



# Goalkeeping (Throwing-bowl, side arm, round house, baseball)

by Laura Ray, Mass Youth Soccer Development Coach

**Objectives:** To help goalkeepers work on and improve the technical aspects of throwing the soccer ball and to know what type of throw is appropriate in different situations.

## 1) Passing / Throwing Warm-Up (15 to 20 minutes):

Half of group with soccer balls and half of group without. All players and goalkeepers passing and moving around area. As begin to loosen up, increase the distance players are passing and moving. *Version 2:* Goalkeepers in group now use hands to receive ball and distribute out to players by 1-bowl throw / 2-side-arm throw / 3-round house throw / 4-baseball throw.

### Coaching Points:

Bowl:

- Ball in dominant throwing hand ("cupped")
- Step forward with one foot, knee bent and put opposite foot behind with knee bent-to get low
- Release ball low and follow through at target
- Most accuracy and least distance

Side Arm:

- Arm is extended back slightly behind the body just below shoulder level (note: not straight to the side)
- The ball is delivered with a bit of a slinging, sweeping motion
- Because the arm position is sideways, the best way to put backspin on this throw is by passing the palm of the hand under the ball when releasing it
- Let the ball roll off the middle and index finger and the thumb
- Keep the fingers over the top of the ball so it stays low
- Medium accuracy and distance

Round House:

- Ball in dominant throwing hand ("cupped")
- Step forward with one foot and hand without ball facing target, have other hand with ball straight back behind you
- Bring hand without ball down and hand with ball up over (keep hand on top and elbow locked), with shoulder going forward and release ball as hand comes up over shoulder
- Can release ball high (early) or low (late) depending upon point of release and body position (high with knees bent or low with knees bent)
- Least accurate and most distance

Baseball:

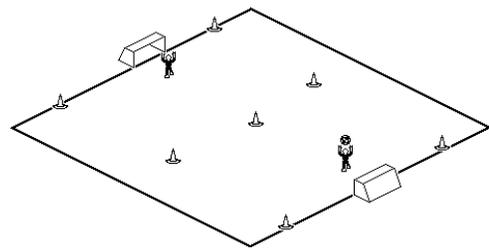
- Ball starts in the palm of the hand, beside the head, and is thrown straight forward as the keeper steps into the throw
- Some backspin on the ball will help it settle quicker and make it easier to receive
- Keeper can let the ball roll off their fingertips slightly at the end of their release
- Make sure the fingers are slightly over the top of the ball to keep it level
- Medium accuracy and distance

## 2) GK Wars / Team Possession (15 to 20 minutes):

GK's are playing *GK Wars*, while rest of team is playing a *5v5 possession game* on other side of field.

**5v5 Team Possession:** 4 consecutive passes equals a point. First team to 10 points wins. *Version 2:* Limit touches (3/2/1), then go back to unrestricted.

**GK Wars:** In an area 20-30 yds long and 20-25 yds wide (depending upon ability level of GK's-you will need to adjust) with two goals on either end and a dividing line in between the distance, GK 1 can shoot or throw ball and try to get into GK 2's goal. GK 2 makes the save and can shoot or throw ball into GK 1's goal. GK's cannot go over dividing line. The first GK to score 10 goals wins.

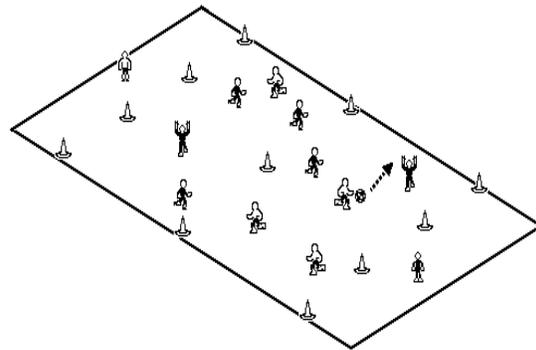


**Coaching Points:**

- Reinforce coaching points listed in Activity #1

**3) Team/GK to Targets (15 to 20 minutes):**

Have a field set up that is 50 yd long x 40 yd wide with two 5 yd x 40 yd zones on either end. Split group into two teams, blue and yellow. Blue needs 4 players on the field, one target player in one zone and one GK who stays on their defensive side of the field. Yellow team does the same, just going in the opposite direction. Blue field players are trying to keep possession and get the ball to their blue target in the zone for 1 point (GK can only use their feet if ball is passed to them on the ground) AND blue field players can chip the ball into their GK's hand, who then can throw the ball (from their own defensive half) into the blue target for 3 points. Yellow team does the same, just going the opposite direction. Once the ball gets to the target and 1 or 3 points is scored, ball starts with other team.

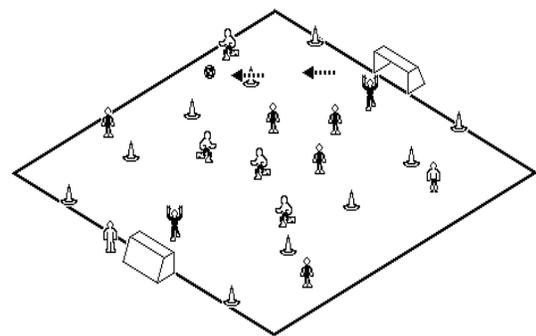


**Coaching Points:**

- Reinforce coaching points listed in Activity #1

**4) Flank Distribution (15 to 20 minutes):**

Set up two goals about 50 yards apart and the width of the field. Mark out the left and right flanks with cones using the width of the penalty area for the size. Goalkeepers should be in goals. Play 5 blue vs 5 yellow (3 blue and 3 yellow on the inside and each flank should have a blue and a yellow player in it). Ball will start with the blue GK, who throws it out to one of the blue flank players. Blue flank player dribbles down, unopposed, gets cross off and three blue in the middle try to score. NOTE: Yellow and Blue in middle are not defending against each other in the first version of the activity. Then Yellow GK gets ball, distributes to one of yellow flank players, who gets cross off for teammates to score, then cycle begins again. Be sure GK's alternate which side they distribute to. *Version 2:* Players in the middle now defend against each other. *Version 3:* Players on flank now defend against each other as well. *Version 4:* Take out flanks and play regular game with only stipulation when the ball goes out of bounds, it is always distributed from the GK's hands.



**Coaching Points:**

- Coach should be behind goalkeeper (If there is an assistant coach, she can work with the goalkeeper in the other goal) reinforcing coaching points listed in Activity #1.

**5) 6v6 Scrimmage (25-30 minutes):**

Depending upon numbers, space will change and numbers may change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

**Coaching Points:**

- Reinforce positive goalkeeping throwing technique as well as decision making...what type of throw and when.

**6) Cool-down (10 minutes):**

Groups of 3. One player is the server and has the ball in their hands and the other two are ready to juggle. Server says 2 and 2 which means the server tosses the ball to the first player who has to juggle the ball two times before getting it to the next player who has to juggle the ball twice and get it back to the server (ball should not touch the ground). Server can change numbers of juggles to 1 and 1, 1 and 5, 3 and 4, 4 and 2, etc.