

GOALKEEPER PROPRIOCEPTIVE TRAINING

The goalkeeper play has been approached in this material from a biomechanical point of view. This biomechanical approaching consists, in our case, in specific handball balance and coordination skills development, through the proprioceptive drills compound.

The main purpose of these exercises was to improve the goalkeeper's balance capacity, using **“balance-fit” (BF)** pads.

As shown in the selected drills, the coordination activity is coupled with the balance activity, mixing the drills executions. That means that some of the classical goalkeeper technical executions have been done on the BF, but having in mind the corresponding ones from the match.



Some of the drills have a “blinded” start position and execution (e.g. **“close eyes – jump on the BF – open eyes – receive the throw”**); this way the proper goalkeeper defense position is more difficult the moment he opened his eyes.



As we can see, the wing throws demand a very good coordination capacity of the goalkeeper in the one leg defending position moments. During this kind of executions and situations, the proprioceptive sense is very stressed, especially in the knee and ankle joint.



At the same time, we focused on the 6 meters throwing and wings. The reason for the selected drills was, firstly, to get the goalkeepers used with the additional pads, and secondly, to put them in appropriate technical circumstances.





The Back throws could be a part of the training sessions, only after the goalkeepers become much more familiar with the additional pads. Finally, we can consider that this kind of exercises could help for the goalkeepers' coordination and balance developing process, especially during the pre-competitional training period and in the warm-up part of the training session.

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