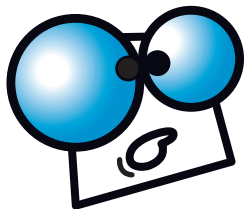




Goaltending

Set-up – simply two markers, placed on the ground to signify the ‘goalposts’ (see diagram). These can be closer or further apart depending on the age and skill level of the players.

Action – the aim of this drill is for the player to catch everything that comes at him/her, within the goalposts. Either the coach or one of the players has a bat (or tennis racquet) and hits the ball at catchable height somewhere between the goalposts. Players can either take it in turns to get ‘set’ and take a catch, then move out of the way for the next player in the group, or take a defined number of catches in a row.



COACHING TIP

Every now and again rather than hitting the ball at the goal, send a high catch up into the sky, this will keep the players on their toes!



VARIATIONS

Mix-ups – try using a cricket bat and a tennis racquet, tennis balls, Kwik-cricket balls, bowling machine balls, golf balls to test the players' ability to catch absolutely anything.

Sweeps – to make this even more game-realistic, you can set up the feeder on one knee ready to sweep the ball at the goal. Get one of the other players to feed the ball on the full, which will get the players into the habit of timing their 'set' position to the point at which the ball is struck.

Movement – in order to get the players catching on the move, call either 'left' or 'right' before you hit the catch. The player has to touch the corresponding marker, then make it back to the middle to take the catch.

