

Handball

Goalkeeper- the first steps.



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1. The introduction

It is great to be a goalkeeper.

He is a member of the team, he has friends, they experience all workouts and games together but the same time during the game he is separated from them by goal area line. He needs to make decisions, concern a direction of the throw and the way he wants to defend, on his own. He takes full responsibility and each action is a new experience and a new challenge.

The rest of the team tries to support him by interrupting and blocking the player however he knows that the final interference in most cases is up to him.

It is said/ pointed by coaches, that the most important player of the team is a goalkeeper.

Unfortunately time a coach spends with goalkeepers during the trainings is not sufficient but it is on the right way to be changed for better. A goalkeeper should not demand any privileges or special treatment due to his superiority in the team.

Of course he plays in a different way, but he is still a member of a team.

What is more he does understand how hard and how difficult it is to become a goalkeeper. It always happens that somebody can strike him a goal and there is always something that can be improved to make the next shot more difficult for the player. Though, the best goalkeepers reach the peak of their career when they are about their thirties. That is why during the trainings he tries to be fully concentrated and does his best to follow his trainer's commends. It is not easy to do everything correctly at the first time that is why he has to repeat exercises on his own, whenever he has free time. All this is because there is nothing *better for goalkeeper than the satisfaction he gains after a good play as his contribution to the win*. His happiness is even greater when he saves one to one or penalty throw at the very end of the game especially when it brings the win to the team.

It is difficult to define; you need to experience it on your own!

That is why it is great to be a goalkeeper!

Would you like to try?

Unfortunately not each of you can become a goalkeeper. This position requires essential mental abilities, like for example:

- courage
- bravery
- self-control
- concentration
- self-confidence

What is more he needs to cope with stressful situations because stress accompanies him all the time at the field.



Courage!

It is the most important. Throws made from close distance are very often painful although a goalkeeper can be afraid of them. That is why, in the situations when it is necessary, to feel satisfaction a goalkeeper needs to do something more than he usually does and save the goal covering as much as possible with his body. He needs to accept the fact that he is not always able to absorb a throw.

Bravery

The goals he does not save will not discourage him to play. On the contrary he does want to save the next shot. It is impossible for a goalkeeper to worry about the goal he did not save. He should try to understand what he did, analyze it and avoid making the mistake once again.

Self-control

Each goalkeeper should stay calm and keep self-control all the time during the game regardless of the situation. He can be spontaneous showing his satisfaction of saving or scoring a goal by his friends. However he cannot be defeated unconsciously by emotions caused by opponents or referee's unfair opinion.

As it has been already mentioned being a goalkeeper is something unusual that is why the needs to have unusual abilities. He should be able to save as well as to help his teammates.

It is all because...

- he has to save as many goals as possible
- he has to pass a ball as soon as possible to his teammates immediately after he saved a goal to make them start counterattack.
- He should help his team leaving a goal line area in the situation when all of his teammates are covered while they are in the offence
- A goalkeeper should help the team after losing the ball in offence by leaving a goal line area and trying to prevent them from passing a ball and going into the forwards or in case it is necessary to take over the ball.

Why he is a goalkeeper?

- He is fully aware of his decision he made to become a goalkeeper
 - He knows he is good in what he is doing- playing in the goal area
 - He did not know how it is to be a goalkeeper .He has tried and he just simply likes it and decided to play as a goalkeeper.
 - He loves playing handball and the position of a goalkeeper rather than a defence player is
- the best for the person with his skills
- The coach decided to put me into this place
 - the coach considered him as a right person equipped with all necessary skills to play as a goalkeeper
- Although he is tall, he does not have any other features essential to play out of the goal area.

Goalkeeper clothing

- The goalkeeper's sweatshirt during the game should be always in a different color than the

T-shirts of:

- his teammates
- t-shirts of the opposite team
- the opponent's goalkeeper

In case of changing the goalkeeper during the game, reserve player who is going to play in a goal area needs to have the cloths the same color as the first goalkeeper, starting the game had on.

In contradiction to the rest of the players, a goalkeeper can wear long-sleeves t-shirts to protect himself from the hits of a ball. He is also allowed to wear long pants or even special pants for goalkeepers that have soft protectors.

To have his legs and arms better protected he can also use knee-pads and elbow pads.



Goalkeeper clothing



2. The rules concerning a goalkeeper.

A team scores a goal as soon as the whole ball enters the goal area and neither the shooter nor any of his teammates is breaking the rules of the game the same time

Referee hands' signals

A goal



One hand is raised up, two short whistles blows.



Straight hand is raised up, the palm is turned down.

A throw from the goal is made by the goalkeeper from the goal area.

-after taking the control over the ball in the goal area

-when the ball goes out of the field

- After the throw
- When the goalkeeper was the last person who touched the ball (it could not have been a player of the team in defence)
- If the player passed the goal area line

The player is throwing without the referee's whistle blow.

Changing a goalkeeper

- A goalkeeper can be changed many times during the game but the change always has to be done in the place where the players switch in case of any change
- A goalkeeper can also take a part in a game as a player out of the goal area just after changing the t-shirt (has to be the same as t-shirts of all players of his team) keeping the same number as he had playing as a goalkeeper
- The same situation with the player who can play as a goalkeeper after changing the t-shirt for
Long-sleeves goalkeeper's t-shirt keeping the same number

CAUTION!

When during the game the rule of man to man defence, handball for juniors and handball for children under thirteen the goalkeeper is not allowed to pass the centre line of the field (losing a ball means free throw) and to execute penalty throws.

The rules clearly say what is allowed for a goalkeeper and what is forbidden on the field during the game. Regulations also highlight the importance of a goalkeeper in the team.

He is allowed to save in the goal area with his legs, trunk and of course both hands. He is also allowed to leave the goal area and take part in a game as a regular player who can score a goal.

A GOALKEEPER IS ALLOWED TO:

- Save with all his body – hands, legs and trunk. Of course he is allowed to save only in a goal area!

- To move inside goal area without 3 seconds limit, double dribbling and the rule of three steps
- When a goalkeeper saves and returns a ball outside a goal line, he can leave the goal area, catch a ball and start to play as a regular player
- He is allowed to leave the goal area without a ball, take over the ball helping his fellows who do not have an opportunity to pass over the ball to anyone.
- Standing inside the goal area, he can catch the ball and grab it when it is out of the goal area but not touching the ground.

A GOALKEEPER IS NOT ALLOWED TO:

- He cannot expose anyone to any danger by attacking him in the way that is against the rules.
- He is not allowed to kick the ball with his leg when it is not a part of saving process.
- To go back to the goal area keeping the ball in his hands.
- To move out of the goal area with a ball in his hands.
- He is not allowed to catch the ball lying on the field when he is in a goal area.
- A goalkeeper cannot throw a ball out of the field on purpose.

A goalkeeper's position has specific character and is unusual, that is why it requires different terminology typical for goalkeepers. The language of goalkeepers is used by coaches and players during games and trainings so it needs to be well known by all players. It is very important to precise the direction of throws and the corners of the goal.

Posture and positioning in the goal:

- Goalkeeper's stance- the way he keeps his hands, trunk and legs in basic position (Before action)
- The position of goalkeeper- the place where he stands
- Throwing position of the hand- forming the hand to throwing position and the way it is formed in the moment of the throw
- "Soft area"- the surface within goalkeeper's reach
- Definition of directions and corners:
- Short corner- (short top and short bottom corner)
- Long corner- (long top and long bottom corner)

It is defined by the position of offensive player. The corner that is closer at the moment of throw (closer goal post) is called short and this one that is further- long (further goal post)

Types of shooting:

- Stem Shot –at least one leg in touching the floor
- Jump shot- a player throws a ball after jump

Types of actions:

- Making defence area shorter and angle of a shot smaller by moving a goalkeeper forward
- Closing- blocking particular part of the goal (up, down, hip, long or short corner)

Saving low shots:

- Goalkeeper's sit – sitting with one straight leg lying on ground in front of you, another is bent, one hand is touching the ground
- Sitting astride in the splits face to face with the scorer. Both legs lying widely aside
- In width – one leg is bent and the feet is touching the ground
- Splits with trunk rotation. One leg straight lying on the ground as far as possible, second leg just bent in knee.

Saving medium-high positioned balls:

- Arm and leg- simultaneous swing of lightly bent arm and leg covering the surface in the area from shoulder to knee
- Elbow and knee- simultaneous swing of bent arm and leg covering the surface in the area of hip Leg returns a ball (moving first):
- Closer – the leg on the side of movement
- Further- the leg opposite to the direction of movement

Key

Goalkeeper

Offense

Defence

Throw to the goal

Pass -----

Player's way

4. Saving a goal- basic rules that apply to goalies:

When a competitive team is trying to get a chance to score a goal, leading defenders to make a mistake, a goalkeeper should:

- While moving inside the goal area he should be prepared to save the goal with his body anytime

- Be prepared to take an intervention anytime

To talk about the specific rules that apply to goalies we have to start with the right position in a goal. It all depends on ball position. A goalkeeper should be in the middle on the basis of triangle that creates the lines between the ball and goal posts.

Correct position of the goalkeeper.

- Taking into consideration movements of players the goalkeeper should always move in the direction of the ball to avoid standing behind a defender.

The position of the goalkeeper

- The arms are open
- The hands in the same line with arms (as its extension) –on the level of shoulders
- Feet not wider than hips- heels do not touch the ground, standing in parallel with each other or slightly open- evenly laden
- Legs slightly bent
- Elbows can be in front of shoulders or behind them but when the arms are banded hands have to be in the same line with forearms.
- Hands in the same line or above shoulder's level. Goalkeepers, who are on the basic level, are recommended to control his arms and hands positions. The position is correct as far as he is able to see his hands while watching the ball in front of him.
- Trunk is straight
- Head should be hold high

The most popular mistakes:

- Incorrect position with straight arms far above head and heels up very popular among young, inexperienced goalies.
- Arms too low- it makes it difficult to save high shots
- Straight legs- delays in goalkeeper's reaction(firstly legs have to be bent than any movement can be done)
- Feet astride – difficulties in saving high shots

Stability and balance

A goalkeeper should take the position that ensures him stability and balance all the time.

The position described above has to be kept when the ball is in the central part of the field. It changes in the situation of possible shot or wing shot

Position in wing shots

- The goalkeeper is moving towards the goal post trying to touch it with the closer hand
- When the possibility of shot is getting bigger he moves the hand higher to the crossbar
- The position has been changed
- The foot, closer to the goal post, hip, trunk and hand above the head, should make it impossible to score a goal.
- The second hand can be above or below shoulders, each position is allowed

Nowadays, the best goalkeepers are trying to keep both hands up all the time.

Goalkeeper's movements

Basic movements of goalkeeper are short steps (feet to feet). Its dynamics and length generally depend on physical conditions and goalkeeper's temperament.

If a player is tall he takes care about position defence. He is moving on the line in front of the goal and the direction of the movement is determined by the attackers' passes. His or her steps are shorter and slower but the line of his/her movement is different

The way of movement is chosen by a goalkeeper. It also depends on experience and skills of the player.

If a player is shorter the defence is more dynamic and the player moves faster. The distance between feet is kept. He touches the ground with instep. Bent knees make the movements springier.

In dangerous situation with high possibility of shot, a goalkeeper can jump forward, stop on both legs and then go back to the previous position and way of movement. It allows him to reduce an angle of shot and what is more, it gives a lot of energy to the following intervention.

Balance in goalkeeper's play

It is essential for a goalkeeper to have the ability to keep the balance that allows him/her to play without restraint. Keeping balance helps to go back immediately to goalkeeper's basic position and to be ready to take the next action. Balance should be kept in a basic position, as well as in the moment of action, for ex. while standing on one leg or while he or she is jumping out.

Goalkeeper is saving with hands and keeping the balance.

Types of goalkeeper's save

During the trainings goalkeeper should be taught different defence techniques, starting from basic ones, going through those more difficult so as to experience the most difficult and complex. A goalkeeper has to use different technique to save long range shots, wing shots and different, saving short range shots. If a goalkeeper is able to use defence techniques to make a player surprised, it means that he/she can win the one-to-one.

The more defence types he/she knows, the bigger chance he/she has to win the duel.

Watching a game you can easily realize that the goalkeepers use different techniques in the same situations. It all depends on skills of the goalkeeper- if he is proficient he can choose the technique he prefers

Saving techniques for high shots

All techniques below are used for saving long range shots and in the situation when he is in the goal

(Without exit) saving short range shots.

The best, and the most safety way of saving high shots is blocking with both hands.

This is the basic technique that should be always initiated at the very beginning of the trainings.

It is obvious that due to the range of shoulders, positioning in the goal and hand's positioning as well as the time for taking the action, the goalkeeper is not always able to use this technique. That is why he should also be able to use the technique of saving with one hand.

Basic technique- stepping out with the further leg

The ball is stopped with hands but while saving process he is moving all his body. The action starts from stepping out with the leg opposite to the side of the ball. The faster and more energetic is the hop, the more efficient is the action.

The closer leg

One knee is open and lightly up at the moment of the action. Moving the knee up is connected with hop that makes the shoulders' level higher and the range of body wider. Saving with

moving bent leg makes the goalkeeper's position lower. Right then his range is not enough especially with precise, high shots

Moving the trunk aside

It doesn't matter if he saves with one or both hands, during the action he always has to move the body in direction of the ball. The angle of deviation will be definitely different depending on necessity in the particular situation.

An arm on the side of the ball (the arm determines effectiveness of the action)

Due to trunk's angle of deviation the arm should be completely straight. It can be slightly bent in the elbow at the very beginning of an action and straight later on (if it is necessary).

The further arm is slightly bent in the elbow joining the other in front of his face.

Practicing this technique should be stopped on the basic level trainings! This technique can be used as additional point of trainings.

Saving techniques for low shots

In this technique the biggest amount of differences can be noticed. They result from different way of carrying out trainings as well as from personal choice of experienced goalkeeper during his further career.

Saving with straight leg and slide.

- Straight leg lying on the ground, lean on heel
- Hopping from the further leg that is bent in the knee
- The hand (on the side of the ball) protects against a shot – the hand and leg are moving simultaneous
- The trunk is leading out in the direction of the ball
- Second hand is raised and banded

Ending the action

- A goalkeeper has to sit with one leg bent and one leg completely straight, it will allow him to observe the ball and to come back to the basic position to take the next action.

Saving the low shot with hand support

Sliding out

Saving the low shots with sliding out

Push-off from the opposite leg as far as to make the leg straight

- Sliding out with the leg bent in knee
- Feet along with the body, entirely touching the ground
- The hand is supporting the goal in front of the leg, on the side of the ball
- The arm and the leg are moving in the same time
- The trunk is leaned out in the direction of the ball
- Second hand above
- Head is raised (observing the ball)

Saving in sitting position with both straight legs aside

This technique is getting very popular even among the best goalkeepers in the world, especially in the situation when a goalkeeper is sure about the way of the ball.

Pushing off from opposite leg and moving the center of gravity to the lower part of the body

- Sitting with straight legs aside and dislocation of all body
- ☒Possible slide out with feet that is closer to a goal post
- ☒Knees slightly are bent
- ☒Trunk straight (watching the ball)
- ☒Arms are slightly bent (elbows in the back)moving down they support the area above lower legs

The types of saving medium high shots

The most popular technique:

- Hop on the further leg
- Raising straight hand in the direction of the ball but keeping the elbow slightly bends. It helps to absorb a hit
- Goalkeeper's trunk should be leant
- Step in towards the ball

Take off from the further leg and saving medium high positioned ball with hands

Saving while losing balance

It happens in the situation when a goalkeeper has not been able to go back to the basic position and immediately is trying to save the situation.

- A goalkeeper moves the body as well as the center of gravity to the closer leg
- Simultaneously the hand is raised above in towards on-coming ball.

- He is losing balance but still blocking the shot
- Falling down after save
- sideways (on the back)
- ahead (he leans on hands after turn of the body)

In particular situation, when a goalkeeper realizes that he is standing far from the place where the ball is heading for, he can use the technique of saving with both- hand and leg. It helps to increase the saving area during the action.

- Taking off from the further leg
- He leans out the trunk
- Simultaneously he moves straight hand and leg towards on- coming ball.

Saving short range shots

If a goalkeeper is situated near the goal-area line at the moment of shot he needs to decide which of the techniques described above he should use in a particular situation. Generally, the moment when he realizes that it will be close range shot he should:

- He should move forward to make the angle of shot
- He should move aside towards the ball

Pulling ahead

- ☑The goalkeeper should move with landing
- ☑He should do it quickly an flat wise (without jumping up)
- ☑He ought to keep goalkeeper's position (raised arms , standing on insteps)
- ☑He has to keep the balance after landing

Ways of landing

- Small step with the leg closer to the goal post
- Landing on both legs

The beginning of the movement process starts with the closer leg (next to goal post). It is clear in the situation when a goalkeeper is not able to do the full movement (landing). That is why, after one step, standing on one leg he can make an effort to take an action after pushing off with the second leg and saving the opposite area of the goal.

After moving out of the goal:

- Starting an action if a shooter jumps up or ahead, his hand is within reach of the goalkeeper.
- The goalkeeper is moving step by step after the hand of shooter, before he starts saving action but it is related to the situation, when the shooter jumped aside.

Moving while saving with both hands

- Push off and movement based on the further leg
- The closer knee is up – it makes the goalkeeper taller (raised)
- He leans out the trunk
- The closer arm is trying to reach the ball (the arm is straight) the further arm follows the other hand

Moving while saving with one hand

- moving hands and legs the same way as before
- the hand goes straight in the direction of the ball

Saving by covering upper part of the goal

In case a goalkeeper is not able to estimate the real direction of a throw but he can suppose that the throw may be directed towards upper part of the goal.

In this situation, after moving forward, he should cover upper part of the goal with his arms widely spread above his head. The area around the head will be secured by raised shoulders

- Take off or rise up (on the leg that is further from the ball)
- Widely raised arms, without any additional movements

The goalkeeper should take off from the further leg. The leg on the side of ball can be moved up and can block the ball if a shooter changes the direction of the throw.

Saving after a jump

For many years, in many countries, goalkeepers, who were saving after a jump, in the air, they were simply moving the shoulders up to hit the ball. The style of raising straight arms at a slant was popular f. ex. in Yugoslavia or Sweden. Nowadays only the second type of saving is used and very popular among the best goalkeepers in the world.

The style makes it possible to cover the upper parts of a goal (due to the straight arms) and eliminates the situations of hitting the ball by mistake while swinging the arms.

Saving with straight hands raised and straight legs –“splits in the air”

Moving forward the goalkeeper takes off with both legs (also possible with using just one leg)

- He immediately stretches his hands and moves them up slantwise
- The legs astride
- His position is “open”, feet up and outside
- Knees are slightly bent
- The goalkeeper steps down in the same place

The ways of saving medium high shots

- A goalkeeper saves the medium high shots moving in direction of low corners, with a leg or with a leg and hand together.
- Taking into consideration both –the position of the goalkeeper standing forward and the position of the field player, his legs are always higher than knees level and arms are above shoulders.
- Blocking with legs is the main saving type in this kind of situations, described above.
- Leg movement should start from moving a knee up, later a lower leg and a foot at the end.
- The mistake is made in the situation when the movement starts from foot and goes up with straight leg.

Saving with a leg- throw into the low corner

After moving forward and stabilizing the position:

- The leg goes up (starting from the knee)
- The toes go up
- The same time the hand goes down (support)

This is very popular type of saving. It can be also used after moving towards the ball.

Saving with a hand and a leg- medium high shots

Without movement (the ball is within reach)

- Simultaneous movement of the leg and arm
- A goalkeeper stands on the leg, that can be slightly bent in the knee or he can raise up on his feet , it depends how high is the ball
- The same time the other hand is moving down (while the leg is slightly bent) or stays up- on the shoulders lever(while raising up on his feet)
- With movement (the ball is beyond reach)
- A goalkeeper takes off and move on the further leg
- Raising up on his feet or slight hop
- Simultaneous movement of the leg and arm on the side of the ball
- The other hand raised very high

- The trunk is leant in the direction of the ball

CAUTION!

Using these types of saving a goalkeeper has to avoid making this kind of mistakes:

- Covering the arm and the leg
- Keeping too much space between the arm and the leg
- The movements of the arm are too wide and end below raised knee level
- Moving straight arm or leg

Saving with both hands— medium high shots

This style is based on movement. The situation is sure for a goalkeeper, he knows exactly the direction of the throw.

- The rules the same as before

Saving with hands and legs with jump (“in the air”) - medium high shot

- Take off on both legs
- Firstly arms raised up but aslant, later on the arms are moving down (closing) the straight legs widely aside in the air

Saving with both hands and both legs straight in the air

- This type of saving has been already mentioned while talking about saving high shots.
- While the goalkeeper is taking off, he straightens hands and legs trying to cover all corners of the goal.

Saving wing shots

This type of saving actions has been changing for last years. The new types of goalkeeper’s behaviours are just the answer to the new wing shooting types that are more and more exquisite. We can see throws in different moments, fast or strong, with rotation of the ball after dribbling or in the air, after faking throw, faking with the trunk or after changing the direction of take off...

Saving wing shots types differ due to the different angles of the shots. Goalkeeper’s position in the goal depends on it.

A goalkeeper can save in a different way. The one he chooses depends on the level of shot. He can save:

- with both hands
- with a leg
- with both- hand and leg

Types of actions

- The closer leg next to the goal post
- The hips and the trunk are also next to the goal post (this location makes the shot into the short corner impossible)
- The closer arm, next to the goal post, bent in the elbow
- Above the head is blocking high corner
- If a goalkeeper is tall, the hand is protecting the face

This type of saving is used only in the situations of throws from small angle. It is very seldom situation. The most possible is to see it during junior's games, when it is risky or during the best games when the player's are proficient knows how to surprise a goalkeeper.

Saving wing shots- the ways of movements and saving types

The basic rules of movements for a goalkeeper when a field player shots from the wing are:

- moving the closer leg towards the goal post, the other leg has to enable him to stand face to face with the attacker
- the movement starts with the step forward, the first goes the leg closer to the post
- moving toward the ball (step by step)

The goalkeeper needs to block with his body (closer leg, hand, trunk short corner) short corner at the moment of throw and then he has to move to gave as well the other corner.

Because saving shots from the wing is quite difficult, it is very important to take care about the most popular mistakes

Raising the further leg up too early

- No movement towards the ball
- One step ahead while the attacker is jumping aside
- One arm is not raised
- Leaving the short corner too early
- A goalkeeper stiffens the leg at the moment of the action

Uncovering the short corner

This style can be implemented after a goalkeeper knows very well the basic types of saving.

The rule of movement for a goalkeeper in this situation is uncovering the short corner consciously. It starts from step ahead and aslant with the further leg (further from the goal post). By covering the long corner he makes the attacker throw into the short corner

Goalkeeper's position

It is very important to emphasize that the position of a goalkeeper has been changed by the top world's goalies. The change is mainly about the moving to the middle part in the direction of the scorer's throwing hand. It happens in the situation when the attacker jumps up and keeps the ball very high.

- Raised arms are blocking both high corners
-

Types of savings

- While saving wing shots with a shift a goalkeeper uses the same types of blocking as for saving throws from 7-meters line.
- It looks a little bit different while a goalkeeper is saving with landing or if he is uncovering short corner (the first step starts with the closer leg).
- Saving with landing (throw into the long corner)

Saving wing shots with landing

- A goalkeeper is moving forward and covering the short corner. Then he is waiting to make it impossible for attacker to throw into the short corner.
- He is blocking a long corner
- Take off and landing on the leg, closer to the goal post –landing
- His further leg, and hip are covering the further corner –low throw
- The long high corner is blocked by the hand, closer to the goal post. The hand is moving in front of the face and should be slightly bent!
- The other hand is supporting the action of blocking and is situated on the shoulder's level

CAUTION

- The main mistake made by goalies that use this style is that they uncover the Short corner because they are landing too early.

The first phase of saving the long corner with landing

Saving by movement on one leg (blocking the throw into the long corner)

- Firstly a goalkeeper is waiting then he is moving on the leg closer to the goal post
- Hands are up and aslant, blocking the high corners
- When the knee is up medium high shots should be saved
- The feet and lower leg is covering the lower corner

CAUTION

This type of saving is nowadays used mainly by the best goalkeepers.

Saving the wing shots

5. One-to-one: goalkeeper and a shooter

Each throw into the goal is kind of “one-to-one” between a shooter and a goalkeeper. A goalkeeper is always trying to save a goal but the same time he cannot go back to those, he did not save. He should quickly analyze the mistakes he made, draw some conclusions and use it them in the next saving action.

5.1 How to understand a shooter?

It will be always easier for a goalkeeper to save a goal when he understands the will of the shooter. To expect the moment and the corner where the shooter throws, a goalkeeper has to:

- An attacker will be always trying to throw into the corner, which is uncovered. Wrong location is the mistake made by a goalkeeper. It allows attacker to score an easy goal.
- The analyzes said that If the position of the goalkeeper is correct, right-handed attacker throws into the right corner (right corner for a goalkeeper) and if he is left-handed it is easier for him to throw into the left corner (left from the goalkeeper’s side). That is why he has to control which is stronger and more accurate.
- If a scorer keeps the ball below shoulder’s level while he is attacking (wing shot, free throw line shot or a shot made by a line player) it is easier for him to throw into the lower corners. It is easy to predict for a goalkeeper where the attacker is aiming at.
- If the thrower jumps up very high, is close the goal and keeps the ball high above the head, the goalkeeper can expect the throw into the high corners rather than low because it is difficult to shoot with dribble
- If a goalkeeper notices some open space between defenders he can expect straight throw into the goal in this particular area.
- When the shooter finds on his way a defender who is not moving (static defender with arms down), the goalkeeper can expect the throw into the area that should be blocked by his teammate but is not.

- If an attacker, after running with the ball jumps up(doing a curve movement in the direction of the goal) and keeping the ball. I am moving in the same direction in the goal area and in this situation he needs to expect the shot with “extension” – in the opposite direction than he has moved.
- If a goalkeeper is correctly positioned and an attacker cannot find uncovered area in the goal, the goalkeeper can follow any fakes that attacker does. The fake would make the goalkeeper move and the shooter could gain some open area to shot into the goal.
- It is important to remember that all field players are taught to throw next to the leg he is standing on. That is why if he raises one leg too quickly, then it is difficult to change it and save the goal.

Goalkeeper’s tactics

During all saving actions a goalkeeper needs to take some decision. It is called as a goalkeeper’s tactic and it is very important. Some people say that tactic is even more important than personal skills of a goalkeeper. The sooner he make the right decision (direction and the type of saving) the bigger chance to block the ball. The decision (tactic) depends on many circumstances,

- The direction from where he is coming toward the goal
- The attacker hand and trunk array
- Defenders positions:
- Blocking by defenders
- Pushing the attacker aside
- The luck of defenders
- Rules of playing in the goal
- Memories of the attacker’s behaviours

Tactic is very important part of the game. If the decision made by the goalkeeper is right and he knows in which direction the ball goes, it is highly possible that he saves even if his skills are not proficient.

5.2. How to save throws from different distances and at different angles?

A goalkeeper needs to remember that he has to react in a different way dependently on place and situation of the throw.

He saves in a different way if an attacker throws:

Long range shot (9-meter line)

- Short range shot (7-meter line)
- In one-to –one situation
- Wing shots
- 7-meter line throw

In each situation he needs to use different type of saving and decide to stand in a different position.

Long range shots

In a long range shots a goalkeeper has to make a quick analyze of the attacker's position. It very often happens that by the way he acts or blocks he can make the attacker to throw into a particular area of the goal. He may have not enough space and time to throw as well. That is why positioning in goal is so important.

CAUTION!

While saving long range shots a goalkeeper cannot take an action too early or guess in which direction the ball may be thrown

Safe position

The goalkeeper should also consider the position and possibilities of support of defenders from his team while saving 9 meter line. The defender might have been late with his action but later on he can still try to defend and block a part of the goal.

The throw from the central part of the Court

- The defender, who was late, is blocking the long corner and the goalkeeper saves the short corner.
- The goalkeeper also needs to take care about "tactics" while saving 9-meters shots.
- If the player with a ball is moving towards sidelines, the goalkeeper cannot allow him to throw into the short corner. To avoid shots into short corners the goalkeeper needs to move close to the closer goal post.

One more thing that a goalkeeper needs to remember – the rule of saving the straight shots.

Straight shots

- The throw is directed to this corner from which side the ball passes the defender or a block.

Short range shots

This kind of shots should not bring out any psychological problems for a goalkeeper (the attacker in a short distance, small angle). Any anxiety or fear cannot bring out the reaction of

moving back, bending a trunk, turning the head away or closing the eyes. Being a goalkeeper needs a lot of courage!

When the opposite team has a ball and wants to score a goal, a goalkeeper has to:

- Move inside the goal area so as to be able to save and block a great surface of the goal.
- Move forward to beforehand the moment of the throw. He knows that his position in the goal should not only decrease the area of the goal for a player but should decrease the saving area as well.
- He needs to move out of the goal as soon as possible or to move so as to keep the head on the way between the ball and the middle of the goal.

In some situations, dependently on the direction of take off and the position of the hand with the ball, the goalkeeper has to save the short or long corner. If it is impossible for him to predict the direction, he needs to block as much space of the goal as possible.

CAUTION!

A goalkeeper should move forward as soon as possible. He should stabilize his position. His reaction cannot be done too early if he is not moving towards the ball. If he moved to far (to the front) the player can easily throw the ball over him.

A 6meter shot "One-to-one" situation

Moving forward, keeping the balance and preparing to the action

- The field player has a lot of time to observe what the goalkeeper is going to do. If he stays "passive" (no actions are taken) and just starts to save at the moment of the throw, it is highly possible that he save the goal.

By changing the position of the hands he can provoke and make the attacker throw the ball into different direction. If the player follows the goalkeeper's idea he will make a mistake.

After leaving the goal the goalkeeper has to follow the direction of the ball if he does not provoke.

CAUTION!

A goalkeeper cannot repeat the same saving tactic, f. ex. saving in a jump, because it is difficult to recognize by the attacker.

Wing throw

The main aim of a goalkeeper while an attacker tries to shot from the wing is to block the throw into the short corner by his appropriate position next to the goal post.

- If the angle of shot is small , the goalkeeper standing next to the goal post has to make it impossible to score a goal
- If the angle is bigger he can:
 - stay next to the post trying to save the throw (usually the throw into the long corner)
 - He can move ahead to minimize the angle but the same time the player can throw the ball over him
 - Moving forward always starts with the leg closer to the post. The other moves as a second.
- He also has to remember to follow the ball that is in winger's hands (he is in the jump).

CAUTION!

In the situation of small angle shots a goalkeeper has to remember to block the short corner (head supports the rest of the body in saving action) and expect a throw into the trunk. He cannot do any movements (like raising the leg or moving the hand down) , that may uncover some areas of the goal.

5.3. How to save a 7-meter throw?

Saving 7-meter throws

- The player has 3 seconds to throw since the referee whistles. The player can throw straight ahead; do some feints with the ball or with the body or delay the throw.
- He ought to be concentrated, and his attention should be on the hand with the ball. He cannot stand on straight legs. His knees have to be slightly bent and he has to be ready to react. He cannot follow the feints but he has to wait and save at the moment of the real shot.
- There are different ways of saving 7-meter line shots and they differ in the position and the way of react.

CAUTION!

A goalkeeper needs to be prepared for feints that he cannot follow. He has to wait and react at the moment of throw, not earlier. All actions made by a goalkeeper too early make his situation difficult and the opportunities for a player to score a goal bigger.

The position on the goal line

- In this situation he can choose the direction of an action

- The easiest way is to save the low corner, and that is the most popular action for goalkeepers
- He should put the balance on the leg he has taken off. It has to be done invisibly just after taking the decision
- Saving the goal a goalkeeper is trying to block all surfaces in the goal area

Standing far away

If a goalkeeper stands far from the goal it makes the angle smaller (the same with the goal area). It makes that a field player has to be more precise but it also can cause that the ball can be thrown over goalkeeper

In this kind of situations he can provoke the player to make him throw into another corner.

6.1 Counterattack

Tasks for a goalkeeper during counterattack

- Each goalkeeper is the first attacker and the last defender during end-to-end actions.
- It is said that an effectiveness of each offence, depends on the first throw that should be correct. To make those words real, the coordination of action has to be perfect- both for all goalkeepers' actions and the defenders who start counterattack.
- However a goalkeeper should always initiate and organize the counterattack.
- Inaccurate pass to the line player
- After the throw blocked by defenders
- The shot from the 9-meter line is in the range of a goalkeeper's arms

The situation may be much more difficult when a goalkeeper needs to take a full action and he needs to run up to the ball.

Because as we have already said the modern handball is based on systematic counterattack interventions, quick ball take over or gaining a ball by a goalkeeper is essential and the most important.

As far as the situation is easy, a goalkeeper should save with both hands. Bending the arms in the elbows and relaxing the body allows him to absorb the ball while one hand saving.

If he immediately moves and grab the ball that is not far from him, he can start counterattack. It won't be a direct counterattack but for sure it can be well organized attack in which all players can be involved.

He also needs to have proper skills to pass the ball in uncomfortable situation while he is for example sitting or kneeling.