



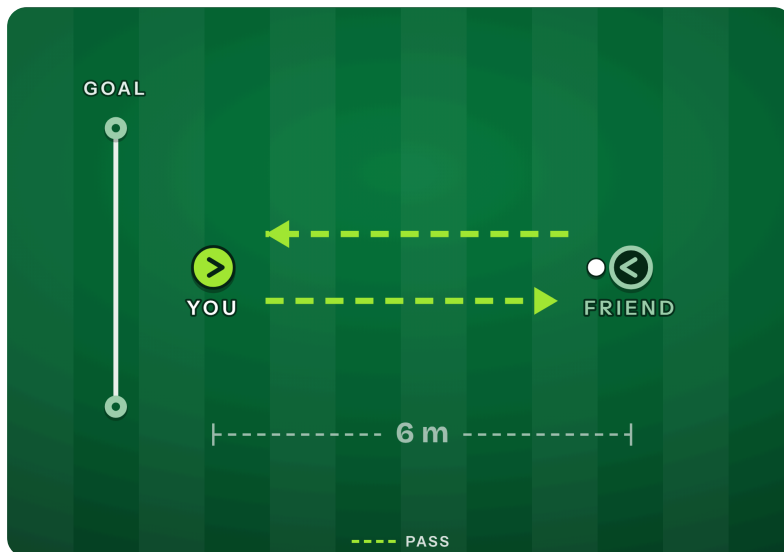
Goalkeeper: set position and W catch

TECHNICAL & TACTICAL · GOALKEEPING ·
1 KEEPER + A FRIEND OR PARENT TO THROW · AGE 8+ (COLLAPSE SAVE 9+)

Football Reach

footballreach.com

Honest, not hype



Set up

A goal, or 2 cones

Gloves (optional)

A friend with a ball

6 m apart

Dose

3 sets of 10 catches

Soft grass, no diving

3 sets of 10 catches. From 9: 2 sets of 5 kneeling collapse saves each side. Both are our targets, not FA rules.

What it trains

The goalkeeper's basic catch: be set before the ball is thrown, then catch it out in front of your face with your hands in a W and bring it into your chest. The set position and the W follow The FA's youth goalkeeping guide.

How it works

- 1 Warm up first. Stand a step or two in front of a goal (or two cones about 4 m apart) on soft, flat grass. Wear gloves if you have them.
- 2 Your friend stands 6 m away (5–8 m works) and throws at a steady pace, straight at you, between chest and face height.
- 3 Get set before every throw. Catch it in a W out in front of your face and pull it into your chest.
- 4 Roll it back along the ground. Do 3 sets of 10 catches (our target), with a short rest between sets.

Coaching points

- 1 **Get set before the throw**
Be set before every throw: feet just wider than your shoulders, knees slightly bent, weight on the balls of your feet, hands out in front with fingers open, eyes on the ball.
- 2 **Make a W behind it**
Raise both hands together and meet the ball out in front of your face. Spread your fingers in a W behind it, thumbs close but not overlapping, elbows soft, then pull it into your chest.

× **Not this:** Reaching with stiff, straight arms: the ball bounces off your hands. Keep your elbows slightly bent so they cushion the ball, then bring it in.

HARDER

Your friend mixes chest and face height, or throws a little to one side so you move your feet first. From 9, on soft grass only, add the kneeling collapse save: kneel up, your friend rolls the ball a metre to one side, and you fall onto your side, hands on the ball first.

EASIER

Kneel on soft grass and catch gentle throws (FIFA's kneeling catch), or stand 4 m apart with softer throws. Younger players can use a smaller size 3 ball.

Safety

- Warm up first. Soft, flat grass, never a road or hard ground.
- No diving in this drill: stay on your feet. The collapse save starts from kneeling, on soft grass only.
- The thrower keeps a steady pace and never throws hard at the face. Gloves help if you have them. If your fingers or wrists hurt, stop and tell an adult.
- Any goal must be pegged or weighted down. Never climb, swing or hang on it.
- If the ball hits your head or face, stop. If in doubt, sit them out: a suspected concussion means stop straight away, no training for at least 24 hours and no matches for at least 21 days (UK concussion guidelines).
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

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