



EUROPEAN HANDBALL  
FEDERATION

# 2013 EHF Youth Coaches' Course – Gdańsk Poland

Specific technical/tactical training for  
young female goalkeepers

**Wojciech Nowiński**



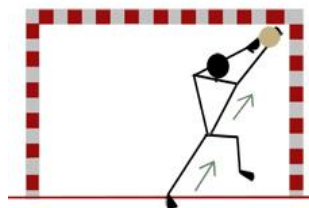
## Specific technical/tactical training for young female goalkeepers

### Saving techniques for high shots

All techniques below are used for saving backs players shots (8-9m) and in the situation when he is in the goal (without exit) saving pivot player position shots.

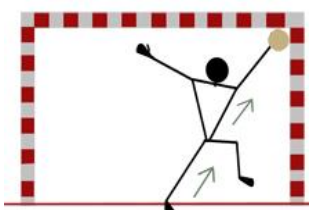
#### 1. Saving high shots with both hands

- Saving positions – standing next to the post (touching by one hand). Reaching and catching the ball that was thrown into the high, opposite corner



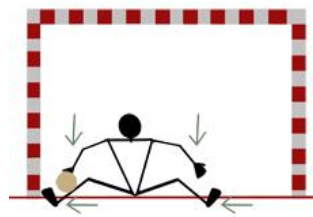
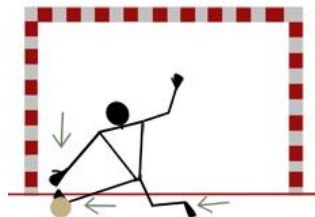
#### 2. Saving high shot with one hand

- 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



### 3. Saving the low shots

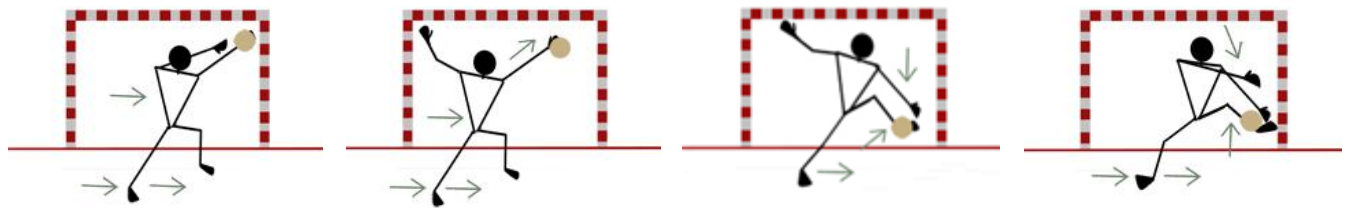
- Kneel down position- the goalkeeper saves the balls (small and tennis balls) that are thrown far away but within his reach
- The goalkeeper in the middle of the goal, touching the post (not pushing off), one step movement and come back to save the low shot into the opposite corner



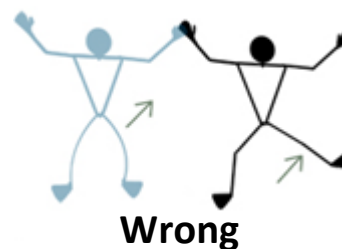
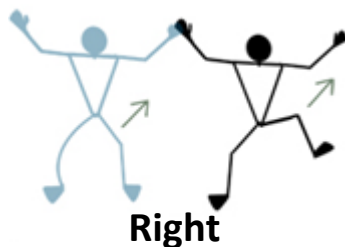
### 4. Saving types after a throw from the goal area line

- 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 4meters 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 shots 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



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



## 5. Saving wing shots

- Players 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 player 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
  - The player 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

