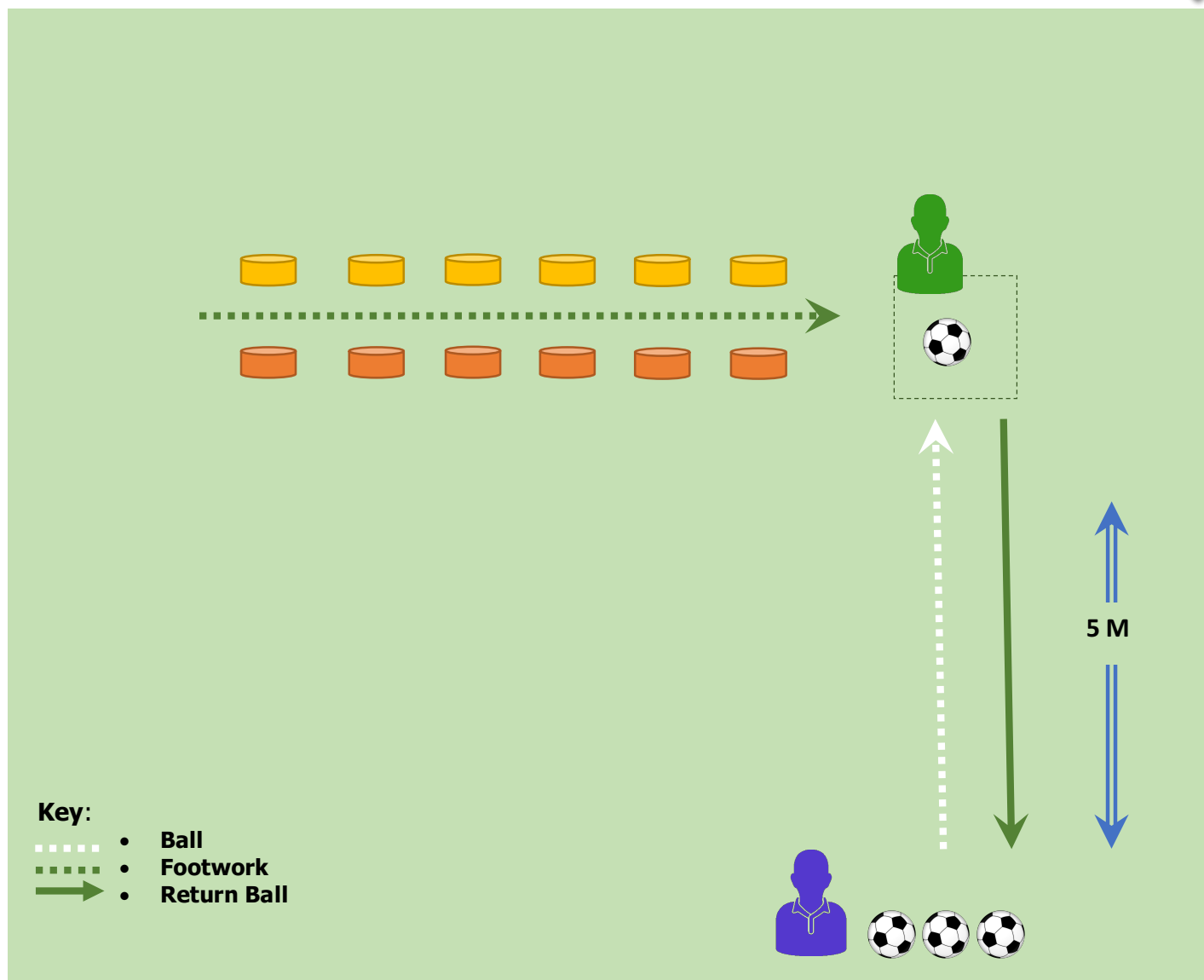




Goalkeeping Bronze Assessment

The bronze assessment will focus on catching, foot movement and your distribution rolling the ball out to players.

Move your feet sideways through the cones at the end a ball will be delivered.



Criteria: 70 % Receive rate

Touches:

- High, Low and Bouncing
- W, Cup and Scoop Techniques shown
- The player should be able to roll the ball back underarm 10m away.

Tips:

- You should be on your toes and watching the ball all the times.
- Keep your body behind the ball when possible.