

Palming the ball over the bar

A keeper needs a variety of techniques to cope with those times when they can't catch the ball.

Palming the ball over the bar is one of those techniques, and is ideal for high crosses that could potentially drop behind the keeper and into the net.



What you tell your players the session is about

1. Goalkeeping.
2. Dealing with crosses, chips and mis-hit shots.
3. Decision making.

Session planner

Warm up 10 mins	Session 10 mins	Developments 10-15 mins	Game 15-20 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm-up	Balls	Basic ball-handling and footwork exercises to prepare for session. Dynamic stretches
The session	Balls, disc cones	Combining palming technique with footwork
Development	Balls, goal	Combining palming technique with footwork
Game situation	Balls, bibs, goals, disc cones	Practising skill in game situation and improving decision making
Warm-down	Balls	Ball work, static stretching, de-brief Q&A with coach



Where it fits

Individual skills: Goalkeeping

Team skills: Improving defence

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What to think about

- Side-on, face server.
- Use the arm furthest from the goal or target to palm ball across body.
- Guide ball over the bar with open palm – hit the lower half to deflect it up.
- Palm slightly cupped – don't "slap" the ball.
- Footwork – e.g. use of recovery drop step.
- Quality of serve.





Set-up

- One ball between three players.



What you get your players to do

Three players (A, B, C) line up about five yards apart in an “L” shape. The keeper in the middle (B) kneels facing A.

A throws the ball high above B’s head, and B palms it to C. B turns to face C. C then serves the ball back to B, who palms it to A. Repeat several times before the players switch roles.

Repeat drill but with the keeper in the middle also standing. Servers now throw the ball high beyond the goalkeeper so he is forced to take a recovery drop step before palming the ball.



What to call out

- “The quality of the service must be good”
- “Head steady, eyes on the ball”
- “Don’t slap at the ball”



Development

Using a goal, servers A and C now stand about ten yards away from B, outside the posts and along the goal-line, so that all three players are in a line. Add more height to serve.

Have goalkeepers take several steps towards the server so they can practice recovering backwards – as the ball is thrown beyond them – before palming the ball.

Add a forward, passive at first, to challenge the goalkeeper.

Make the forward more active.



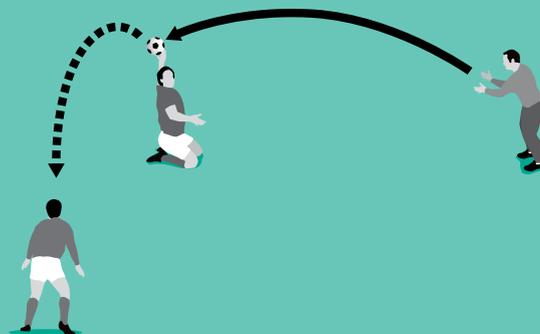
Game

Play 4v4 with two goalkeepers in a pitch 30 x 20 yards, with two wide players, one outside each touchline, who play for the team with the ball and are conditioned to provide high crosses from a variety of angles whenever possible.

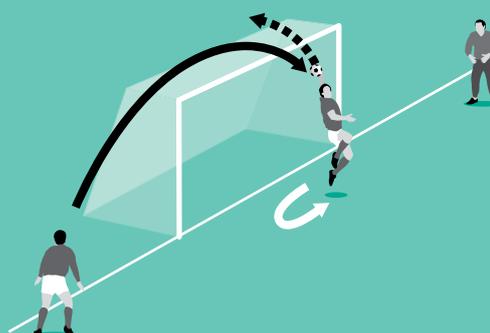
Wide players have three touches (control, dribble, cross/pass) while goalkeepers have to decide what to do – eg. catch, punch, allow defenders to head, tip the ball over the bar – for each cross.

Palming the ball over the bar

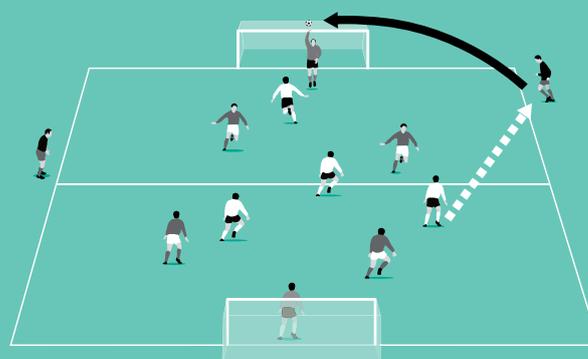
player movement pass
cross/serve palm



A and B face each other. A serves the ball over the head of B, who palms it to C.



Practice recovery steps by moving underneath the ball.



Play a game with dedicated crossers.