



EUROPEAN HANDBALL
FEDERATION

2013 EHF Youth Coaches' Course – Gdańsk Poland

**Physical training for the young female
goalkeepers**

Wojciech Nowiński



Physical training for the young female goalkeepers

1. Practicing- basic position for a goalkeeper.

- 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

2. 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 (changing of the legs).

- 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.

3. Simple examples of the basic stretching exercises

- 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
- Going under the crossbar (hurdle) and keeping the basic position used for saving low shots

4. Practicing reflex and speed

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

5. Saving the low shots

When somebody is learning the basic rule is to teach him simultaneous reaction of hand and leg.

- Sitting with the hands on the knees simultaneous fling of the leg (to full extension) and the arm
- 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
- Practicing the saving action after additional exercise (somersault, jump over some obstacle – ahead or aside)

6. 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