



Foreword

The exercises were chosen für the 2012 Youth Coaches' Course in Hard, Austria where I should have 90 minutes time to work with the goalkeepers. This is not enough time to talk about “everything“, so I decided to work in three (in my opinion important) different fields by always using about 30 minutes for **coordination** (including warm up), and the same amount of time for **moves** (meaning dynamic moves with as much speed as possible) and **standard positions**.

The **most important training task** is sometimes obvious and sometimes mentioned right after or in the name of the exercise. Then there is always a short description of the exercise. There are sometimes **remarks** about additional ideas.

The exercises can be made alone, with a goalkeeper colleague or with a coach.

When talking about persons (goalkeepers, coaches, etc.) the author chose only the male forms (“he“, “his“, etc.): just for easier reading. The author does not want to discriminate females or anybody else.

Thanks to all the players, goalies and colleagues who helped me to develop all the variations of the exercises.

This **equipment** is used in the following exercises:

- airbodies,
- some agility ladders,
- coasters,
- tennis balls and a racket,
- juggling balls in different colours,
- laminated colour cards with numbers,
- balance boards,
- flexibility cards

Agility ladder warm up. The goalkeeper starts with slow and easy drills on the agility ladder. First without the ball and easy. Then there are more moves which have to be combined: arms and legs, mobilisation exercises. Then there is one ball for every warming up athlete. The longer it takes, the more selective the exercises are. If possible, work with music here. (See also my script “Agility ladder drills“ on my homepage)

Mobilisation circle. Everybody shows one easy and one difficult exercises without and with the ball, the coach brings in all the exercises which are missing.

Lisa’s Stabi circle. Also handball goalkeepers need stabilisation urgently. The physiotherapist Lisa Riegler (TKZ Weinburg, Austria) designed a workout which can be used for the goalkeepers: It consists of 12 exercises which have to be performed for 30 seconds. So there is a “block“ of about six minutes meaning that the athletes really have to change the exercises fast. Then there is a break of two minutes and the 6 minutes block is repeated with the same exercises. I copied a **sketch** of all twelve exercises **in the end** of this paper (page 7).

If possible choose music for these blocks and cut it in 30 second tracks: Then you have more time for correction and information.

Remark. One of Lisa’s areas is core performance. For this block she focused on lateral, medial, ventral, dorsal and diagonal chain – related exercises. It is a “whole body workout“ and the nice thing is, you can use every exercise for sling training as well. She is currently working on her master thesis in the area of stability training on instable ground like sling training.

Circle moves. The trainer or one goalkeeper gives commands like “Right“, “Left“, “Fwd“, “Backward“, “Block“, “Skipping“, etc. The circle should be a little bigger, as the athletes should have enough space to make mistakes and special moves. Everything can be made with one or two balls as well.

Moves without the ball. It can be made with goalkeeper specific moves or with “normal“ athletic exercises. The athletes always go together in pairs: One athlete is the boss, the other one is the secretary. Do not forget to let them change roles.

Left shoulder. The secretary always must be on the side of the boss nearly touching his left shoulder. They start slowly with different moves: running, carioca style, sidesteps, running backwards, etc. Then they add more moves like sitting down, lying on the floor, jumping, etc.: These moves must be copied, and the secretary must be on the left side.

Mirror. The idea is the same, but the secretary must act like a mirror picture of his boss. If you have bigger groups, tell the athletes to find an area with enough space. **Robot.** The boss is the engineer and the secretary is the (walking) robot. The engineer can only move the robot by (1) tapping on his left shoulder, then he turns for 90° to the left. He also can move the robot by (2) tapping on his right shoulder, then he has to turn 90° to the right. (3) In case of danger he can stop the robot for about two seconds by tapping his spine between the shoulders.

Engineer competition. Groups of three. There are two robots positioned with the back to each other, every robot is about 1m – 2m away from the middle line. The engineer stands on the middle line and has one task: He must manage a robot collision by only

tapping the robots at once. Then he is allowed to tap the other robot. In the meantime the robots walk. The engineer with the first collision wins. Do not forget to let them switch roles.

Remark. All the exercises can be made with one ball per athlete or (if possible) even with two balls per athlete. Let the players be creative and find new exercises!

Ball catching forwards in pairs. The goalies always work in pairs. They start at the sideline and one is the coach, the other one is the goalie. The coach moves backwards and the goalie moves forwards. There is a 2m distance between the two, they are facing each other. After every move they switch positions. They start slowly with one ball. After a while a second ball can be added, depending on the skills of the athletes. The goalkeeper has got the arms in a “goalkeeper-like” position:

- . Catching the ball left and right with both hands.
- . Catching the ball with one hand in different arm positions.
- . Use different balls for the previous exercises.
- . Playing the ball back with the knee or (inside) foot.
- . Playing the indirect ball back with the shoulder, head, elbow, foot.
- . Playing the ball back after a pre – move from athletics: sitting down, skipping, jumps, etc or after pre – moves from handball: throwing a ball high up in the air, playing the ball back to the coach, the catching it again
- . Special exercises with two balls : one hand, diagonal, direct – indirect, straight – up in change standing and moving, playing one ball with the foot and the other with the hands standing and moving, lateral position with two balls

Goal work without field players. The drills can be performed with one keeper or two keepers. If only one keeper is needed, the other one can be used as an assistant and then they switch back again. Do not underestimate the fact that you learn a lot from watching others, especially if you do the same workout. The keeper always moves in a half circle like way: There are two tasks in this exercise: (1) Basic technique and (2) automation of the goal size, meaning orientation skills in the direction “I always know where I stand.”

- . Touch the post and change direction.
- . Touch the ball of the coaches. Touch the balls of the coaches.
- . Take a ball and touch the balls of the coaches.
- . Take two balls and touch the balls of the coaches.
- . Catch a pass and save a ball.
- . Work with a balloon and catch a pass.
- . Work with a balloon and save a ball.
- . Fast feet with tennis balls
- . Coordination drills (athletic dept., jumps, etc.) in combination with shots

- . Fast reaction in the goal.
- . Fast reaction in front of a wall, in the edge, in front of a ladder with more balls
- . Footwork in front of a wall.
- . Lob training and saving “stupid” shots
- . Avoiding nutmegs
- . Saving coasters
- . Saving softballs with extra exercises

Workout with the field players

Classical **line throwing** from the middle back position: Some new ideas for goalie – coordination: single saves, double saves, following moves, pre – moves like jumps or static positions, shooting over certain airbodies (for example bibs with colours on trainer command) on trainer command, etc.

Three back lines. They always start shooting from the left like left back – middle back – right back, etc.: left – short high, middle – head, right – short high; left short low, middle – head, right – short low. Variations of these shots.

First line & second line. The first line goes to the left wing position, the second line goes to the right back position. They always shoot from the other position: wing – nutmeg, back – short; wing – short, back – low, etc. Then they change to the right wing position and to the left back position.

Wing wing. There are always two lines on the left wing position: The outer position shoots, the inner position passes. At first they pass to the coach who stands somewhere in the 9m area, and the coach passes to the right wing who shoots. This additional coach pass gives the goalie enough time to find a nice position to start against the wing player. The end form of this exercise is the direct pass to the other wing player from the inner position. This does not give the keeper a lot of time to switch positions. Do not forget to change positions for the wing players. Laserpointer.

Line player decision training. The players queue up behind the left wing and the right wing position. They pass to the coach who is on the middle position, run into the centre of the half to the 7m line, and get the ball back, now they have to shoot. Then comes the decision training part: If the coach passes indirectly, they have to shoot indirectly. If the coach passes in a straight way, they have to shoot in a straight way. The coach can give additional shooting restrictions to the players like “Just shoot after one step.”, “Just shoot after a feint and turn around into the other direction.”, “Just shoot short.”, “Just shoot long.”, “Just shoot indirect shots.” The goalkeepers should exercise the offensive style here.

Breakthrough training. There are two airbodies on the 6m line on the left and right side. They go to the goal inside or outside of the airbody. The coach tells them where they have to shoot: Outside short half, inside long half, etc. The goalie knows! In case of mistakes the coach repeats the two phases of the half saves.

Standards. The players repeat standards, but they are only allowed to shoot on certain sides: low, up, half, short, long, nutmeg, etc.

When the ball goes between the players, the goalie always has to follow.

Airbody wall. The six airbodies are put beside each other in the middle of the court at about 7m: The players must shoot over the wall. They must shoot on the right side or on the left side of the wall.

Exercises with extra equipment

Colour cards. There is a back of cards in different colours. On one side the cards have got numbers from 1 to 8. You put the cards in front of the goalie in a halfcircle – like area. The idea is that the goalie should touch the card asap. The coach has different possibilities to inform the athlete.

Visual information input. The coach shows the cards.

Auditive information input. The coach says the colour of the number.

Mixture input. The coach uses both input variations: If he says the colour, the goalie has to imitate a low save. If he shows the number he has to imitate a high save.

One ball. The coach always plays a ball to the goalie, then comes the information input.

Two balls. Either the coach plays two balls at the same time, or the goalkeeper and the coach exchange balls: Then comes the input and the suitable action.

Sitting reaction. The goalie sits in front of the coach who has got the ball in his hands. The ball drops, the goalie has got to catch it without looking up. The hands are on the legs. Glue!

Differentiation. Easy. The goalkeeper's palms show up, there is some space between his knees. Medium. The goalkeeper's palms show down, there is less space between his knees. Difficult. The goalkeeper's palms show down, there is no space between his knees.

Two balls. The coach has two balls with different colours. If he drops the blue ball, the keeper must catch it. If he drops the yellow ball, the keeper moves away from it.

Small balls. The coach drops tennis or juggling balls, which can be caught with one hand. He chooses the correct differentiation stage for his goalkeeper (see above). He also can combine it with the "two balls" variation by using a set of 2 x 2 balls in the same colour.

Balance board. We can learn a lot from physiotherapy: There are several sometimes quite expensive versions of various balance boards, I built one version which can be used for exercises on one foot and offers many possibilities. Basically the idea is to hold the balance on one foot on the board ; meanwhile the hands can do something else like juggling or passing etc. My favourite exercise is a combination of the balance boards and the catch ball: A pair faces each other on one foot on the balance board. They pass the

catch ball, the person who has 15 points is the winner. You also can play this game without balance boards.

Wall reaction. The coach stands behind the goalie. The goalie faces a wall. The coach passes a ball on the wall, which has to be saved by the goalie. Variations: (1) Save the green ball, move away from the white ball. (2) Stand in front of a ladder. (3) Stand in front of an edge. (3) Use different ball sizes.

Mag. Roman Filz (* 1972).

Player. Played for Union St. Pölten and ASKÖ Linz (Austria), 25 games for the Austrian Junior National Team, participated in the Junior World Championship (Egypt, 1993).

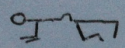
Education. Diplomas for teaching English & Sports at Lower Secondary Schools, (Pädagogische Akademie Krems, 1996), Mag. phil. in education, psychology and special education (University of Vienna, 2002), Licence “A” Austrian Handball Federation (2003), Teacher Training Diploma (Pädagogische Akademie Feldkirch, 2004), Licence “B” German Handball Federation (2009).

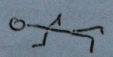
Coaching. Lots of medals and titles as a youth headcoach of club and school teams (men) in Austria (Union St. Pölten, SHS St. Pölten, A1 Bregenz Handball, SHS Vorkloster) and Germany (Eintracht Hildesheim, Handballförderzentrum Hildesheim/ Elze), Qualification for the European Championships as an Assistant Coach of the Austrian National Female Team “1990” in Slovakia (U17, 2007) and Hungary (U19, 2009) and a lot of structural work; Qualification for the European Championships as the Headcoach of the Austrian National Female Team “1994” in the Czech Republic (U17, 2011); Two times EYOF – participant as AUT – assistant coach in Belgrade (SRB, 2007) and AUT – headcoach in Trabzon (TUR, 2011). Two times European Open participant as AUT – assistant coach (2008) and AUT – headcoach (2012) both tournaments played in Gothenburg (SWE).

Current Jobs (06/2012). Lower Secondary School teacher, Headcoach and head of the handball department Leistungsmodell St. Pölten (boys under 18), Headcoach of the Austrian National Female Team 1994, Lecturer for teacher training, Lecturer for Austrian handball trainers, EHF Lecturer, Freelancer www.coach-filz.com.



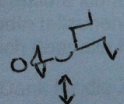
Lisa's Stabi: 12 exercises

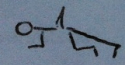
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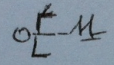
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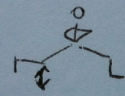
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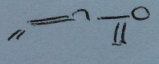
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