



EUROPEAN HANDBALL  
FEDERATION

# **2014 EHF Youth Coaches' Course – Gdańsk Poland**

**Goalkeeper drills – shots from 6m,  
wings, pivot, and fast break shots**

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## Goalkeeper drills – shots from 6m, wings, pivot, and fast break shots

### 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.

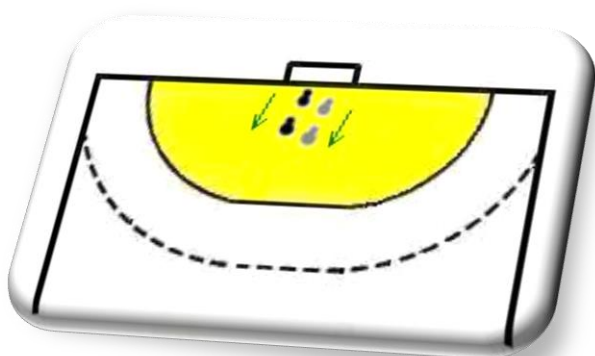
Generally, the moment when he realizes that it will be close range shot he should:

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

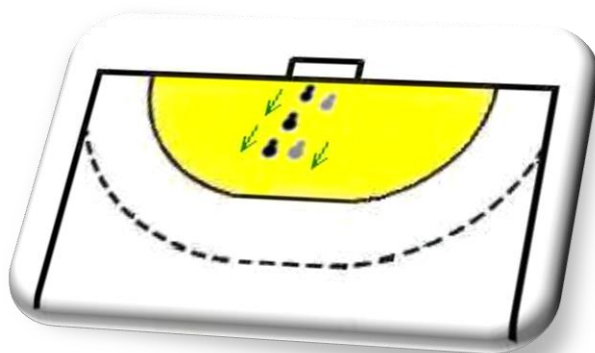
### Pulling ahead

- ☐ 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

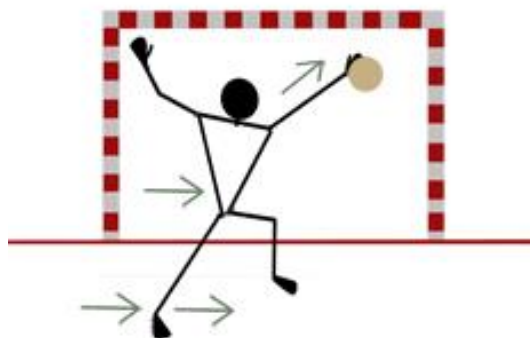
After moving out of the goal:

- 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.

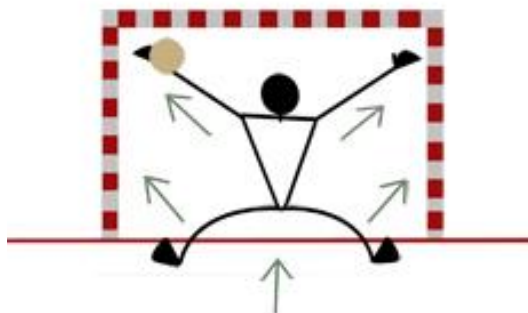
Moving while saving with both hands



Moving while saving with one hand



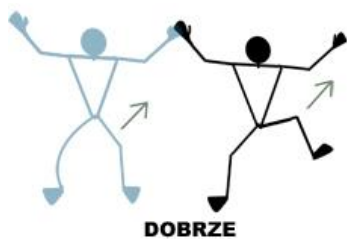
## Saving after a jump



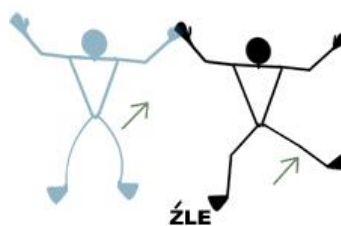
## The old type of saving in a jump



## The ways of saving medium high shots



Right



Wrong

Saving with a hand and a leg- medium high shots

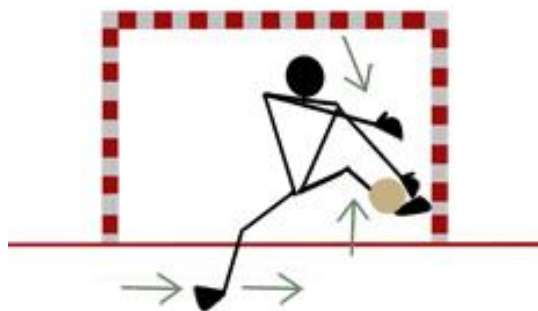


Without movement



With movement

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



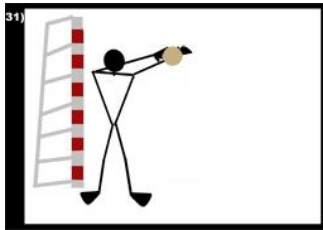
Saving with change of legs while jump

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

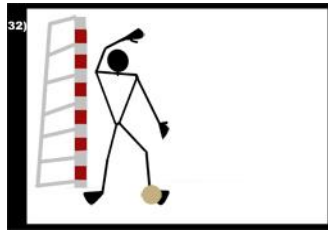


### Saving wing shots

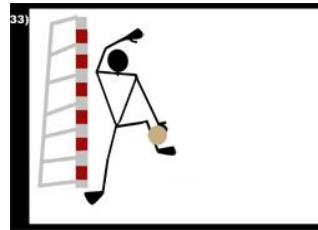
Standing next to the goal post (angle of shot is limited)



With both hands



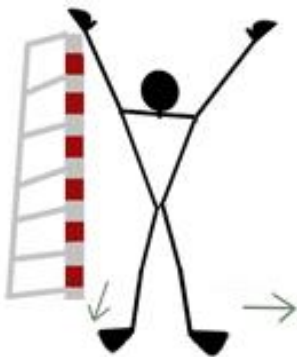
With leg



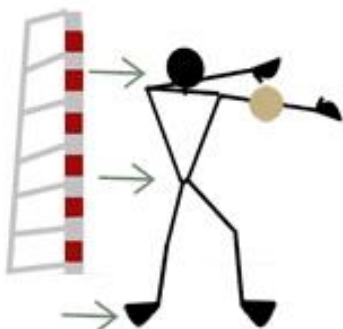
With leg and hand

### Goalkeeper's position

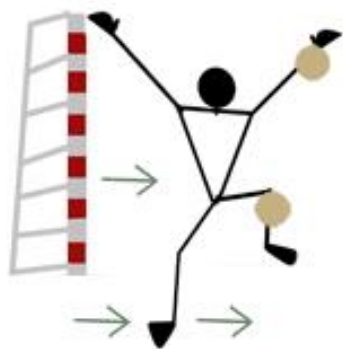
It is very important to emphasize that the position of a goalkeeper has been changed by the top world's goalies. The change is mainly about the moving to the middle part in the direction of the scorer's throwing hand. It happens in the situation when the attacker jumps up and keeps the ball very high.



### Saving with landing (throw into the long corner)



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



### 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.

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-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.

### Saving medium high shots – a hand and a leg

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 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 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.

### Saving wing shots

#### 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

#### The same position

- a shooter runs and stops
- the goalkeeper follows the ball direction
- when the player stops, he shots (with jump or fall) into the long corner.

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

#### 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

#### "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.