

## Medicine Ball Training

The KwikGoal Medicine Ball is a training tool that no goalkeeper or goalkeeper coach should be without. When used properly, this weighted ball will significantly improve areas of goalkeeping such as catching and throwing. The med ball can be replaced in almost any exercise where the ball is thrown or volleyed.

**CAUTION:** *The med ball should never be kicked from the ground. Only coaches with the technical ability and strength should volley or half-volley the ball. Age 13 is usually a good time to introduce the ball.*

After each save keepers can distribute by hand in whatever style coach chooses. After consistent use, greater velocity and distance will be observed. The greatest benefit of training with a med ball is that it immediately exposes technical weakness. Therefore it is a great tool when warming up a goalkeeper or evaluating him/her for the first time.

### Common technical problems that regularly show up are:

#### Basket catching

Arms not rigid and parallel, allowing the ball to go through the legs or hit the stomach and bounce out.



*SoccerPlus Staff Coach, Ford Williams, trains with Kwik Goal Medicine Ball at SoccerPlus Goalkeeper School.*

#### Contour/high contour catching

Hands too close together, ball drops out or fingers lazy and not making contact with the ball first. Instead the palms are more involved. Hands too far apart. Ball will go through them into the goal or off the face.

#### Side contour/Collapse diving

Goalkeeper allows ball to push him/her back and out of a good attacking shape.

After deciding which catches need work, the ball can now turn weaknesses into strengths. Depending on the level of the keeper, create an environment where the keeper will be successful and then slowly "turn up the heat" when serving the ball. Find that place in their catching when they can no longer be 100 percent sure of catching the ball. The philosophy that I pass on to my goalkeepers is that if they can catch a med ball thrown/kicked at them consistently, the regulation ball will be like catching a feather. This philosophy has proven itself time and time again for goalkeepers at all levels.

The Kwik Goal Medicine Ball weighs 2lbs. This may not sound like a lot of weight but after catching for 10 or 15 minutes you will start to feel the extra weight. This introduces another benefit of the ball - strength training. Those keepers who use the ball on a regular basis will attest to an increase in strength in their hands, wrists, and arms.

With regular and proper use of the Kwik Goal Medicine Ball, I Guarantee there will be increased catching percentage, upper body and arm strength and most of all, a greater confidence in the goalkeeper's own ability to deal with and consistently hold onto difficult shots.



*SoccerPlus Students, use the Kwik Goal Medicine Ball to do Core Strength exercises at SoccerPlus Team Week.*