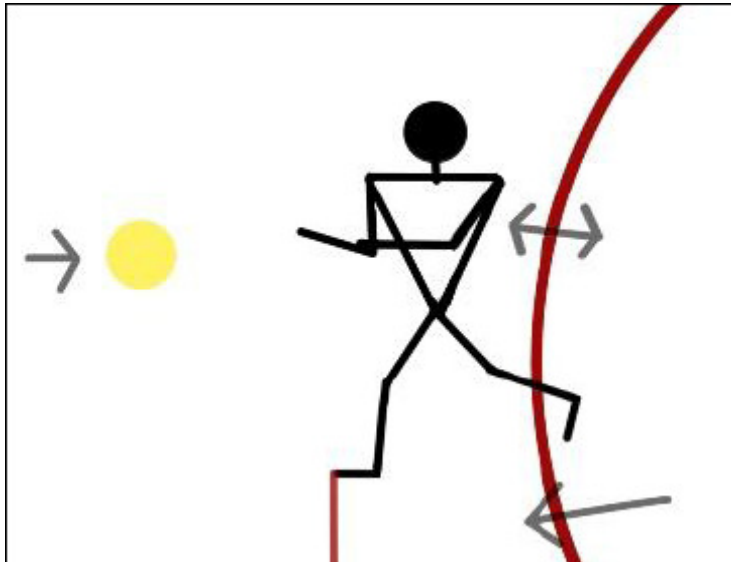
-Save with all his body – hands, legs and trunk. Of course he is allowed to save only in a goal area!



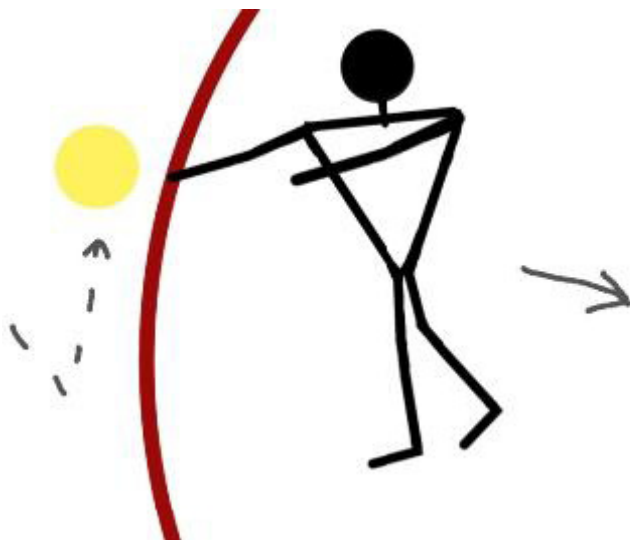
-To move inside goal area without 3 seconds limit, double dribbling and the rule of three steps



-When a goalkeeper saves and returns a ball outside a goal line, he can leave the goal area, catch a ball and start to play as a regular player



-He is allowed to leave the goal area without a ball ,take over the ball helping his fellows who do not have an opportunity to pass over the ball to anyone.

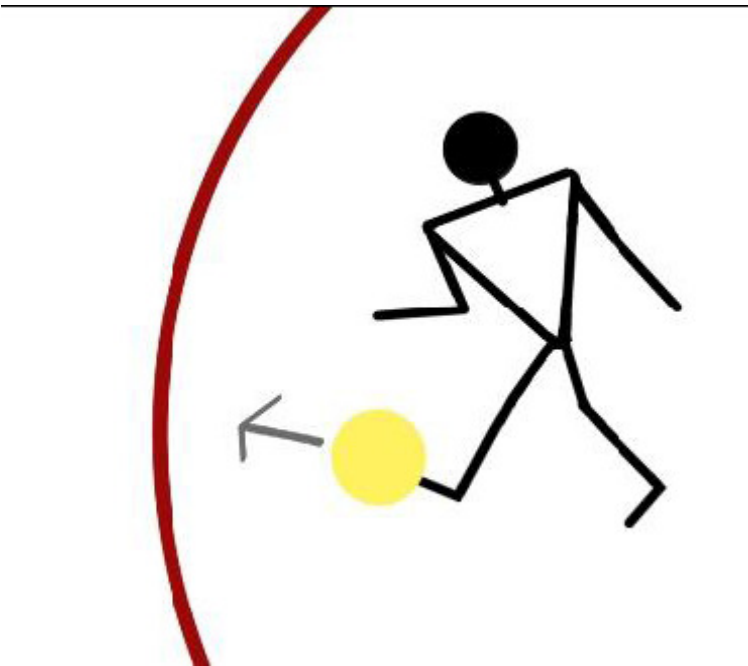


-Standing inside the goal area, he can catch the ball and grab it when it is out of the goal area but not touching the ground.

A GOALKEEPER IS NOT ALLOWED TO:



- He cannot expose anyone to any danger by attacking him in the way that is against the rules.



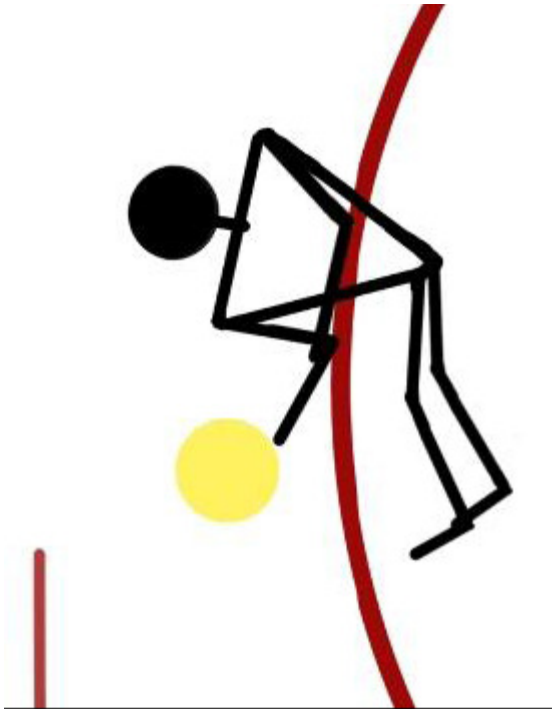
-He is not allowed to kick the ball with his leg when it is not a part of saving process.



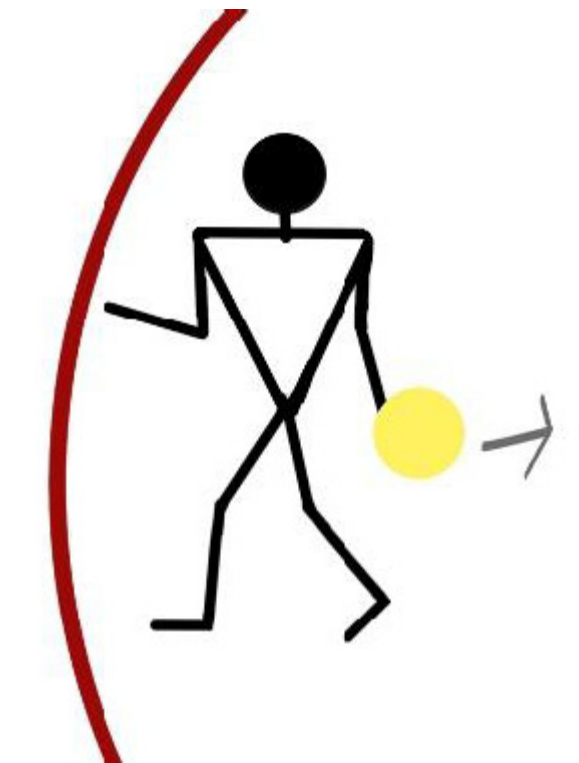
- To go back to the goal area keeping the ball in his hands.



-To move out of the goal area with a ball in his hands.



- He is not allowed to catch the ball lying on the field when he is in a goal area.



- A goalkeeper cannot throw a ball out of the field on purpose.

3. Terminology in handball

A goalkeeper's position has specific character and is unusual, that is why it requires different terminology typical for goalkeepers. The language of goalkeepers is used by coaches and players during games and trainings so it needs to be well known by all players. It is very important to precise the direction of throws and the corners of the goal.

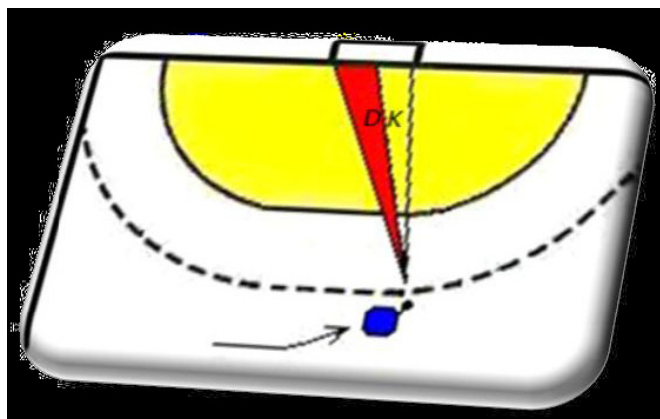
Posture and positioning in the goal:

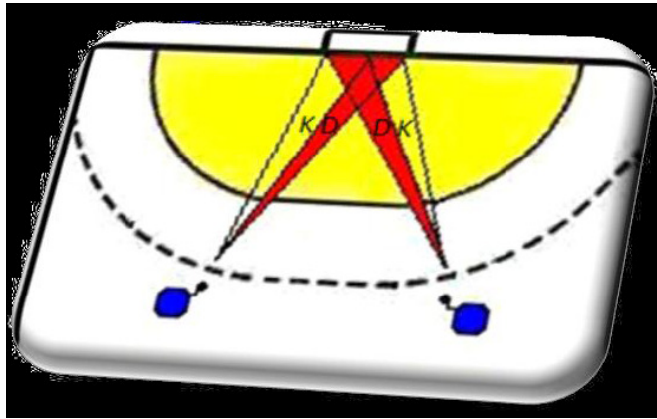
- Goalkeeper's stance- the way he keeps his hands, trunk and legs in basic position
(before action)
- The position of goalkeeper- the place where he stands
- Throwing position of the hand- forming the hand to throwing position and the way it is formed in the moment of the throw
- "Soft area"- the surface within goalkeeper's reach

Definition of directions and corners:

- Short corner- (short top and short bottom corner)
- Long corner- (long top and long bottom corner)

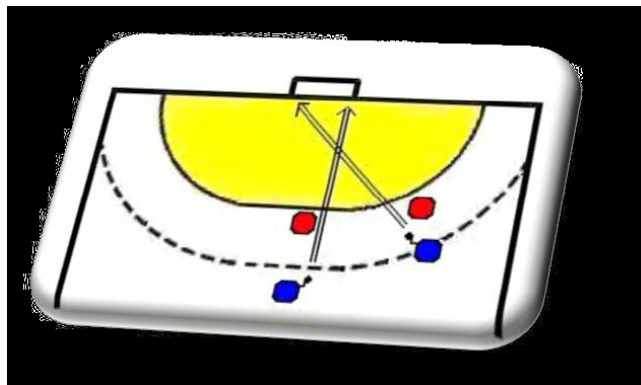
it is defined by the position of offensive player. The corner that is closer at the moment of throw (closer goal post) is called short and this one that is further- long (further goal post)





Straight shot

If a ball passes the defender or block on the left side the ball goes to the left corner if on the right, than to the right corner.

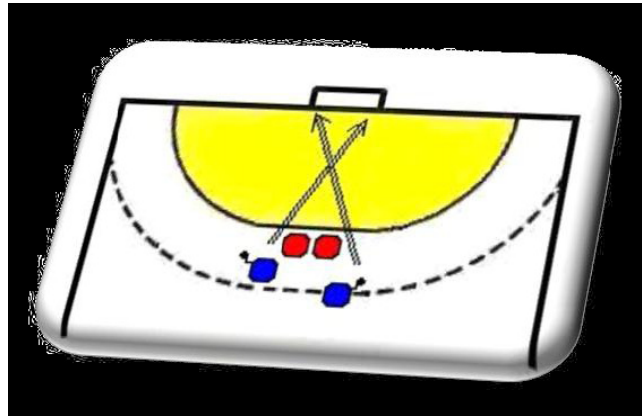


Straight throw



Pulling the throw

The situation, when at the beginning a player simulates to throw straight. In the second phase of the throw he lengthens his hand and wrist to pull the throw into the opposite corner.



Pulling the throw

Types of shooting:

- From the ground –at least one leg in touching the floor
- Jump shot- a player throws a ball after jump

Types of actions:

- Making defense area shorter and angle of a shot smaller by moving a goalkeeper forward
- Closing- blocking particular part of the goal (up, down, hip, long or short corner)

Saving low shots:

- Goalkeeper's sit – sitting with one straight leg lying on ground in front of you, another is bent , one hand is touching the ground
- Sitting astride in the splits face to face with the scorer. Both legs lying widely aside
- In width – one leg is bent and the feet is touching the ground
- Splits with trunk rotation. One leg straight lying on the ground as far as possible, second leg just bent in knee.

Saving medium-high positioned balls:

- Arm and leg- simultaneous swing of lightly bent arm and leg covering the surface in the area from shoulder to knee

- Elbow and knee- simultaneous swing of bent arm and leg covering the surface in the area of hip

Leg returns a ball (moving first):

- Closer – the leg on the side of movement
- Further- the leg opposite to the direction of movement

Key

Goalkeeper

Offense

Defense

Throw to the goal

Pass -----

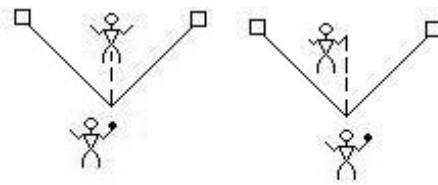
Player's way

4. Saving a goal- basic rules that apply to goalies:

When a competitive team is trying to get a chance to score a goal, leading defenders to make a mistake, a goalkeeper should:

- While moving inside the goal area he should be prepared to save the goal with his body anytime
- Be prepared to take an intervention anytime

To talk about the specific rules that apply to goalies we have to start with the right position in a goal. It all depends on ball position. A goalkeeper should be in the middle on the basis of triangle that creates the lines between the ball and goal posts.



Correct

Wrong

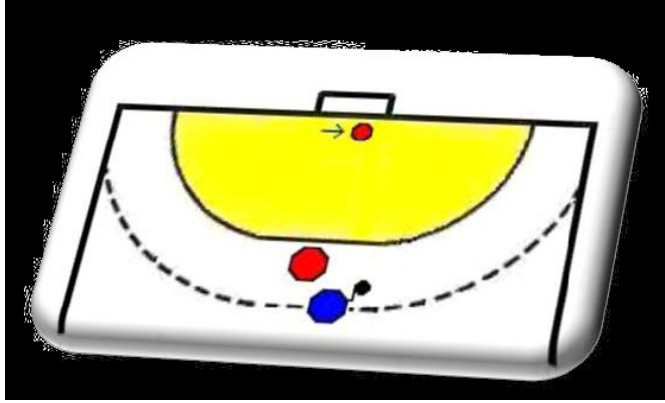
We can mark three points at the ends of lines:

A ball-goalskeeper's head –the middle point of the goal

Position can be changed if a defender is between the goalkeeper and a player with a ball.



Correct position of the goalkeeper.



Taking into consideration movements of players the goalkeeper should always move in the direction of the ball to avoid standing behind a defender.

Position, movement and posture in the goal area.

The position of the goalkeeper.



- The arms are open
- The hands in the same line with arms (as its extension) –on the level of shoulders
- Feet not wider than hips- heels do not touch the ground, standing in parallel with each other or slightly open- evenly laden
- Legs slightly bent



- Elbows can be in front of shoulders or behind them but when the arms are banded hands have to be in the same line with forearms.
- Hands in the same line or above shoulder's level. Goalkeepers, who are on the basic level, are recommended to control his arms and hands positions. The position is correct as far as he is able to see his hands while watching the ball in front of him.
- Trunk is straight
- Head should be hold high

The most popular mistakes:

- Incorrect position with straight arms far above head and heels up very popular among young, inexperienced goalies.
- Arms too low- it makes it difficult to save high shots
- Straight legs- delays in goalkeeper's reaction(firstly legs have to be bent than any movement can be done)
- Feet astride – difficulties in saving high shots

Stability and balance

A goalkeeper should take the position that ensures him stability and balance all the time.

The position described above has to be kept when the ball is in the central part of the field. It changes in the situation of possible shot or wing shot.

Position in wing shots

Reaching the position:

- The goalkeeper is moving towards the goal post trying to touch it with the closer hand
- When the possibility of shot is getting bigger he moves the hand higher to the crossbar
- The position has been changed



- The foot, closer to the goal post, hip, trunk and hand above the head, should make it impossible to score a goal.
- The second hand can be above or below shoulders, each position is allowed

Nowadays, the best goalkeepers are trying to keep both hands up all the time.

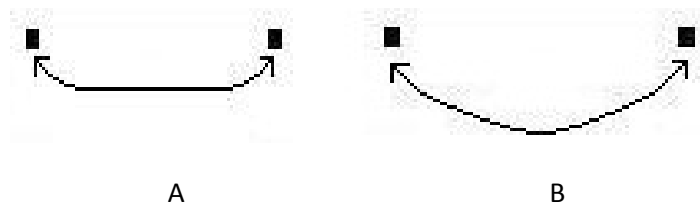


Posture and position of a goalkeeper while wing shot

Goalkeeper's movements

Basic movements of goalkeeper are short steps (feet to feet). Its dynamics and length generally depend on physical conditions and goalkeeper's temperament.

If a player is tall he takes care about position defence. He is moving on the line in front of the goal and the direction of the movement is determined by the attackers' passes. His or her steps are shorter and slower but the line of his/her movement is different (for ex. A or B)



The way of movement is chosen by a goalkeeper. It also depends on experience and skills of the player.

If a player is shorter the defence is more dynamic and the player moves faster. The distance between feet is kept. He touches the ground with instep. Bent knees make the movements springier.

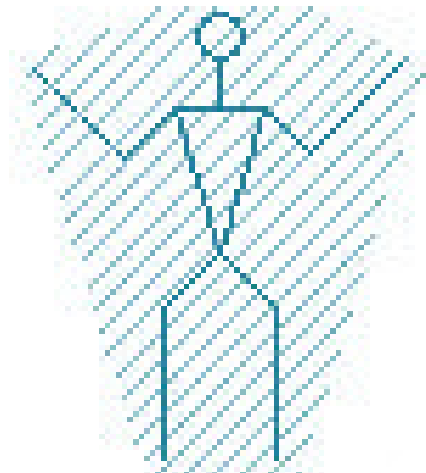
In dangerous situation with high possibility of shot, a goalkeeper can jump forward, stop on both legs and then go back to the previous position and way of movement. It allows him to reduce an angle of shot and what is more, it gives a lot of energy to the following intervention.



Accustom yourself with a ball and prepare to different saving actions

The rule of “soft board”

When a player starts to practice playing as a goalkeeper he needs to realize and understand the rule of “soft board”.



The board is the surface of defence , based on head, trunk, hands and legs within his reach. The surface of the board depends on physical conditions of the player and the relation to the surface will vary.

“Board” as a trunk, range of legs and hands should be the best saved area in a goal. It also should be a trump in fight between the shooter and the goalkeeper.

It is important to make sure that a young and inexperienced goalkeeper knows exactly the area of “board” in comparison to whole goal’s area. It should be one of the points during the trainings. The same time “board” should be always stable and the goalkeeper should keep the balance when he is in contact with the ball.

Balance in goalkeeper’s play

It is essential for a goalkeeper to have the ability to keep the balance that allows him/her to play without restraint. Keeping balance helps to go back immediately to goalkeeper's basic position and to be ready to take the next action. Balance should be kept in a basic position, as well as in the moment of action, for ex. while standing on one leg or while he or she is jumping out.

Goalkeeper is saving with hands and keeping the balance.

Types of goalkeeper's save

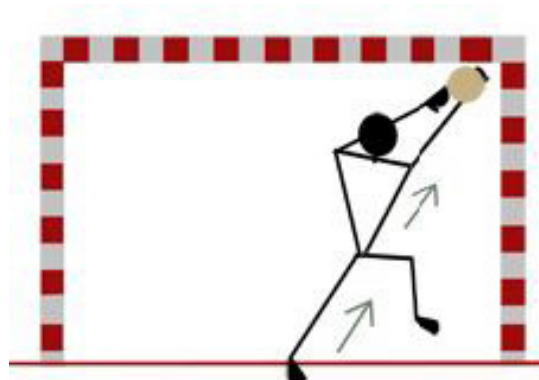
During the trainings goalkeeper should be taught different defence techniques, starting from basic ones, going through those more difficult so as to experience the most difficult and complex. A goalkeeper has to use different technique to save long range shots, wing shots and different, saving short range shots. If a goalkeeper is able to use defence techniques to make a player surprised, it means that he/she can win the one-to-one.

The more defence types he/she knows, the bigger chance he/she has to win the duel.

Watching a game you can easily realize that the goalkeepers use different techniques in the same situations. It all depends on skills of the goalkeeper- if he is proficient he can choose the technique he prefers

Saving techniques for high shots

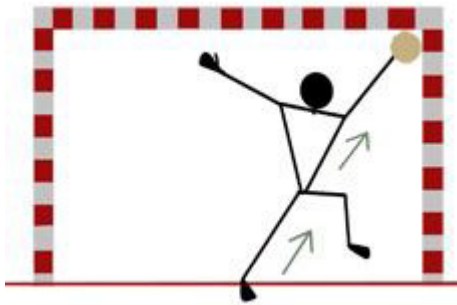
All techniques below are used for saving long range shots and in the situation when he is in the goal (without exit) saving short range shots.



Saving with both hands



Saving with both hands with a hop of further leg



Saving high shot with one hand

The best, and the most safety way of saving high shots is blocking with both hands. **This is the basic technique that should be always initiated at the very beginning of the trainings.**



It is obvious that due to the range of shoulders, positioning in the goal and hand's positioning as well as the time for taking the action, the goalkeeper is not always able to use this technique. That is why he should also be able to use the technique of saving with one hand.



Saving high shot with one hand

Basic technique- stepping out with the further leg

The ball is stopped with hands but while saving process he is moving all his body. The action starts from stepping out with the leg opposite to the side of the ball. The faster and more energetic is the hop, the more efficient is the action.

The closer leg

One knee is open and lightly up at the moment of the action. Moving the knee up is connected with hop that makes the shoulders' level higher and the range of body wider. Saving with moving bent leg makes the goalkeeper's position lower. Right then his range is not enough especially with precise, high shots

Moving the trunk aside

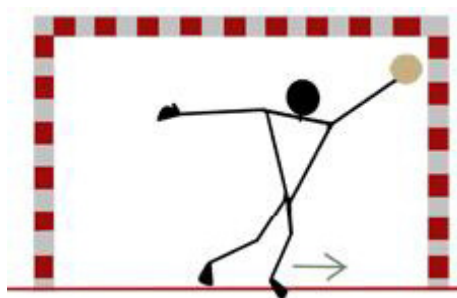
It doesn't matter if he saves with one or both hands, during the action he always has to move the body in direction of the ball. The angle of deviation will be definitely different depending on necessity in the particular situation.

An arm on the side of the ball (the arm determines effectiveness of the action)

Due to trunk's angle of deviation the arm should be completely straight. It can be slightly bent in the elbow at the very beginning of an action and straight later on (if it is necessary).

The further arm is slightly bent in the elbow joining the other in front of his face.

Defence with a hop from closer leg



Practicing this technique should be stopped on the

basic level trainings! This technique can be used as additional point of trainings.

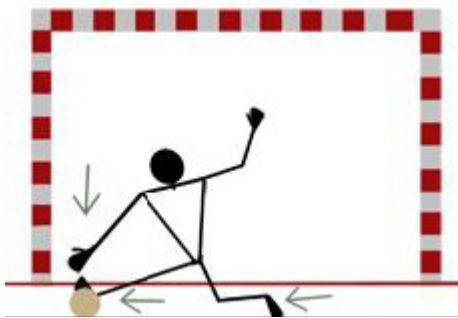
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Saving high shot with stepping out from the closer leg

Saving techniques for low shots

In this technique the biggest amount of differences can be noticed. They result from different way of carrying out trainings as well as from personal choice of experienced goalkeeper during his further career.

Saving with straight leg and slide.



Classical technique, very popular for many years.



Saving with straight leg

- Straight leg lying on the ground, lean on heel
- Hopping from the further leg that is bent in the knee

- The hand (on the side of the ball) protects against a shot – the hand and leg are moving simultaneous
- The trunk is leading out in the direction of the ball
- Second hand is raised and banded

Ending the action



A goalkeeper has to sit with one leg bent and one leg completely straight, it will allow him to observe the ball and to come back to the basic position to take the next action.

Saving the low shot with hand support

Sliding out

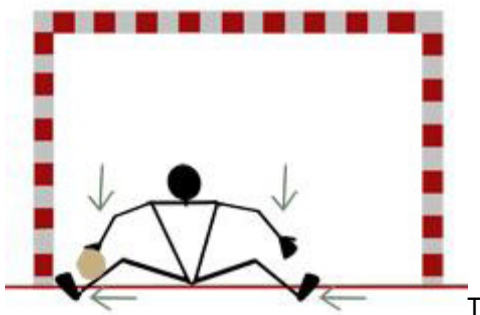
This is the technique implemented by Yugoslavian school



Saving the low shots with sliding out

- Push-off from the opposite leg as far as to make the leg straight
- Sliding out with the leg bent in knee
- Feet along with the body, entirely touching the ground
- The hand is supporting the goal in front of the leg, on the side of the ball
- The arm and the leg are moving in the same time
- The trunk is leaned out in the direction of the ball
- Second hand above
- Head is raised (observing the ball)

Saving in sitting position with both straight legs aside



This technique is getting very popular even among the best goalkeepers in the world, especially in the situation when a goalkeeper is sure about the way of the ball.



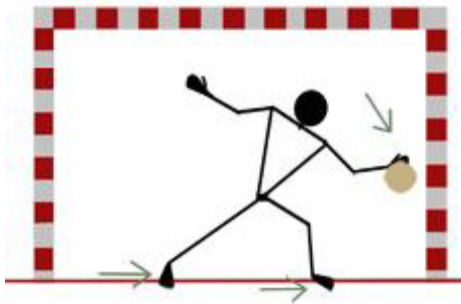
Saving low shots sitting with open, straight legs aside

- Pushing off from opposite leg and moving the center of gravity to the lower part of the body
- Sitting with straight legs aside and dislocation of all body
- Possible slide out with feet that is closer to a goal post
- Knees slightly are bent
- Trunk straight (watching the ball)
- Arms are slightly bent (elbows in the back) moving down they support the area above lower legs

The types of saving medium high shots

In the situations of medium high shots a goalkeeper should save the goal with hands.

Step in saving(in width)



The most popular technique:

-Hop on the further leg

-Raising straight hand in the direction of the ball but keeping the elbow slightly bends. It helps to absorb a hit

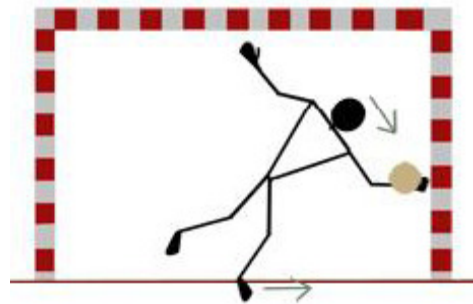
- Goalkeeper's trunk should be leant

- Step in towards the ball



Take off from the further leg and saving medium high positioned ball with hands

Saving while losing balance



It happens in the situation when a goalkeeper has not been able to go back to the basic position and immediately is trying to save the situation.

- A goalkeeper moves the body as well as the center of gravity to the closer leg
Simultaneously the hand is raised above in towards on-coming ball.
- He is losing balance but still blocking the shot
- Falling down after save

-sideways (on the back)

-ahead (he leans on hands after turn of the body)

Saving with hand and leg



In particular situation, when a goalkeeper realizes that he is standing far from the place where the ball is heading for, he can use the technique of saving with both- hand and leg. It helps to increase the saving area during the action.

- Taking off from the further leg
- He leans out the trunk
- Simultaneously he moves straight hand and leg towards on- coming ball.

Saving types after a throw from the goal area line

Saving short range shots

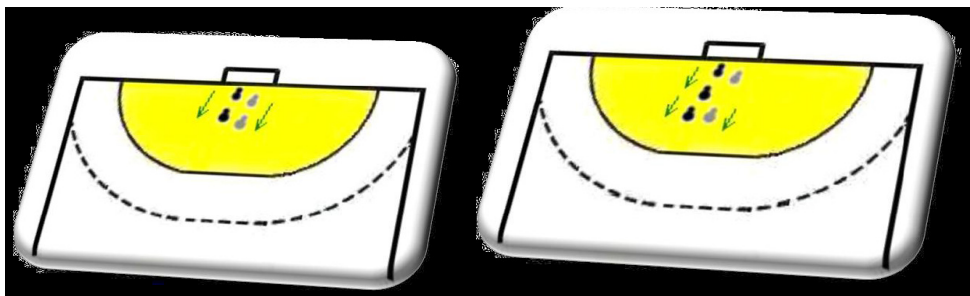
If a goalkeeper is situated near the goal-area line at the moment of shot he needs to decide which of the techniques described above he should use in a particular situation. Generally, the moment when he realizes that it will be close range shot he should:

- He should move forward to make the angle of shot
- He should move aside towards the ball

Pulling ahead

- The goalkeeper should move with landing
- He should do it quickly and flat wise(without jumping up)
- He ought to keep goalkeeper's position (raised arms , standing on insteps)
- He has to keep the balance after landing

Ways of landing



Together with both legs

Step and landing

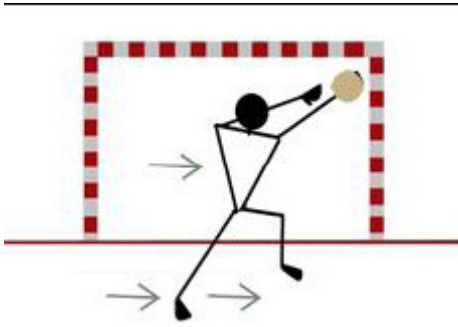
- Small step with the leg closer to the goal post
- Landing on both leg

The beginning of the movement process starts with the closer leg (next to goal post). It is clear in the situation when a goalkeeper is not able to do the full movement (landing). That is why, after one step, standing on one leg he can make an effort to take an action after pushing off with the second leg and saving the opposite area of the goal.

After moving out of the goal:

- starting an action if a shooter jumps up or ahead, his hand is within reach of the goalkeeper.
- the goalkeeper is moving step by step after the hand of shooter, before he starts saving action but it is related to the situation, when the shooter jumped aside.

Moving while saving with both hands



-Push off and movement based on the further leg

-The closer knee is up – it makes the goalkeeper taller (raised)

- He leans out the trunk

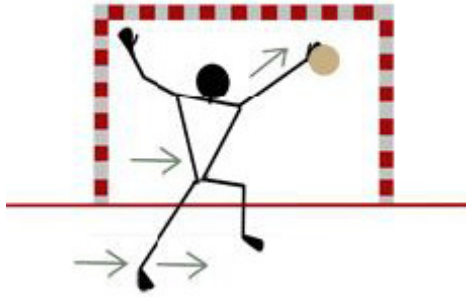
-The closer arm is trying to reach the ball
(the arm is straight)

-the further arm follows the other hand



Moving while saving with both hands

Moving while saving with one hand

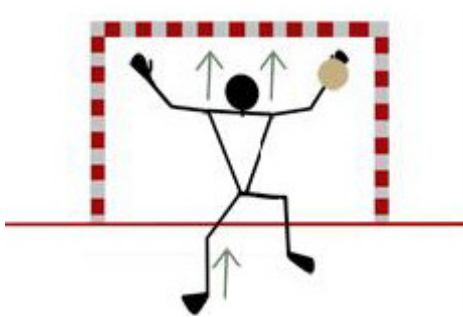


- moving hands and legs the same way as before

-the hand goes straight in the direction of the ball



Moving and saving with one hand



Saving by covering upper part of the goal

In case a goalkeeper is not able to estimate the real direction of a throw but he can suppose that the throw may be directed towards upper part of the goal.

In this situation, after moving forward, he should cover upper part of the goal with his arms widely spread above his head. The area around the head will be secured by raised shoulders.

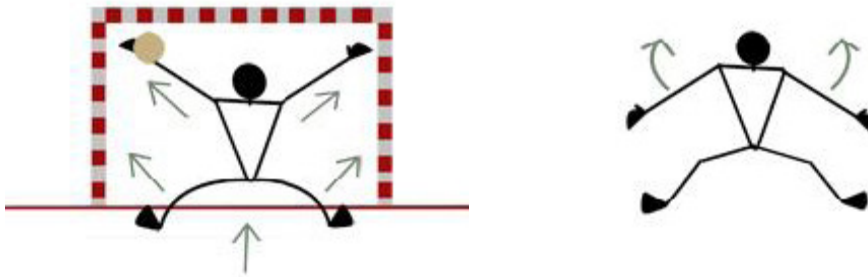
- Take off or rise up (on the leg that is further from the ball)
- Widely rised arms, without any additional movements (f.ex. up or ahead)

The goalkeeper should take off from the further leg. The leg on the side of ball can be moved up and can blocked the ball if a shoter change the direction of the throw.



Blocking the higher parts of a goal

Saving after a jump



The old type of saving in a jump.

For many years, in many countries (also in Poland), goalkeepers, who were saving after a jump, in the air, they were simply moving the shoulders up to hit the ball. The style of raising straight arms at a slant was popular f. ex. in Yugoslavia or Sweden. Nowadays only the second type of saving is used and very popular among the best goalkeepers in the world.

The style makes it possible to cover the upper parts of a goal (due to the straight arms) and eliminates the situations of hitting the ball by mistake while swinging the arms.

Saving with straight hands raised and straight legs –“splits in the air”

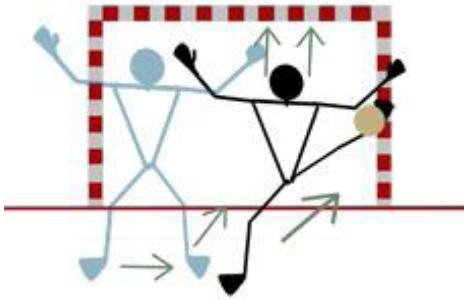
- Moving forward the goalkeeper takes off with both legs (also possible with using just one leg)
- He immediately stretches his hands and moves them up slantwise
- The legs astride
- His position is “open”, feet up and outside
- Knees are slightly bent
- The goalkeeper steps down in the same place



The two phases of saving “in the air”

Saving with a leg shots directed into the upper short corner

It is very difficult type of saving, applied only by well qualified goalkeepers.



- Moving in direction of the ball followed by carrying his weight
- Take off from the closer leg (all body is leaning on this leg)
- The leg goes up to the corner
- Changing legs during the jump (“in the air”) and falling on the opposite leg
- A hand is helping to block the corner

The ways of saving medium high shots

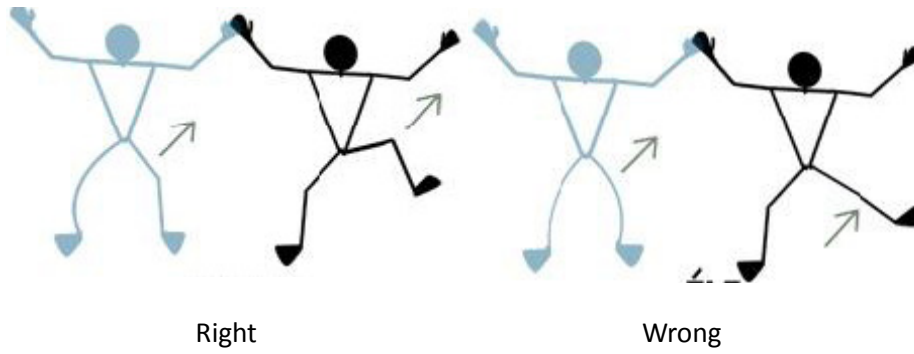
A goalkeeper saves the medium high shots moving in direction of low corners, with a leg or with a leg and hand together.

Taking into consideration both –the position of the goalkeeper standing forward and the position of the field player, his legs are always higher than knees level and arms are above shoulders.

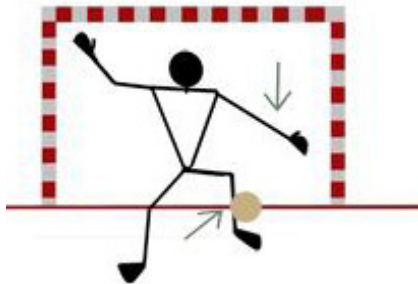
Blocking with legs is the main saving type in this kind of situations, described above.

Leg movement should start from moving a knee up, later a lower leg and a foot at the end.

The mistake is made in the situation when the movement starts from foot and goes up with straight leg.



Saving with a leg- throw into the low corner

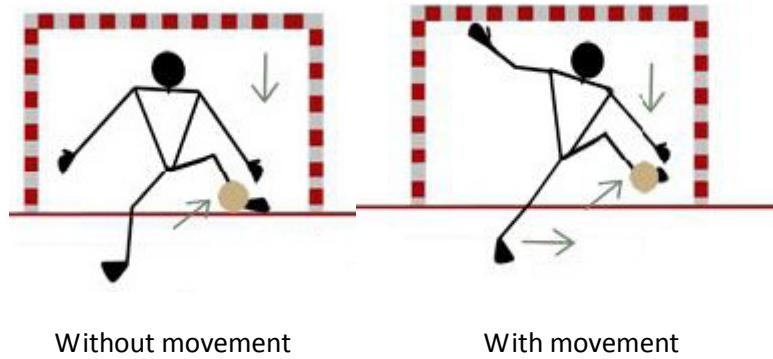


After moving forward and stabilizing the position:

- The leg goes up (starting from the knee)
- The toes go up
- The same time the hand goes down (support)

This is very popular type of saving. It can be also used after moving towards the ball.

Saving with a hand and a leg- medium high shots



Without movement (the ball is within reach)

- Simultaneous movement of the leg and arm
- A goalkeeper stands on the leg, that can be slightly bent in the knee or he can raise up on his feet , it depends how high is the ball
- The same time the other hand is moving down (while the leg is slightly bent) or stays up- on the shoulders lever(while raising up on his feet)

With movement (the ball is beyond reach)

- A goalkeeper takes off and move on the further leg
- Raising up on his feet or slight hop
- Simultaneous movement of the leg and arm on the side of the ball
- The other hand raised very high
- The trunk is leant in the direction of the ball

CAUTION!

Using these types of saving a goalkeeper has to avoid making this kind of mistakes:

- ➔ Covering the arm and the leg
- ➔ Keeping too much space between the arm and the leg
- ➔ The movements of the arm are too wide and end below raised knee level
- ➔ Moving straight arm or leg



The first phase of the action- saving with an arm and a leg medium high shots



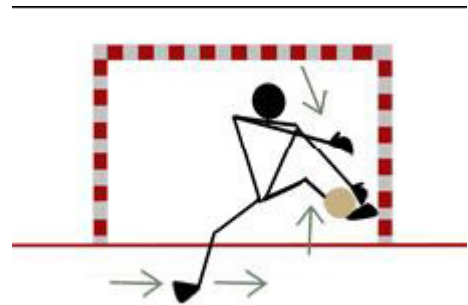
Saving with a hand and a leg- medium high shots

Saving with both hands after a movement – medium high shots



Saving with both hands– medium high shots

This style is based on movement. The situation is sure for a goalkeeper, he knows exactly the direction of the throw.



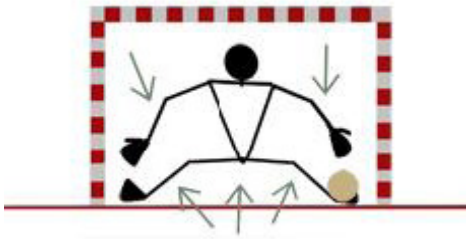
- The rules the same as before

Saving with hands and legs with jump (“in the air”) - medium high shot

→Take off on both legs

→Firstly arms raised up but aslant, later on the arms are moving down (closing)

→the straight legs widely aside in the air



Saving with both hands and both legs straight in the air

This type of saving has been already mentioned while talking about saving high shots.

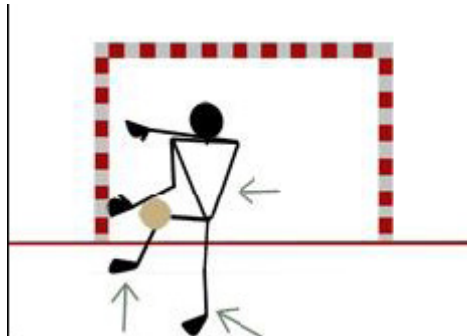
While the goalkeeper is taking off, he straightens hands and legs trying to cover all corners of the goal.



Covering all corners of the goal, saving short range shot

“Elbow-knee” saving

When an attacker throws the ball on the hips level, the goalkeeper uses “elbow-knee” style that effectively cover the corner.



- The goalkeeper is moving on the further leg
- The closer leg is moved up – the knee is on the hip level
- The closer hand, that is bent in the elbow, goes down the same time
- He supports blocking with the hand that is in front of the chest
- The trunk is straight

CAUTION!

This type of saving is very effective but very complicated. It needs lot of trainings and experience before goalkeeper gains skills to do it correctly and on time.

The most popular mistake is based on raising the straight leg or bent leg is raised too high. The straight further hand is also the mistake that has to be avoided.

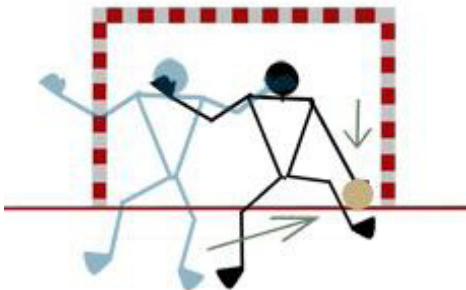


“Elbow-knee” saving

Saving with change of legs while jump.

This type of saving provoke an attacker (low and medium high shots)

Field players are taught from the very beginning to throw into the low corner on the side of the closer leg of the goalkeeper (the leg is standing on).



- Because the goalkeeper is aware of the field players behavior he provokes the attacker by standing just on one leg.
- At the moment of shot in the direction of the leg he is standing on, he has to jump, change the legs and save the goal with hand's support.

Types of actions

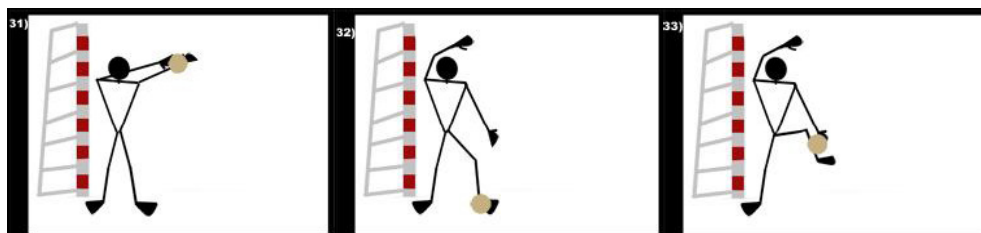
- Take off from the supportive leg
- Changing legs in the air (while jump)
- The hand on the side of the ball goes down(support)
- Blocking in the air or after changing the leg

Saving wing shots

This type of saving actions has been changing for last years. The new types of goalkeeper's behaviors are just the answer to the new wing shooting types that are more and more exquisite. We can see throws in different moments, fast or strong, with rotation of the ball after dribbling or in the air, after faking throw, faking with the trunk or after changing the direction of take off...

Saving wing shots types differ due to the different angles of the shots. Goalkeeper's position in the goal depends on it.

Standing next to the goal post (angle of shot is limited)



With both hands

With leg

With leg and hand

A goalkeeper can save in a different way. The one he chooses depends on the level of shot. He can save :

- with both hands
- with a leg
- with both- hand and leg

Types of actions

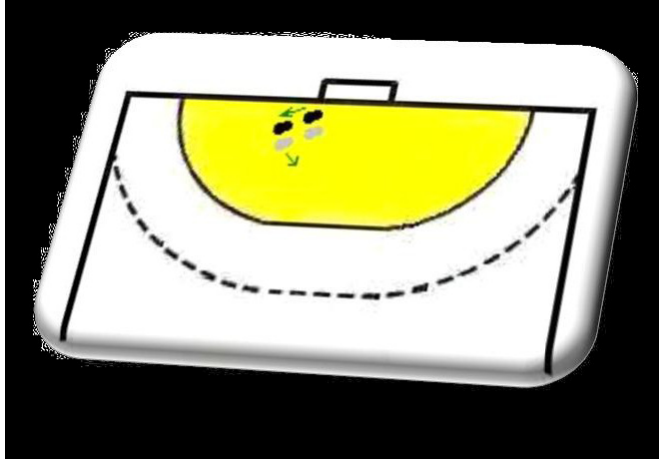
- The closer leg next to the goal post
- The hips and the trunk are also next to the goal post (this location makes the shot into the short corner impossible)
- The closer arm, next to the goal post, bent in the elbow
 - Above the head is blocking high corner
 - If a goalkeeper is tall, the hand is protecting the face

This type of saving is used only in the situations of throws from small angle. It is very seldom situation. The most possible is to see it during junior's games, when it is risky or during the best games when the players are proficient know how to surprise a goalkeeper.

Saving wing shots- the ways of movements and saving types.

The basic rules of movements for a goalkeeper when a field player shots from the wing are:

- moving the closer leg towards the goal post, the other leg has to enable him to stand face to face with the attacker
- the movement starts with the step forward, the first goes the leg closer to the post
- moving toward the ball (step by step)



The goalkeeper needs to block with his body (closer leg, hand, trunk short corner) short corner at the moment of throw and then he has to move to give as well the other corner.

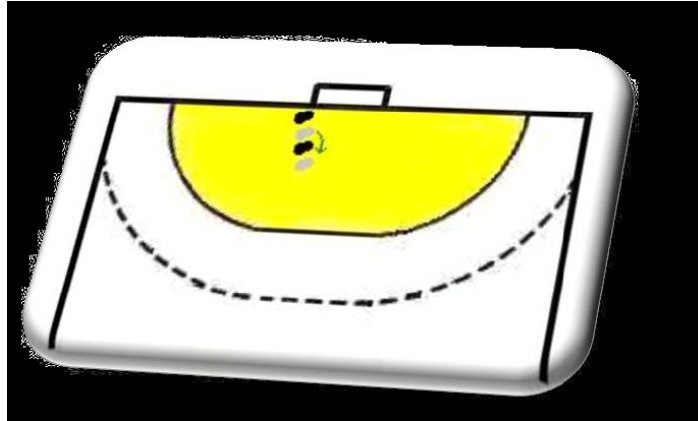
Because saving shots from the wing is quite difficult, it is very important to take care about the most popular mistakes:

- Raising the further leg up too early
- No movement towards the ball
- One step ahead while the attacker is jumping aside
- One arm is not raised
- Leaving the short corner too early
- A goalkeeper stiffens the leg at the moment of the action

Uncovering the short corner

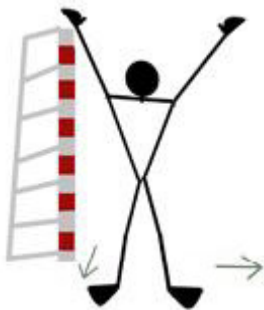
This style can be implemented after a goalkeeper knows very well the basic types of saving.

The rule of movement for a goalkeeper in this situation is uncovering the short corner consciously. It starts from step ahead and aslant with the further leg (further from the goal post). By covering the long corner he makes the attacker throw into the short corner.



Goalkeeper's position

It is very important to emphasize that the position of a goalkeeper has been changed by the top world's goalies. The change is mainly about the moving to the middle part in the direction of the scorer's throwing hand. It happens in the situation when the attacker jumps up and keeps the ball very high.



→ Raised arms are blocking both high corners

→ The throw above the head of a goalkeeper is very difficult

→So called “lowering” is impossible



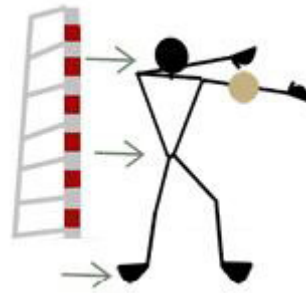
Goalkeeper's position while saving the shot from the wing

Types of savings

While saving wing shots with a shift a goalkeeper uses the same types of blocking as for saving throws from 7-meters line.

It looks a little bit different while a goalkeeper is saving with landing or if he is uncovering a short corner (the first step starts with the closer leg).

Saving with landing (throw into the long corner)



Saving wing shots with landing

- A goalkeeper is moving forward and covering the short corner. Then he is waiting to make it impossible for attacker to throw into the short corner.
- He is blocking a long corner
- Take off and landing on the leg, closer to the goal post –landing
- His further leg, and hip are covering the further corner –low throw
- The long high corner is blocked by the hand, closer to the goal post. The hand is moving in front of the face and should be slightly bent!
- The other hand is supporting the action of blocking and is situated on the shoulder's level

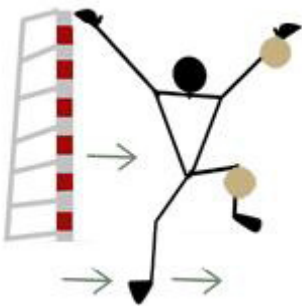
CAUTION

The main mistake made by goalies that use this style is that they uncover the short corner because they are landing too early.



The first phase of saving the long corner with landing

Saving by movement on one leg (blocking the throw into the long corner)



- Firstly a goalkeeper is waiting then he is moving on the leg closer to the goal post
- Hands are up and aslant, blocking the high corners
- When the knee is up medium high shots should be saved
- The feet and lower leg is covering the lower corner

CAUTION

This type of saving is nowadays used mainly by the best goalkeepers.

Saving the wing shots

5. One-to-one: goalkeeper and a shooter

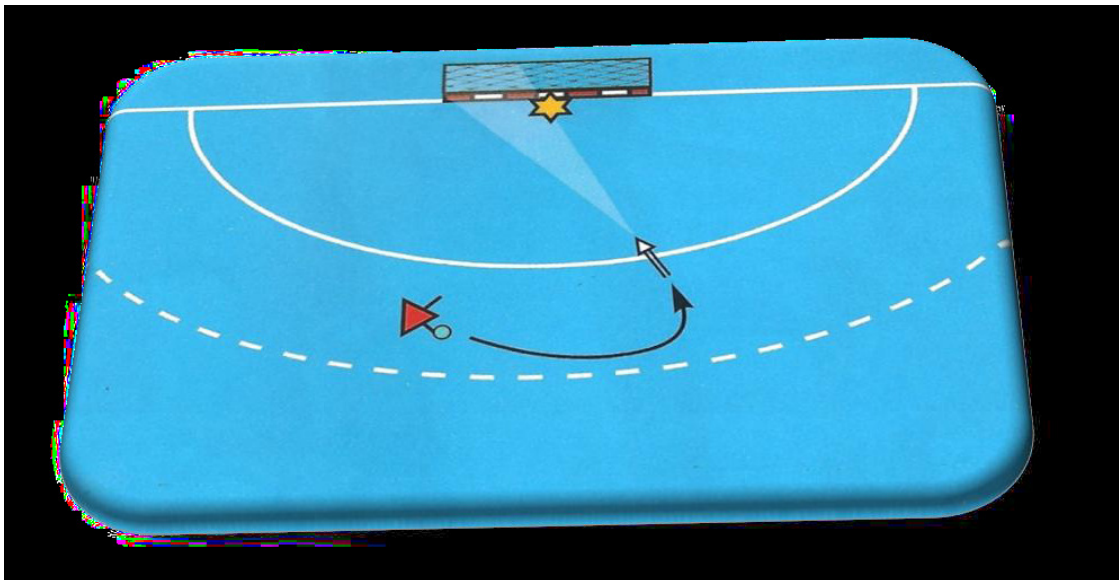
Each throw into the goal is kind of “one-to-one” between a shooter and a goalkeeper. A goalkeeper is always trying to save a goal but the same time he cannot go back to those, he did not save. He should quickly analyze the mistakes he made, draw some conclusions and use it them in the next saving action.

5.1 How to understand a shooter?

It will be always easier for a goalkeeper to save a goal when he understands the will of the shooter. To expect the moment and the corner where the shooter throws, a goalkeeper has to:

- An attacker will be always trying to throw into the corner, which is uncovered. Wrong location is the mistake made by a goalkeeper. It allows attacker to score an easy goal.
- The analyzes said that If the position of the goalkeeper is correct, right-handed attacker throws into the right corner (right corner for a goalkeeper) and if he is left-handed it is easier for him to throw into the left corner (left from the goalkeeper’s side). That is why he has to control which is stronger and more accurate.

- If a scorer keeps the ball below shoulder's level while he is attacking (wing shot, free throw line shot or a shot made by a line player) it is easier for him to throw into the lower corners . It is easy to predict for a goalkeeper where the attacker is aiming at.
- If the thrower jumps up very high, is close the goal and keeps the ball high above the head, the goalkeeper can expect the throw into the high corners rather than low because it is difficult to shoot with dribble
- If a goalkeeper notices some open space between defenders he can expect straight throw into the goal in this particular area.
- When the shooter finds on his way a defender who is not moving (static defender with arms down), the goalkeeper can expect the throw into the area, that should be blocked by his teammate but is not.
- If an attacker, after running with the ball jumps up(doing a curve movement in the direction of the goal) and keeping the ball. I am moving in the same direction in the goal area and in this situation he needs to expect the shot with “extension” – in the opposite direction than he has moved.



The throw with “extension”

- If a goalkeeper is correctly positioned and an attacker cannot find uncovered area in the goal, the goalkeeper can follow any fakes that attacker does. The fake would make the goalkeeper move (f.ex. raising a leg or lowering an arm) and the shooter could gain some open area to shot into the goal.
- It is important to remember that all field players are taught to throw next to the leg he is standing on. That is why if he raises one leg too quickly, then it is difficult to change it and save the goal.

Goalkeeper's tactics

During all saving actions a goalkeeper needs to take some decision. It is called as a goalkeeper's tactic and it is very important. Some people say that tactic is even more important than personal skills of a goalkeeper. The sooner he make the right decision (direction and the type of saving) the bigger chance to block the ball. The decision (tactic) depends on many circumstances, f. ex.:

- The direction from where he is coming toward the goal
- The attacker hand and trunk array
- Defenders positions:
 - Blocking by defenders
 - Pushing the attacker aside
- The luck of defenders
 - Rules of playing in the goal
 - Memories of the attacker's behaviors

Tactic is very important part of the game. If the decision made by the goalkeeper is right and he knows in which direction the ball goes, it is highly possible that he saves even if his skills are not proficient.

5.2. How to save throws from different distances and at different angles?

A goalkeeper needs to remember that he has to react in a different way dependently on place and situation of the throw.

He saves in a different way if an attacker throws:

- Long range shot (9-meter line)
- Short range shot (7-meter line)
- In one-to –one situation
- Wing shots
- 7-meter line throw

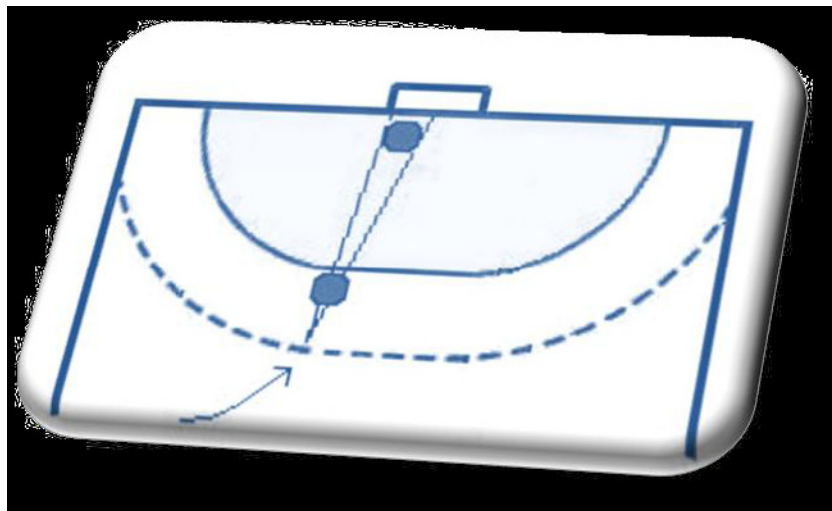
In each situation he needs to use different type of saving and decide to stand in a different position.

Long range shots

In a long range shots a goalkeeper has to make a quick analyze of the attacker's position. It very often happens that by the way he acts or blocks he can make the attacker to throw into a particular area of the goal. He may have not enough space and time to throw as well. That is why positioning in goal is so important.

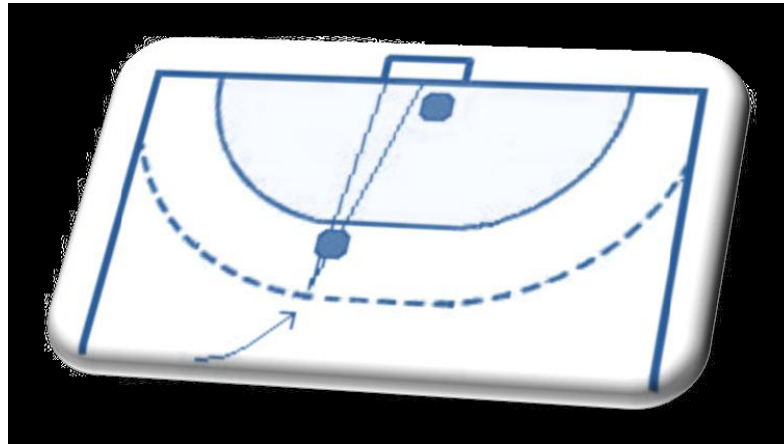
CAUTION!

While saving long range shots a goalkeeper cannot take an action too early or guess in which direction the ball may be thrown.



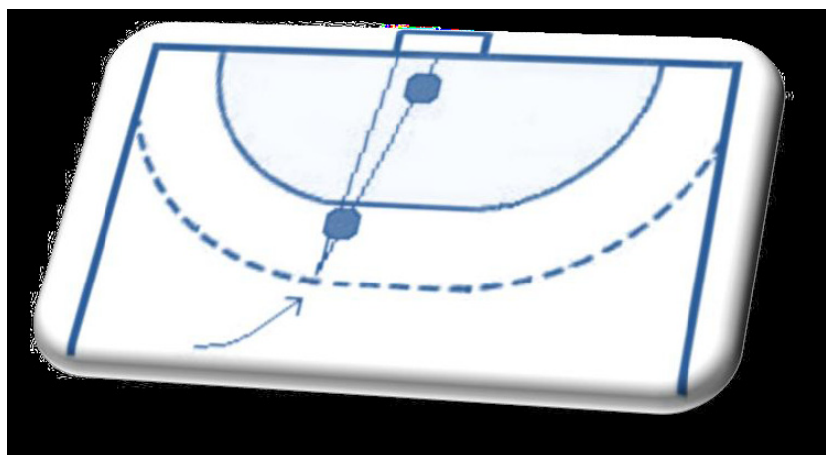
The wrong position behind the block ("in the shadow")

He also should not move from behind of a defender. The defender may be wrong and it will lead to hopeless situation.



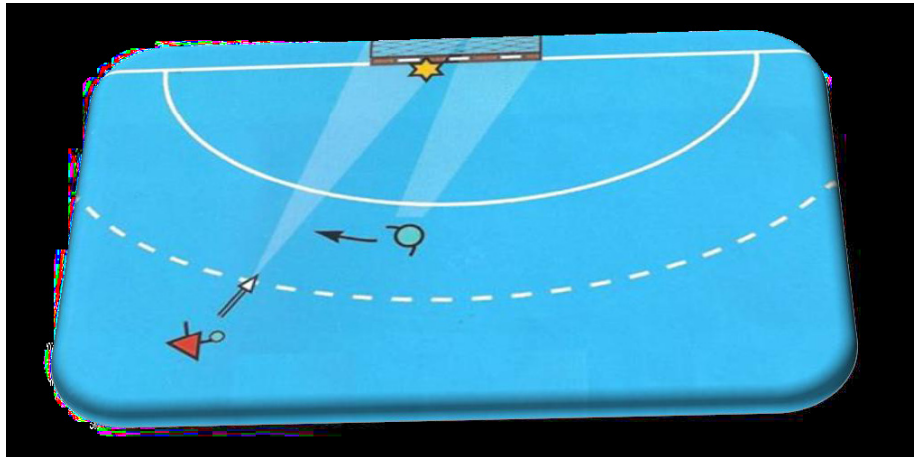
Wrong position next to the block

To be able to count on him-self and to trust his teammates the same time he should take the position to be able to at least partly move out of the block area to see the situation and make it possible to save the throw.



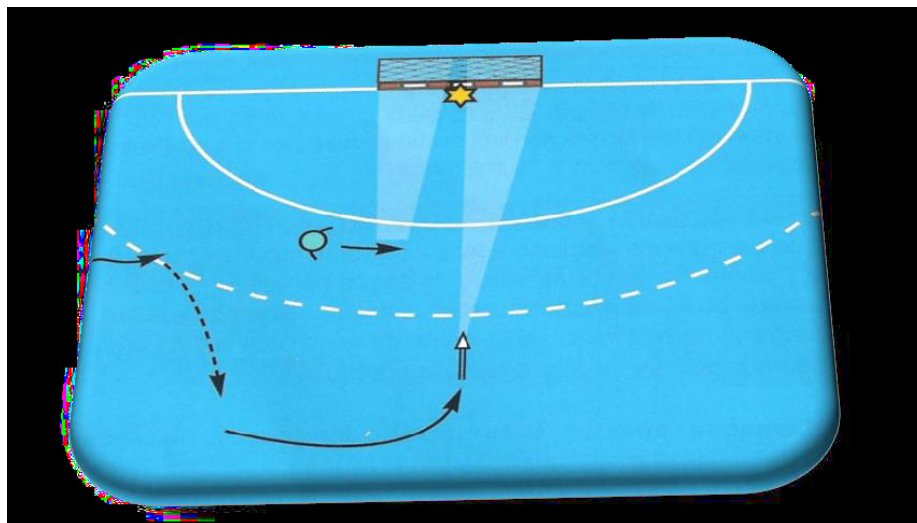
Safe position

The goalkeeper should also consider the position and possibilities of support of defenders from his team while saving 9 meter line. The defender might have been late with his action but later on he can still try to defend and block a part of the goal.



The throw from the “outside section”

In this situation the defender, who was late is blocking the long corner and the goalkeeper saves the short corner.

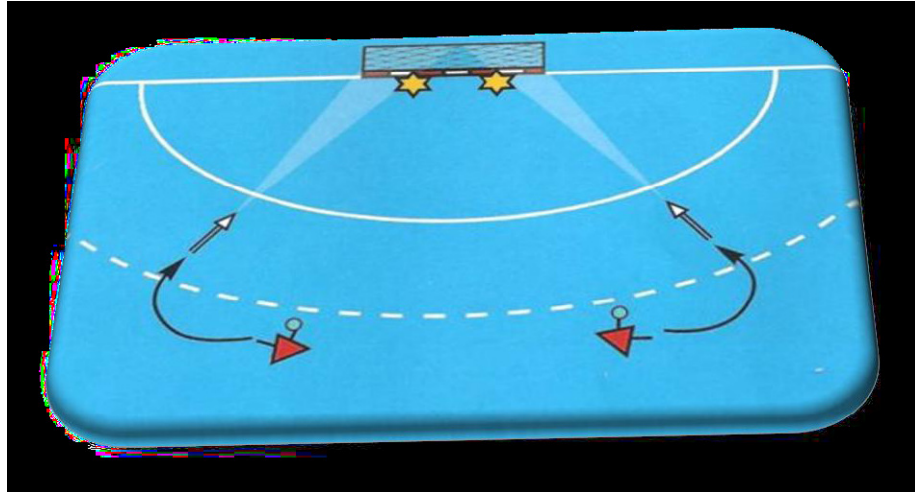


The throw from the central part of the field

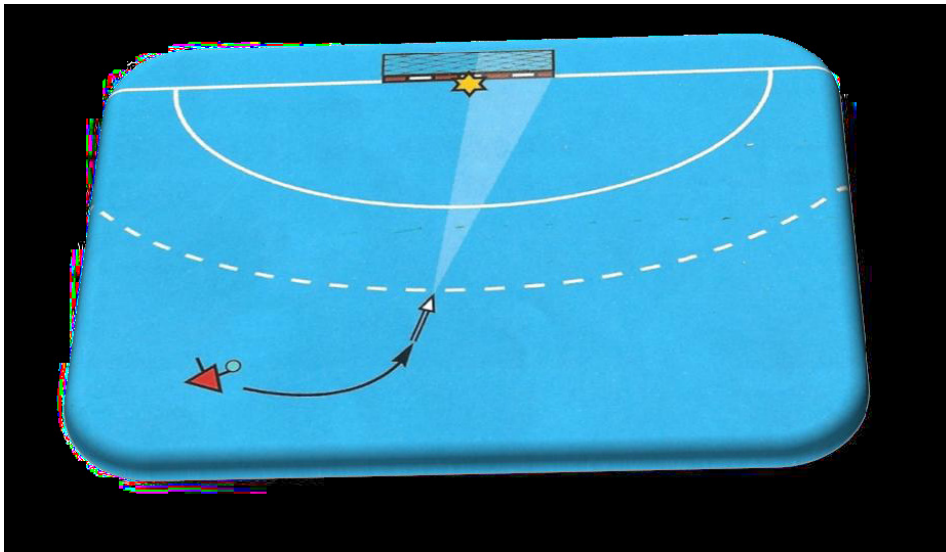
The defender, who was late, is blocking the long corner and the goalkeeper saves the short corner.

The goalkeeper also needs to take care about “tactics” while saving 9-meters shots.

If the player with a ball is moving towards sidelines, the goalkeeper cannot allow him to throw into the short corner. To avoid shots into short corners the goalkeeper needs to move close to the closer goal post.



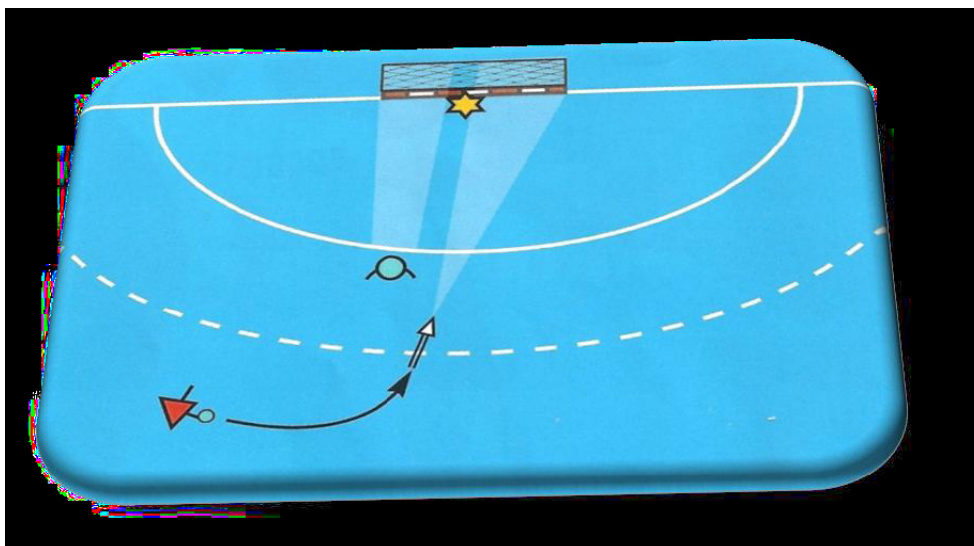
If the quarterback player is moving to the center part of the field, the goalkeeper needs to follow the same direction and block the long corner that gives the attacker the great opportunity to shot and score the goal.



One more thing that a goalkeeper needs to remember – the rule of saving the straight shots.

Straight shots

The throw is directed to this corner from which side the ball passes the defender or a block.



Straight shot

Short range shots

This kind of shots should not bring out any psychological problems for a goalkeeper (the attacker in a short distance, small angle). Any anxiety or fear cannot bring out the reaction of moving back, bending a trunk, turning the head away or closing the eyes. Being a goalkeeper needs a lot of courage!

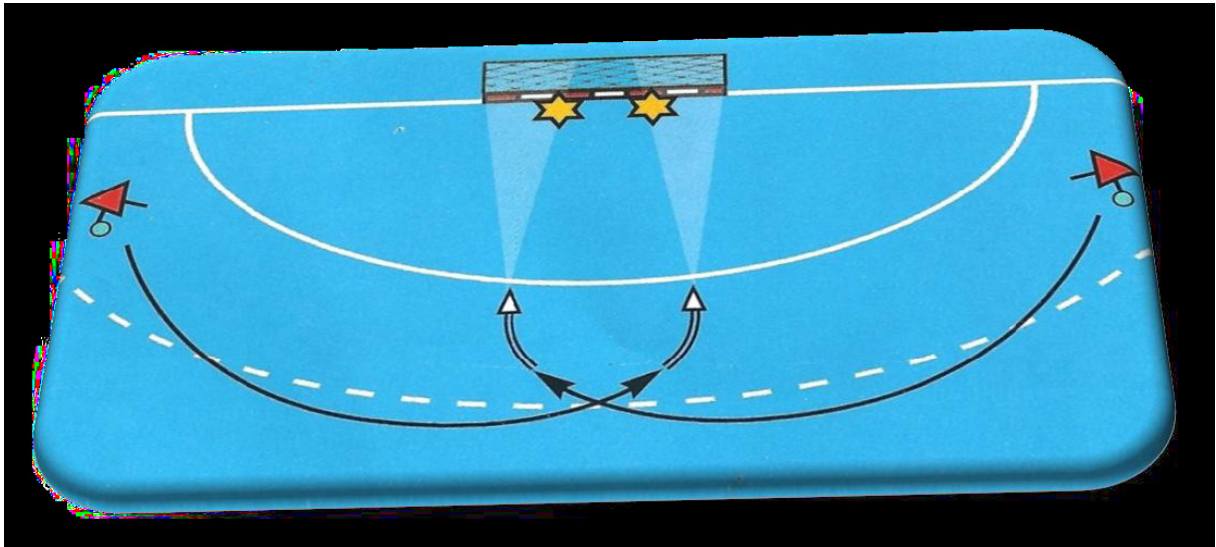
When the opposite team has a ball and wants to score a goal, a goalkeeper has to:

- Move inside the goal area so as to be able to save and block a great surface of the goal.
- Move forward to beforehand the moment of the throw. He knows that his position in the goal should not only decrease the area of the goal for a player but should decrease the saving area as well.
- He needs to move out of the goal as soon as possible or to move so as to keep the head on the way between the ball and the middle of the goal.

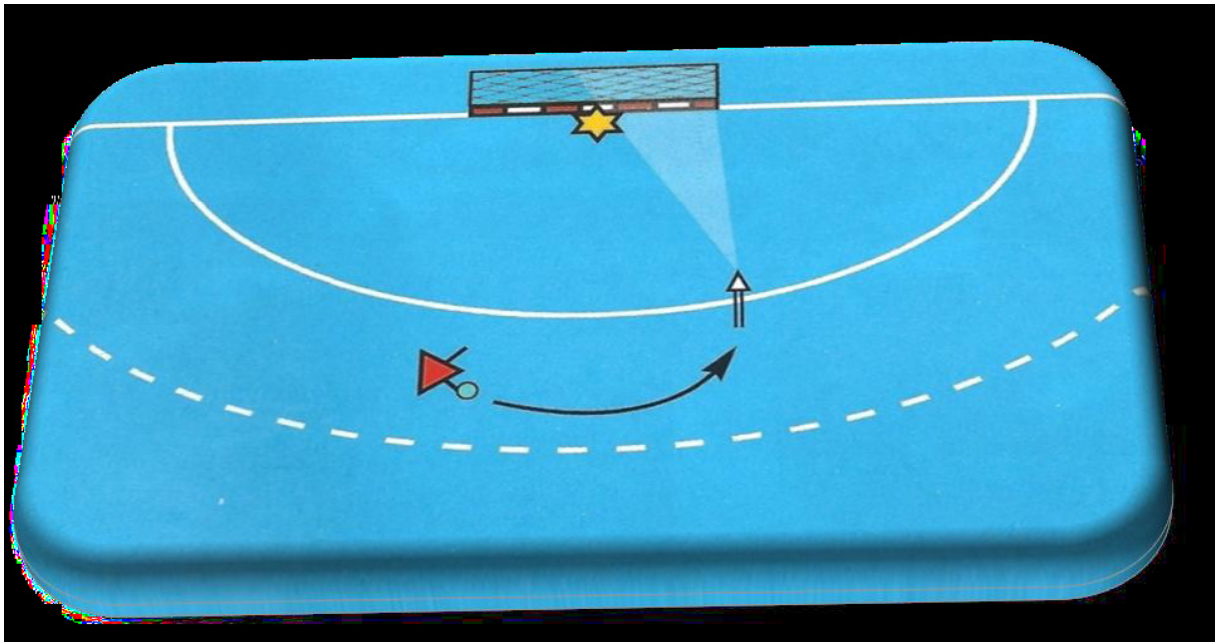
In some situations, dependently on the direction of take off and the position of the hand with the ball, the goalkeeper has to save the short or long corner. If it is impossible for him to predict the direction, he needs to block as much space of the goal as possible.

CAUTION!

A goalkeeper should move forward as soon as possible. He should stabilize his position. His reaction cannot be done too early if he is not moving towards the ball. If he moved to far (to the front) the player can easily throw the ball over him.



The shot after winger runs in



A line player shot



Moving forward, keeping the balance and preparing to the action

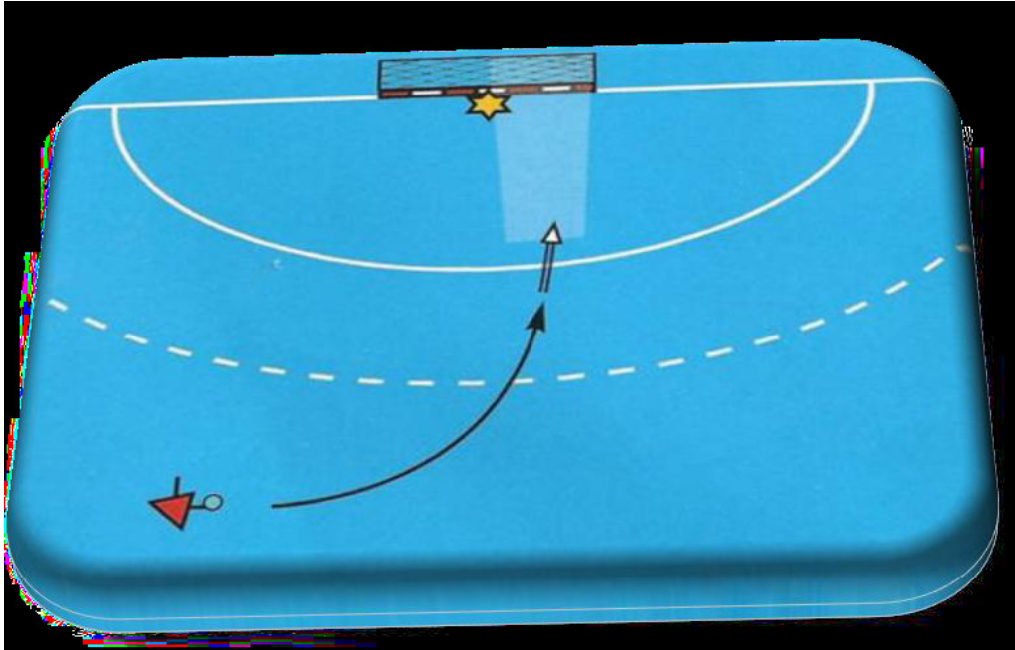
“One-to-one” situation

The field player has a lot of time to observe what the goalkeeper is going to do. If he stays “passive” (no actions are taken) and just starts to save at the moment of the throw, it is highly possible that he save the goal.

- By changing the position of the hands he can provoke and make the attacker throw the ball into different direction. If the player follows the goalkeeper’s idea he will make a mistake.
- After leaving the goal the goalkeeper has to follow the direction of the ball if he does not provoke.

CAUTION!

A goalkeeper cannot repeat the same saving tactic, f. ex. saving in a jump, because it is difficult to recognize by the attacker.



Probable place of the shot in “one-to-one” situation





Saving in “one-to-one” situation after moving

Wing throw

The main aim of a goalkeeper while an attacker tries to shot from the wing is to block the throw into the short corner by his appropriate position next to the goal post.

- If the angle of shot is small , the goalkeeper standing next to the goal post has to make it impossible to score a goal
- If the angle is bigger he can:
 - stay next to the post trying to save the throw (usually the throw into the long corner)
 - He can move ahead to mineralize the angle but the same time the player can throw the ball over him

Moving forward always starts with the leg closer to the post. The other moves as a second.

He also has to remember to follow the ball that is in winger’s hands (he is in the jump).

CAUTION!

In the situation of small angle shots a goalkeeper has to remember to block the short corner (head supports the rest of the body in saving action) and expect a throw into the trunk. He cannot do any movements (like raising the leg or moving the hand down) , that may uncover some areas of the goal.

CAUTION!

The speed of moving forward is essential.

- Moving too early makes the situation of throwing the ball over a goalkeeper very possible.
- Late movements make the proper action impossible and the ball passes the goalkeeper while he is moving.

5.3. How to save a 7-meter throw?

Saving 7-meter throws

The player has 3 seconds to throw since the referee whistles. The player can throw straight ahead; do some feints with the ball or with the body or delay the throw.

He ought to be concentrated, and his attention should be on the hand with the ball. He cannot stand on straight legs. His knees have to be slightly bent and he has to be ready to react. He cannot follow the feints but he has to wait and save at the moment of the real shot.

There are different ways of saving 7-meter line shots and they differ in the position and the way of react.

CAUTION!

A goalkeeper needs to be prepared for feints that he cannot follow. He has to wait and react at the moment of throw, not earlier. All actions made by a goalkeeper too early make his situation difficult and the opportunities for a player to score a goal bigger.

The position on the goal line

-In this situation he can choose the direction of an action

-The easiest way is to save the low corner, and that is the most popular action for goalkeepers

-He should put the balance on the leg he has taken off. It has to be done invisibly just after taking the decision

-Saving the goal a goalkeeper is trying to block all surfaces in the goal area



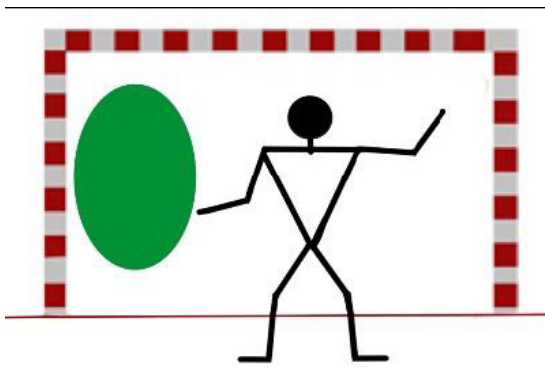
A shot from 7-meter line

Standing far away

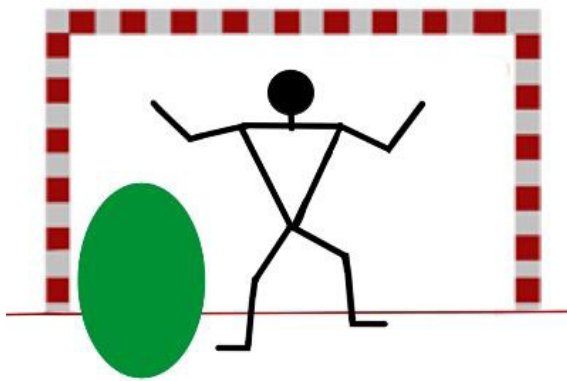
If a goalkeeper stands far from the goal it makes the angle smaller (the same with the goal area). It makes that a field player has to be more precise but it also can cause that the ball can be thrown over goalkeeper.

In this kind of situations he can provoke the player to make him throw into another corner.

The examples of provocations made by a goalkeeper



- moving the arm down makes the scorer aim into this empty corner of the goal



- Raising the leg up allows the player to block three corners. Makes the thrower shot into the uncover area



Saving the ball thrown by lob

6. Other tasks for a goalkeeper

6.1 Counterattack

Tasks for a goalkeeper during counterattack

Each goalkeeper is the first attacker and the last defender during end-to-end actions.

It is said that an effectiveness of each offence, depends on the first throw that should be correct. To make those words real, the coordination of action has to be perfect- both for all goalkeepers' actions and the defenders who start counterattack.

However a goalkeeper should always initiate and organize the counterattack. The analyzes show that a counterattack is typical in the situation when a goalkeeper gains the ball very easily.

- Inaccurate pass to the line player
- After the throw blocked by defenders
- The shot from the 9-meter line is in the range of a goalkeeper's arms

The situation may be much more difficult when a goalkeeper needs to take a full action and he needs to run up to the ball.

Because as we have already said the modern handball is based on systematic counterattack interventions, quick ball take over or gaining a ball by a goalkeeper is essential and the most important.

As far as the situation is easy, a goalkeeper should save with both hands. Bending the arms in the elbows and relaxing the body allows him to absorb the ball while one hand saving.

If he immediately moves and grab the ball that is not far from him, he can start counterattack. It won't be a direct counterattack but for sure it can be well organized attack in which all players can be involved.

He also needs to have proper skills to pass the ball in uncomfortable situation while he is for example sitting or kneeling.



Bringing the ball under control

The most popular mistakes made by goalkeepers:

Considering types of saving

- The wrong action was taken (wrong type of saving). The ball goes back to the field
- After successful action he goes to the ball too late
- He passes the ball to his teammate not precisely (too fast, too far or too slow)

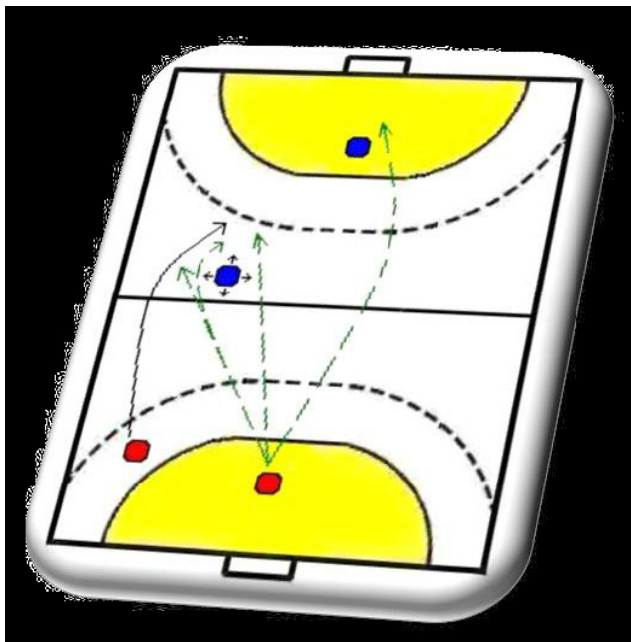
Tactics

- He hesitates too long before he passes the ball

- Moving towards the 6-meters line makes the action delay, makes the visibility limited and make it possible that a defender can take the ball over
- He does not estimate the situation and passes the ball to the player who is covered by a defender
- His opinion concerning his own skills is incorrect- he is trying to pass the ball in a very difficult situation when it is almost impossible

Basic skills required to pass a ball

Three types of passing a ball



-Flat, strong in front of defender (around the middle line of the field)

-Flat and strong behind a defender (around 9-meter line)

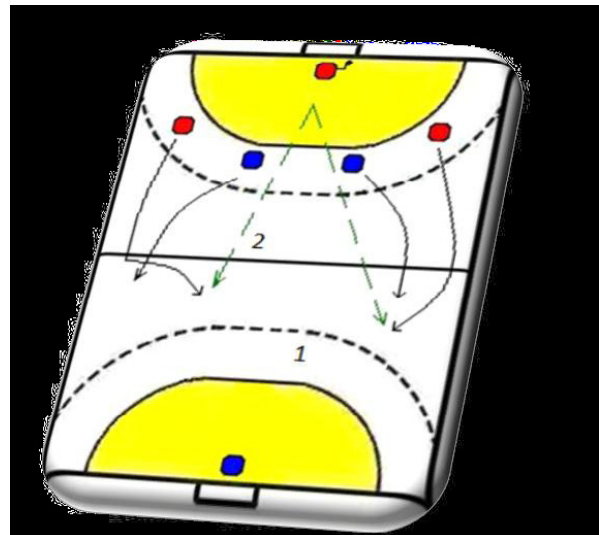
- Over a head of defender

-Straight throw directly in the direction of the goal

To gain all skills to pass the ball as precisely as possible, on time and right in place, it is

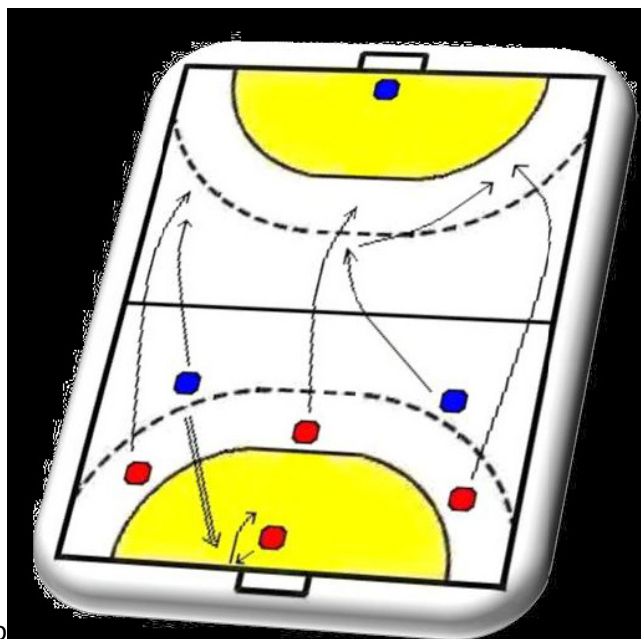
necessary to practice a lot and to get some instructions from the coach.

Choosing the correct type of passing the ball in one-to-one situation



-He has to recognize the situation, choose the way he wants to pass the ball while a defender is close to his partner.

Recognizing the situation; quick decision and precise throw.



In the situation three-to-two, after the spoiled shot, the goalkeeper has to grab the ball as soon as possible. He goes back to the goal area and makes a quick decision where he can pass the ball to the player, who is not covered.

The defenders are following two attackers but at the moment of passing the ball they can change the covering and try to take over the ball. It may happen only in the situation when the goalkeeper won't pass the ball to his teammate correctly (f. ex. by throwing over defenders' heads)

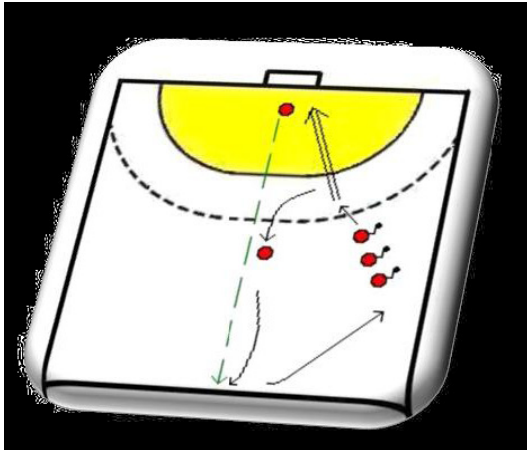
Fast throw off and come back to the action

In this part of the game goalkeeper's skills are the most important. If he is able to pass the ball quickly, flat wise and precisely to the player who is ready to start the action, then it can be successful.

Passing the ball by a lob (long and slow throw) allows the players from the opposite team to go back to their positions and be ready to defend. If case a goalkeeper permanently cannot pass the ball precisely then the best solution is to avoid this tactics. It brings too many disadvantages for the player

to continue using this tactics. Failed action brings confusion and the players lose lot of energy running back to counterattack.

We cannot take hem their willingness to run and play. The conclusion is that the luck of this kind of skills makes the coach resign from this very important tactic.



Practicing passing the ball to fast throw off

-The players behind the ball are shooting one by one

-The goalkeeper is not saving but just catching the ball and passing it to his partner

6.2. Support for the defenders

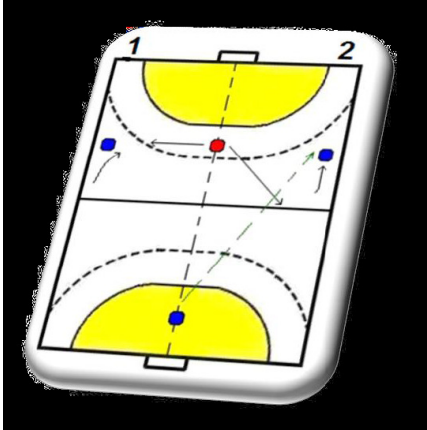
Always, when the teammates are on the other part of the field, the goalkeeper is moving out of the goal area and trying to do his best outside the goal area . He is trying to help his team in the situation of losing the ball by making it impossible for the opponents to do the counterattack.

He can:

- Make it difficult or impossible to pass the ball
- Take over the ball

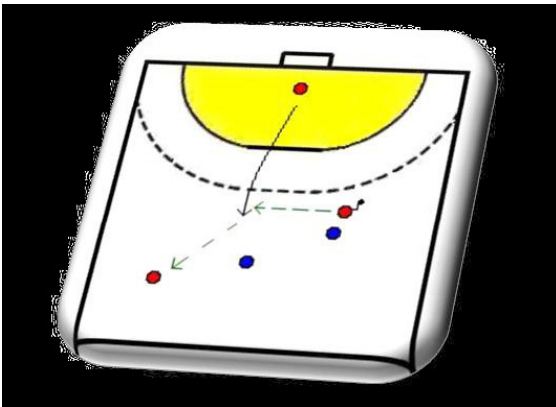
- To make it impossible to pass the ball

-Take over and counterattack



6.3. Support for attacking teammates

In the situation when the teammate has no one to pass the ball the goalkeeper should leave the area goal line and make it possible for him to pass the ball and continue the game.



Moving out of the goal area to get the ball

Of course in case it is necessary and a coach advice doing that, a goalkeeper can leave the goal area and take a part in the attack. Right then he is playing as a line player supporting the team as an additional player.


In beach handball a goalkeeper very often moves out of the goal area taking part in a game as a regular player. If he scores a goal it is double point for his team.

7. A goalkeeper before and after the game

Watching the competitor

For each goalkeeper knowledge about the opposite team's tactics is very valuable. That is why if it is possible, he should watch the games the opposite team plays before. He is able to estimate which player scores the biggest number of scores and from which position. Sometimes players have their favorite area in the game, where they always aim. If he has noticed this kind of tendency he should try to remember about it during the game. He should also try to find out some unusual way of shooting or different places in the goal, where the players of the opposite team tend to throw time to time. He could avoid being surprised.


It would be also helpful for him to find out the way they execute 7-meters throws. In case it is difficult for him to remember he can put down simple signs.

 The signs used to describe observation

- scored goal

 -rotation throw

 -saved goal

 -throw over a head

 -missed goal

W – jump throw(shot)

 -throw (shot)

P- throw from the floor



-throw after body feint

S- counterattack shot

The best goalkeepers pay a lot of attention and spend a lot of time watching and analyzing the previous games of the opposite teams before the game. They also use special computer applications to make the analyzes.

Preparing to a game - warm-up exercises

Goalkeepers warm-up exercises should not only concentrate on physical preparation. He also need to concentrate and focus on the game as well as forget about his fellows who are watching the game.

The rules of warm up

General preparation:

-Running, warming up shoulders joints, elbows, ankle joints, hips joints and knees joints

-He stretches himself (statically and dynamically)

-He does short series of fast movements, typical for goalkeepers

Preparing in a goal:

-He moves inside the goal area –movements, going forward (he should also check all conditions on the field and around- score board, lights etc.)

- He practices basic types of saving styles

Series of throws

After warm-up exercises a goalkeeper is ready to save. The long series of throws that go straight into my direction and are saved by both hands are just the waste of time. All throws from the very beginning should go into a different areas of the goal to make him move a lot.

- Coming to fully precise and strong shots , the very first shots should be directed into the corner that the goalkeeper shows. It gives him a chance to practice particular saving technics and the contact with the ball
- The next shots are made from typical positions as during the game

Passing the ball to the counterattack

- In the last part of warming-up players are passing the ball to a goalkeeper. They run from the corner of the field as to a counterattack (to the middle of the field). The goalkeeper firstly passes the ball just to practice the throws but later on he saves in one-to-one situations

Before a referee whistles to start the game, a goalkeeper should once again concentrate and think about the information he has about the opposite team.

During the game

During the game a goalkeeper should always stay calm. He cannot react to any gestures, sneers or referee's decisions that he does not agree with.

Any unsuccessful situation (or even more than one) cannot make him demobilized. He cannot dwell on the mistakes he made. He has to analyze it and concentrate before the next action. If he saves some shots automatically it has a great influence on the rest of the team and it can even bring the winning.

The position of a goalkeeper influences the rest of the team. His enthusiasm and bravery can be motivating and the lack of involvement can cause demobilization.

The goalkeeper's position is the most prominent on the field. That is why all mistakes made by him and "favors" for the opposite team are visible. To avoid it, he has to be able to focus. This skills can be practised during the trainings. He should try to collect all information about the players at the beginning of the game(the area they are aiming to and tactics they use). However because of the emotions he can simply forget about it. A goalkeeper has to be in touch with a coach all the time and listen to his advice. The other goalkeeper who is reserve player (goalkeeper).

The basic exercises:

To practice as a goalkeeper you can use different types of balls. The only thing is to have many of them. It allows to save the time without collecting the balls. It can be a tennis ball, small handballs or the balls made of sponge and paper. The hit made by these balls is painless.





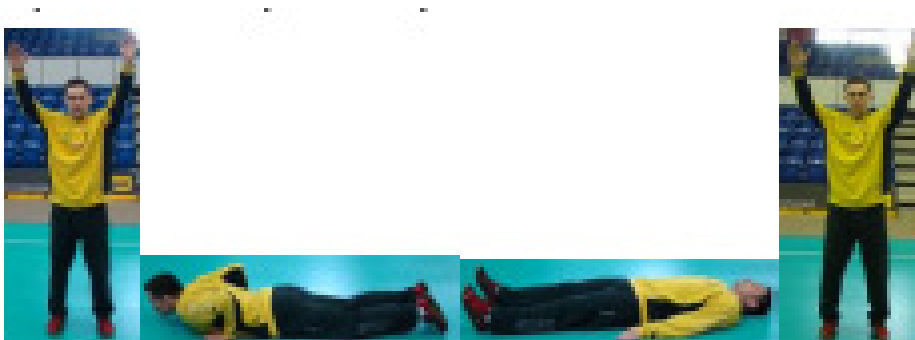
The balls were made of paper.

Practicing- basic position for a goalkeeper.

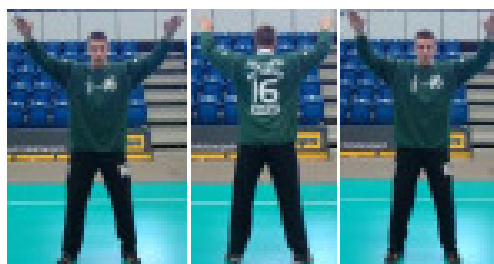
-showing the position

-Slow run and taking the goalkeeper's position

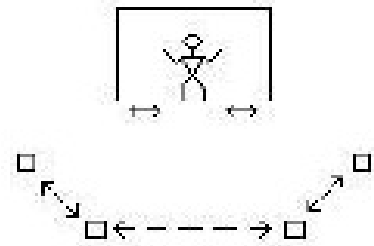
- Goalkeeper's positions- sitting flat, lying on the stomach, lying on the back and come back to the basic position.



- Goalkeeper's position- jumping up with take off from both legs and half-turn ; keeping the balance and the line of movement



Learning- basic exercises- saving a wing shot



-Show – taking the position without any particular situation and balls

-He moves inside the goal area and when the ball goes to the wing player, the goalkeeper takes the position

The rest as it was before but we practice with “soft balls”. The wing player is trying to shot into the short corner. The goalkeeper is trying to defece without any additional movements.

Learning- basic exercises- goalkeeper’s movements

- Three or four attackers playing on the 6-meters line passing the ball in any direction and the goalkeeper moves so as to follow the ball. At the beginning it is slow but later on it is getting faster.
- He stops keeping the goalkeeper’s position while any of players do a swing and a short step forward.
- A goalkeeper keeps the position and just move above obstacles on the floor.



“Closed eyes”

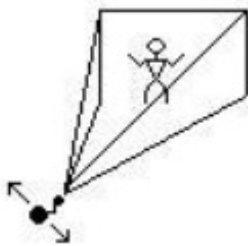
- A goalkeeper is moving inside the goal area trying to touch the goal posts with his hands (to the left and to the right and on different levels)
- A goalkeeper is moving in the direction of the ball just by following the noises he can hear. Four players are passing the ball standing on the 6-meters line. When they catch the ball they dribble and wait for the reaction of the goalkeeper.

“Soft board”

Checking your own feeling of “soft board”

- Kind of gum on the posts

We put the gum into each corner of the goal. It is fasten to the post on one side and the second end is kept by the coach who also has a ball. The coach is moving and the goalkeeper is trying to find the right place, where he covers the biggest part of his “soft board”.



- The players are standing with small balls (each has more than one ball). After each shot the goalkeeper changes his position and saves the balls within his reach.

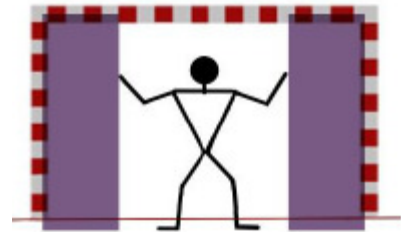
How “soft” is the board

All movements inside the goal area should be done into the left and right only, on the surface that covers the area of the goal.

The ball should be absorbed at the moment of touching the goalkeeper. It is incorrect to block the ball by hit similar to boxing or tennis hits. The sooner the goalkeeper takes control over the ball the sooner he can start counterattack. This is the reason why a coach should always take care about the position of forehands, bent elbows and palms- forward and aslant. The hands are slightly bent at the moment of touching the ball what makes the better amortization. Blocking the ball with straight hands blocked in the shoulder joint (hyperextension of the elbow) can cause painful injuries. This is typical situation especially for inexperienced goalkeepers.

Practicing “the board”

1. A goalkeeper in his position- he is flexibly standing on insteps. The coach throws the ball in the direction of the goalkeeper from the close distance (1-2 meters). The goalkeeper is not changing his position, the ball is just reflected by while touching his body-trunk, legs, or arms and falls down on the floor.



Covering the part of the goal is helpful for the goalkeeper to “feel the board”.

2. The same situation as above but before the coach throws the ball he does 2-3 steps aside. The goalkeeper follows the ball keeping the same position and the distance.
3. Kneel down

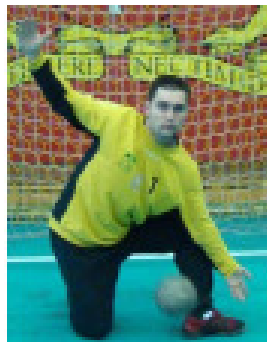
Soft and small balls need to be used (firstly tennis balls, later on standard balls; a small goal can be also used)



- The coach throws the ball into the goalkeeper, within his reach. He saves with his trunk or hands. The ball is absorbed. The shots next to goalkeeper's head or trunk are saved with both or just one hand.



- Long distance shots – saved with one hand, leaning out the trunk



-

Low shots- saved with one leg, the feet is put aside with toes on one side

4. The same situation as above but the goalkeeper is flexible in his position. Four players are situated around the goal area line. Throws form 4-6 meters only within goalkeepers reach. This exercise is very important! If the board is going to be the advantage of the goalkeeper's tactic, it cannot have any "empty" areas (wholes).

Practicing the balance



A goalkeeper is standing in the position and raising one leg with bent knee. The knee is abducted.

Jumping aside on one leg he keeps the balance and the correct position.

- The goalkeeper stands on one leg with the knee abducted, catching the ball with one hand. The ball was thrown by the coach on the left or right side of course within goalkeeper's reach. It can be caught with one or both hands or can be blocked with inside of the feet.



-
- The goalkeeper is on the bench. He is saving with both hands. His trunk is leant out, feet are not moving.
- Closing with “leg-arm” and coming back to the basic position keeping the balance all the time.

- The goalkeeper is standing on the bench. He is standing on one leg catching the ball within his reach. The ball is thrown by the coach.



-The goalkeeper on the trampoline keeping the balance. At the beginning he is catching the balls later on he is blocking the balls within his reach.

To practice the balance exercises you can use big balls "Gym-balls". A goalkeeper saves sitting or kneeling down on this ball.

The ability to cover the head



Kneeling or standing. The coach throws the ball (softly) in the direction of goalkeeper's head. The goalkeeper is hiding the head behind the hand that moved in front of the head.



The goalkeeper is in knee bend position, rolling and coming back to the initial position



He is blocking with his trunk or hiding the face as above.

Practicing reflex and speed

This type of exercises is also essential during the trainings. It can be repeated during each training.



The goalkeeper is in his position. His partner has a one ball in both hands. The hands are straight aside. He is standing in front of the goalkeeper in one meter distance. He lets one ball down and the goalkeeper has to catch it before it falls down.



The same situation as above but the goalkeeper is turned back. After the signal he does half-turn with jump still keeping the goalkeeper's position and then he tries to catch

the ball.



The goalkeeper is sitting with straight legs aside. The hands are on his knees. His partner is behind him. He lets the ball down and the goalkeeper is catching the ball.



The goalkeeper kneels down, hands crossed behind the back, the partner is in 1,5meter distance. He throws the ball above the head of goalkeeper.

The goalkeeper is 1,5 meter form the wall ("face-to-face" with the wall). He saves the balls that are thrown and return from the wall.

The goalkeeper is inside the goal, standing on the goal line. He is turned back to the field. After a signal he jumps, does half-turn and blocks the ball. He keeps the position all the time.

CAUTION!

This type of exercises have to be done in a short series (5-6 throws). It makes the goalkeeper stay concentrated and speed.

Stretching exercises

These exercises are also essential for goalkeepers' trainings. Stretching decreases the possibility of injury. Flexibility also makes the area within goalies reach bigger. A player can do the stretching exercises on his own or with his partner. The exercises can be divided into dynamic and static:

-Dynamic exercises lead to wider range and faster speed of movements. Usually 8 to 12 repeats

-Static exercises are about stretching the body and keeping it in this position for 7-10 seconds

It is very important to do relaxing exercises just after stretching ones.

At the beginning of the training players should do dynamic stretching exercises and static stretching at the end.

→ A player has to remember to warm-up his joints by rotation and round movements

Simple examples of the basic stretching exercises

- Standing in a half-splits , the trunk bent ahead trying to make it deeper, no sudden movements
- One straight leg in front, on the floor the other one in the back. Hands on the floor supporting the balance



- Sitting on the floor with one leg straight aside and the other is fully bent. The player is trying to touch the straight leg with his trunk. He keeps the position the same as to save low shots

- Standing in a half-splits, the trunk bent ahead trying to reach left and right leg. It can also be done keeping the position the same as to save low shots
- Standing next to the ladder. Straight leg is based on the ladder on the hips level. Bows to left and right leg in turns



- Lying aside



- Going under the crossbar of the small goal and keeping the basic position used for saving low shots



Teaching goalkeeper's technique

The trainings for goalkeepers are prepared in order to teach them everything step by step. Each type of saving is taught in the right moment to adjust it to the experience and abilities of the player.

Trainings routines

All goalkeepers have to practice and repeat all exercises as the best musicians do repeating the basic sound every day. Of course they should do it quickly.

Just regular trainings and repeating particular technique can make the goalkeeper use it properly (faster and more precisely) during the game.

To practice goalkeeper's precision small or tennis balls can be used. It also allows to make more repetitions. A player can throw with a small ball from the short distance (3-4 meters) so the reaction can be more precise.

Teaching order

Saving high shots with both hands

Exercise:

- Catching the ball that goes to the high corners with both hands, the basic position is kept

CAUTION!

-Take off from the further leg

-The hand on the side of the ball is straight

-The other hand in front of the face

- Sitting- catching the ball that is barely within the reach, in turn on the left and right side
- Kneeling - catching the ball that is barely within the reach, in turn on the left and right side

CAUTION!

-Inclination of the trunk in the direction of the ball

-we start the exercise with one ball later we add the second

Exercises inside the goal

- Catching the ball that goes to the high corners with both hands, the basic position is kept

CAUTION!

- Quick come back to the basic position after throwing back the ball

- The same exercise but with two balls. The goalkeeper move faster

- Legs movements – abductions and adductions

- Short step, the leg closer to the ball is slightly raised, abducted feet along the goal line

- From the basic goalkeeper's position : landing on both legs to knee bend

➔ Saving the high shots (the left and the right corner in turns)

- Saving positions – standing next to the post (touching by one hand)

➔ Reaching and catching the ball that was thrown into the high, opposite corner

- Saving positions – standing closer to the post. 2-3 short jumps on the closer leg, saving the high shot thrown into the opposite corner

- Saving positions- standing next to the post. Jump over the small obstacle (short fence, bench or a person), saving the ball that aims to the opposite corner



CAUTION!

-The jump should be flat. Landing with legs slightly aside, stabilization. Later on all balance on one leg that he starts the take off with.

- – the goalkeeper in the middle of the goal, touching the post (not pushing off), one step movement and come back to save the high shot into the opposite corner.

CAUTION!

-At the beginning touching the post on the level of the shoulders but later on in one of two low corners

- A goalkeeper cannot cross legs while he is moving inside the goal area

Saving the high shots with one hand –position in a goal

Before a goalkeeper is taught how to move inside the goal area he has to know how to move the hand while saving.

The most important is to move your body towards the ball and straight the arm at the end of the action.

CAUTION!

Many of young goalkeepers make a mistake and straight the arm before they start saving action. Right then he looks like a fencer moving with straight hand towards the ball.

Exercise

Kneel down position- the goalkeeper saves the balls (small and tennis balls) that are thrown far away but within his reach.

CAUTION!

He leans out towards the ball “standing” just on one knee (even if he loses the balance)

- The same situation when he is sitting on a bench (he has to move ahead and aslant)
- The same sitting on a big “Gym Ball”
- A goalkeeper next to the wall. He throws the ball up in the direction of the wall(slightly aside) and then he is trying to save the goal with one hand

CAUTION!

– The other hand is bent in the elbow

-The ball is amortized by the forearm

- In the next steps of the trainings slight turn of the forearm that can lead to take off and then he can catch the ball after dribble.

Saving the low shots

When somebody is learning the basic rule is to teach him simultaneous reaction of hand and leg. No matter what type of saving a goalkeeper chooses later on, hand support during the action will be essential.

Before the training concerning typical saving tactics starts the player has to know and practice typical hands and legs movements.

Exercise

- The goalkeeper is in the saving position. After the signal a goalkeeper do a short movement of the hand and leg in the precise direction.
- Sitting with the hands on the knees simultaneous fling of the leg(to full extension)and the arm



CAUTION!



Right position of the foot (the toes up) and the hand. The fingers cannot be together. The elbow is bent.

Kneel down – saving position, straight leg and hand, the trunk is leant out. The position is similar to the typical saving low shots position.



Kneel down- as above but the knee is bent and the foot is on the floor.

CAUTION!

The arm in front of the leg

- From sitting position, a goalkeeper cover himself with his legs (somersault) and come back to the sitting position (one leg straight in front but a little bit aside and the other bent lying on the floor) same as during the low shots saving . Additionally one hand or both hand support. Once the left leg, once the right one- in turns.
- Knee bend position
- ➔ Saving from the sitting position (one leg straight in front but a little bit aside and the other bent lying on the floor)
- ➔ Saving from half-splits position- one leg bend in the knee
- ➔ Hand support in both situations



Practicing the saving action after additional exercise (somersault, jump over some obstacle – ahead or aside)

- In the saving position- a goalkeeper is standing back to the mattress but in front of it:
 - Saving while sitting- straight legs aside, arms widely
 - The trunk straight
 - Sitting with both, straight legs aside he is landing with his behind on the mattress. After a while the exercise can be done without mattress adding the movement aside while sitting.



When a goalkeeper knows some basic types of saving a coach can suggest exercises inside the goal area. Teaching rules are the same as during high shots saving.

Firstly saving the low shots (slight throws from the short distance), 6-8 balls series.

Movements and the style of blocking should be improved right then.

Saving medium high shots – a hand and a leg

Be aware, that this style of saving- simultaneous movements of a hand and a leg in fact is not used if the goalkeeper is on the goal area line or at least next to the line.

It is always connected with moving forward or sometimes also with moving aside just to follow the thrower.

That is why a goalkeeper firstly has to be taught how to move and go out of the goal before the saving action starts.

Exercises –leaving the goal

- Jumping and landing ahead (but in different directions) on both legs; keeping the balance and

the basic saving position.

- Leaving the goal area- one step ahead and landing (in different directions) –stabilization of the goalkeeper’s saving position

CAUTION!

After a landing it is necessary to control stabilization of the goalkeeper. While a goalkeeper is learning it is the most important moment. Inclination or declination makes the action incorrect.

Saving with a hand and leg exercises

- In the goalkeeper’s position, he returns a ball to the coach with inside of his foot.
- The same while he is hanging on the ladder or any horizontal bar



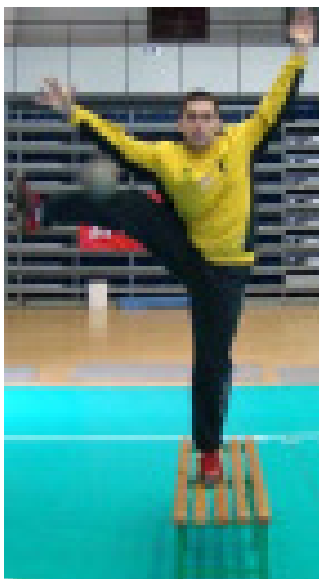
- Standing in front of the post in a very close distance. He is holding the post with one hand. The same time he moves the other hand and the leg closing the area to the hip’s level



- In the goalkeeper's position
- Simultaneous movement of an arm and a leg (elbow- knee)
- Simultaneous movement of an hand and a leg (palm- foot)

CAUTION!

The movement starts with raising a knee



→The same with moving forward out of the goal

→ The same with moving forward and aside

→One leg is standing on a bench, the surface is closed by the hand and leg; he raises up on his feet

→Blocking with the hand and leg climbing on some obstacle



Exercises inside the goal with a thrower

- A goalkeeper stands 3 meters from the goal. Throws within range on the hip's level, in turns- saved by the hand or leg
- Two groups of throwers- medium high shots. The goalkeeper saves in turns

CAUTION!

The shots have to be fast and strong to make the goalkeeper move a lot.

Saving 6-meter line shots – exercises

- A goalkeeper in the goal. The thrower on the 6-meter line. After a signal, the goalkeeper leaves the goal area and the same he makes the way of dribbling shorter. The thrower is waiting for a moment and move two steps to the left or right. The goalkeeper follows the thrower who shots into the short corner.
- Two players with balls standing back to the goal in the goal area, 4 meters from the goal, keeping the goal post's width between them. Dribble is the signal for the goalkeeper to move out of the goal. The line player turns, does the step or steps before he shots. He shots into the corner dependently on the direction of his turn (if he turns left, he shoots into the left corner). The goalkeeper is quickly returning to the goal just after the action.



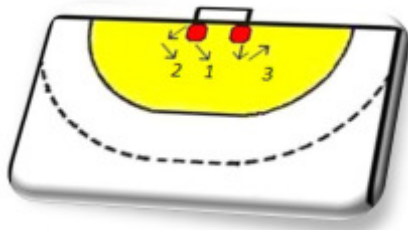
-Two or three throwers are sitting 4 meters from the goal. The goalkeeper is in the goal. Dribble is the signal for him to move out of the area. The thrower leans out or leans back. He shoots into the corner on the side where he leans his body. The goalkeeper after leaving the area is following the ball and saves. After each action he comes back to the goal.



Saving wing shots

The most important thing for a goalkeeper in the situation of wing shots is his position in the goal at the moment of the throw. Of course he has to keep the basic saving position all the time (both arms up, and feet on the floor)

By his behavior and position he should aim to create the situation when a thrower is not able to find any space to throw. Right then he has to throw the ball to avoid falling down on the goal area with the ball in his hand. It hardly ever happens that he scores the goal in this kind of situation.



1.The action aside and aslant after a short standstill

2. Leaving starts from the closer leg and he moves

3

3. Coming back to the short corner after leaving the space next to the goal post

Movements and placing exercises

Throwers with balls are standing at the end of the field, along the end line. One of them stands 2-3 meters from the post.



The thrower runs aslant to the 6 meter line. He is trying to score a goal by shooting into the long corner

The goalkeeper is moving from the post and blocking with his trunk



CAUTION!

It is possible that he has to cover his face with the bent hand that is next to the post.



The same position

- a shooter runs and stops

- the goalkeeper follows the ball direction

-when the player stops, he shoots (with jump or fall)
into the long corner.

The goalkeeper saves with both hands and the leg further from the goal post

CAUTION!

In the situation of high or medium high shots a goalkeeper tries to catch the ball with both hands. The movement on the leg closer to the post is also possible.

The same position

- the thrower runs in the direction of the long corner
- the goalkeeper follows the direction of the thrower
- the thrower can stop and turn back anytime
- he tries to shoot into the short corner but firstly he has to do at least one step
- the goalkeeper tries to turn around and save the goal

CAUTION!

In this situation a goalkeeper saves by “elbow- knee” rule.



Starting an adventure with handball each goalkeeper has to be aware that it is a long way. It takes time to know all techniques, tactics at the highest level. He needs to practice systematically not only with the team but also on his own, to improve his general efficiency. It is also possible that during some training a goalkeeper is involved into the exercises typical for field players. He should take an advantage of this and practice his skills. All the best goalkeepers in the world are experienced players with many years of practice. They take an advantage of the experience they gained.

A goalkeeper has to be patient and systematic. What is more he has to be happy of the games they win as well as about the goals he has saved. All trainings should be for him like a real game to concentrate and win as many “one-to-ones” as possible. He should be aware that the way he saves is very important for his team. This is why he does have to support them and cannot let them down in difficult situations.

Hopefully this book has shown you how fascinating it is to be a goalkeeper as well as gave you the view of saving the goals.

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