

Being Aggressive On Lofted Balls

Posted on **January 20, 2014** by **mikesaif**

By Lawrence Fine, Author of the **FineSoccer Coaching Bible**.

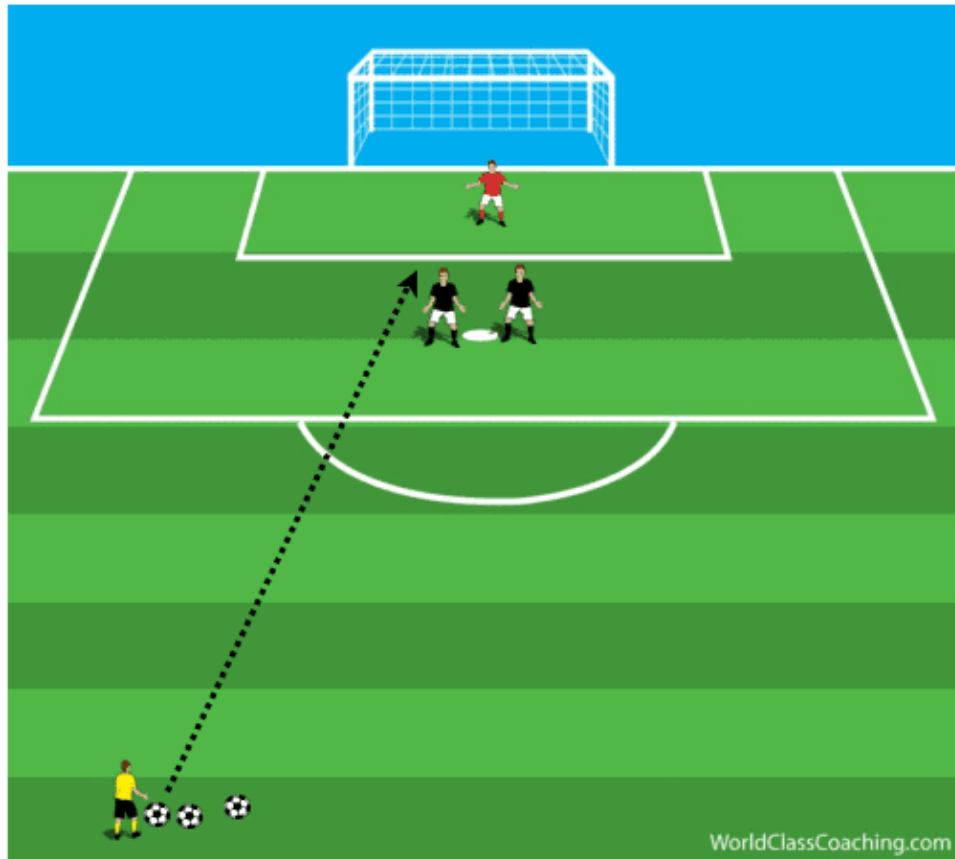
Welcome to the Goalkeeping Newsletter. Today's featured activity works on being aggressive on lofted balls.

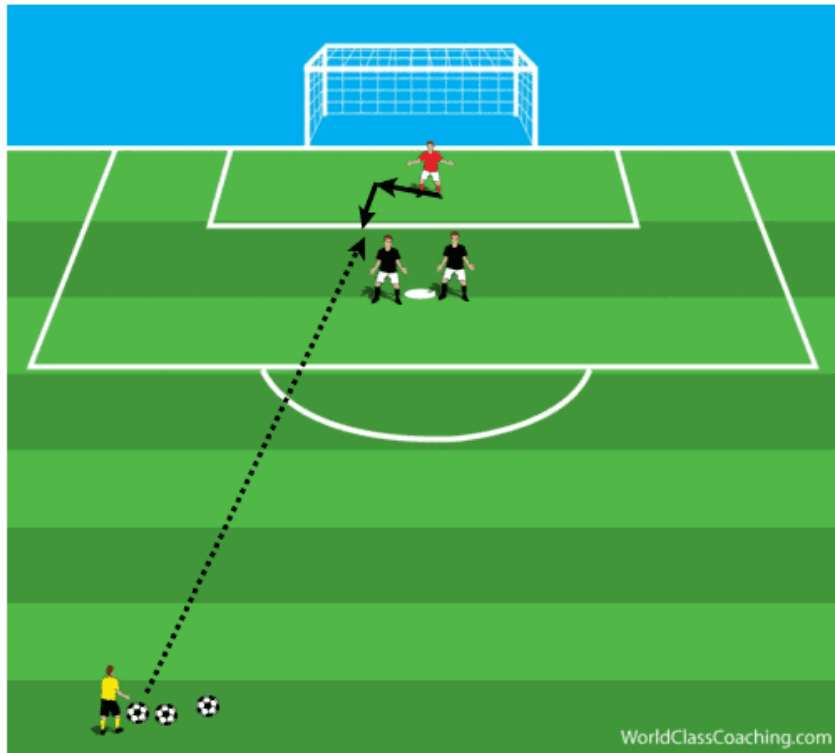
Recently I have seen too many keepers come out for high balls and be tentative, or even soft, when trying to win the ball.

In this activity there is a keeper in goal, two opponents near the 12 yard spot and a server 40 yards out with balls.

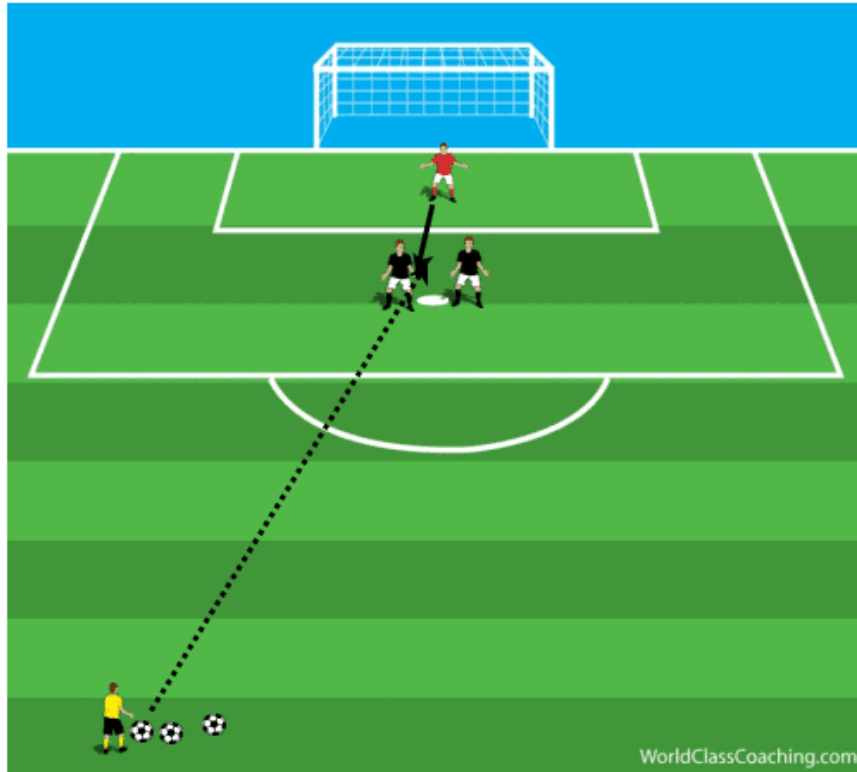


The server lofts the ball into the 18 and the keeper comes out to win the ball. The opponents are trying to win the ball and/or get in the keepers way.





The key is for the keeper to get behind the ball and then come forward and attack the ball. If an opponent is in the way then the keeper has to get accustomed to going “through” the opponent to win the ball.



Too often, the keeper gets behind the opponent and tries to reach over them. Even if they are able to make contact with the ball they end up just “patting” it away which results in the ball staying in a dangerous area. If the keeper is willing to go through the ball they will be able to catch the ball, or if that isn’t safe, punch the ball to safety.

The server should play different type of balls (at the opponents, over the opponents, short of the opponents etc) and from different angles so the keeper can get accustomed to coming out hard, winning the ball and being safe.

Gradually add in more opponents, a couple of teammates and once the ball is served in, the ball is live.