

Improvement of manoeuvres (6-11) A1

Objective: Improvement of gestures through complex exercises

Number of repetitions:

- 4 repetitions on each side

Organization:

- 1 goalkeeper: return without rhythm (walking)
- Many goalkeepers : change of goalkeeper after each ball

Equipment:

- Balls, rings

Attention!

- Focus on quality not on speed of execution
- The coach has to dedicate a lot of time to the correction



1. Rolling the ball out
2. Movement (rings)
3. Dive for a ball on the ground