

Wall Work 2

GOALKEEPER TRAINING PART 3

2 to 3 yards away from wall

Sets of 5, 10, 20

Start off with slow easy serves. Build up to harder serves against the wall. When you are serving harder, back further away from the wall. Test yourself and try to get closer to the wall

Soft underhand toss with right hand and have the ball hit the wall on a fly.

Ball should bounce once before you make a below your waist clean technical save

Alternate right and left handed serves between sets. Try to increase speed and test yourself

2 to 3 yards away from wall

Sets of 5, 10, 20

Start off with slow easy serves. When you are serving harder, back further away from the wall.

Serves should be in the air to the wall where the ball can be saved: on a bounce, in the air below your waist, above your waist, head high and above head high.

Position your body so your left shoulder is directly facing the wall

Soft underhand toss with right hand and have the ball hit the wall on a fly

As you toss the ball against the wall, turn so you are directly centered in front of the wall with your proper stance make the correct technical save. (The height of the ball will dictate what type of save you should make)

Increase speed of throw and turning to the wall. *Always try to get to your proper "stance" as soon as possible. Also, work on your breathing to relax when the ball comes to you and always be sure to "hold" the save pose with the ball for one second.

Repeat above activity throwing with your left hand and turning to your right to face the wall

5, 10, 20, 30 reps per set

1, 2 or 3 sets per session

1 or 2 yards off the wall

Sit ups with ball off the wall.

Use a towel or two, exercise mat, to put in front of the wall to not hurt your bottom or your back.

Holding the ball over your head with two hands while laying on your back knees

slightly bent sit up with the ball, throw ball against wall with both hands,

catch, hold the ball for one

second before slowly going back to the original position on your back.

The quicker you sit up and the slower, more controlled movement down will maximize this exercise

Try additional sit ups with using your right and left hand only

Catch and hold the ball for one second. Always try to keep your fingers pointing towards the sky and keep the ball in front of you, not to bring the ball behind your body.

Do your best to try to hold the ball with the entire hand (fingers and palm together)

GOALKEEPER TRAINING PART 3

Using one hand (start with your stronger one) bounce the ball off the wall in the exact location while holding it and repeating the same save multiple times.

Control your breathing so you are exhaling on the way up

Always keeping your proper stance, try to meet

the ball further in front of your body and use your arm, legs and back to soften the ball into your hand.

Alternate sets using your other hand. (Try to do twice as many sets with your weaker hand to get better coordinated and confident)

Fun challenge

1 - 2 yards off the wall

2 balls needed: 2 soccer balls, 2 tennis balls (any ball really that is soft that can bounce)

In the proper stance for a low shot (head in front of knees, shoulder width apart, light on balls of your feet, hands low in front of your body)

Hold a soccer ball in each hand (if you do not have 2 soccer balls use a tennis ball in the other hand)

Toss ball softly in the air off the wall, hold the ball on the first bounce with the same hand you tossed it with. Alternate right and left hand tosses and saves. Speed up throws against the wall (and or step further away from wall) and test yourself on how fast you can react. (Always try to save/hold the ball further in front of your body as you're leaning forward and use your entire body to relax ball into your hand. Always try to keep the ball in front of your body.

Change the heights and positions of making these type of one handed saves

Try to shape your body with every save, light on your feet, adjust stance when necessary

Example:

(Use 2 of the same type of balls. After, use a tennis or racquetball and a soccer ball)

Stance ready, right hand, toss ball against wall hard enough so the ball can be saved in the air above waist. Left hand, toss ball under hand so you can save ball off one bounce

Alternate sides, balls, medium and bounced serves and speed of the serves

Medium height one hand serves waist high and with other hand you save in the air with a higher above the shoulder serve with the other hand

(Start with one ball, then add a second one)

Fun Challenge

1-2 yards away from wall, then 2-4 yards away

Hold soccer ball with 2 hands (Basic above the waist save)

Toss tennis ball against wall and while keeping both hands on the soccer ball

try to "bump" the tennis ball back onto the wall. If the ball hits the ground,

try to bump it back off the wall on one bounce. See how many times in a row

can you keep the tennis ball off the ground

GOALKEEPER TRAINING PART 4

Place 2 cones 6-8 yards apart and 1-2 yards away from wall, then 2-4 yards away

5, 10, 20, 30 reps per set

One hand with movement with ball

Start with your dominant hand (if you are right handed, start on the cone on the left, and travel from right to left and then return from right to left)

Low stance, hands low and in front of body, lean forward, light head over knees on feet. When necessary, start to work on your first step cross over footwork from the start of each cone

Softly toss ball under hand slightly towards your right side, below you waist

Receive the ball softly back to your right hand (Keep the ball and your hand in front of your body) travel laterally over to save on one bounce

Repeat until you get to the cone on the right. Then return back using your left hand only. Start off slow, build a rhythm, then try to test yourself on how fast can you go from cone to cone.

How many times can you go back and forth in 10, 15, 30, 45 seconds?

Then serve ball where the ball is softly tossed:

(1) waist high, (2) chest high (3) head high (4) above head high so you can hold the ball with one hand in the air

Start off slow, build a rhythm, then try to test yourself on how fast can you go from cone to cone.

How many times can you go back and forth in 10, 15, 30, 45 seconds?

Fun Challenge

Stand 2 - 3 yards away from the wall

Open legs, toss ball with both hands under hand so the ball hits the wall in the air.

Once ball is tossed, quickly turn entire body 180 degrees so you are directly facing the wall go directly into your proper "stance" and while softening your body and hands make the correct technical save. Also, while you are turning to face the wall, in order to better relax your body and hands, take an exhale breath

After a few softer tosses, increase the speed of the toss and the distance away from the wall. Have fun. Test yourself

Alternate your turns from left to right to keep yourself from getting dizzy.

Try to take the ball over your head with your back to the wall and toss it over your head and turn quickly to make the correct technical save.

Alternate your turns from left to right to keep yourself from getting dizzy.

After a few softer tosses, increase the speed of the toss and the distance away from the wall. Have fun. Test yourself

Questions? Comments? Contact: jszaro4561@yahoo.com or 703 609 9221