

Goalkeepers can counter attack

By David Clarke

Goalkeepers like nothing better than having the ball in their hands, running to the edge of their area, then blasting it into the sky.

But throw-outs can be better, not to mention more valuable, because the ability to throw the ball quickly and accurately is becoming an increasingly important skill for goalkeepers in the modern game.

Many of the world's top keepers can throw the ball more than half the length of the pitch, and the distance and accuracy they can achieve is a big counter-attacking weapon for the team.

The overarm throw allows your goalkeeper to clear the ball over a long distance and at a great height. And it can be more accurate than kicking the ball.



Here's my seven-step guide for goalkeepers looking to master the art of the long throw:

1. Tell your goalkeeper to adopt a side-on position and put their weight on the back foot.
2. Your goalkeeper's throwing hand needs to be positioned under the ball, and their throwing arm kept straight.
3. The non-throwing arm must point in the direction of the target.
4. The goalkeeper can then bring this arm down as the throwing arm comes through in an arc over the top of their shoulder.
5. The goalkeeper's weight should be transferred forward as the ball is released.
6. It is similar to a bowler's action in cricket.
7. Over long distances, get your player to concentrate on powering the arm downwards on the same line as the target spot. This will help with his accuracy.