



Beginner GK Session

Category: Goalkeeping: Shot stopping
Difficulty: Moderate

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

W technique (10 mins)

The "W" Technique

- Hands in front of the line of the body need to be brought into the line of the trajectory of the ball with the chest square.
- Hands are prepared with the palms facing the ball with the fingers spread and the thumbs forming the "W" shape.
- Elbows need to be slightly flexed to act as "shock absorbers" when the contact of the hands is made with the ball
- Contact of the ball needs to happen 15-18 inches in front of body
- Soft hands, strong wrists
- Keep the eyes on the back of the ball or head behind ball

Key points

- Goalkeepers in relation to the ball
- Set position as ball is struck

Common problems

- Goalkeepers head is not still and the head retracts as the catch is made. thus making gk unbalanced
- Gk elbows are not flexed enough



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On Knees (10 mins)

W Shape technique

Exercise

- Gk on **Knees** (player b)
- Player A throws a bounce pass to a side
- Player B (Gk) applies "W" shape technique to catch it. (Right and Left)
- Repeat process



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Squatting (10 mins)

W Shape technique

Exercise

- Gk **Squatting** (Player B)
- Player A throws a bounce pass to a side
- Player B (Gk) applies "W" shape technique to catch it. (Right and Left)
- Repeat process



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Standing (10 mins)

W Shape technique

Exercise

-Gk **Standing** (Player B)

-Player A throws a bounce pass to a side

-Player B (Gk) applies "W" shape technique to catch it. (Right and Left)

Repeat process



1 Touch Return (10 mins)

W Shape technique

Exercise

-Gk Standing (Player B)

-Player A throws a bounce pass to a side

-Player B (Gk) applies "W" shape technique to catch it. (Right and Left)

-Player B rolls the ball back

-Player A hits the ball back 1st times (1 touch return)

Repeat process

