

Catching Waist High Balls

Watching many keepers warm up, when the ball is tossed or kicked toward their waist, they will lower their hands and with their wrists bent, will try to catch the ball in the same basic hand position as if they were catching a ball chest height. This means their hands are either in a W or diamond shape.

The problem with this is it's not the way they will be able to catch a hard shot waist high in a game. If they were to try to catch a hard shot using this technique, the best that could happen would be they would drop the ball. The worst is they will injure their wrists.

The proper way to catch a ball that is waist height is using the same hand positioning as if the ball were at the knees. The palms are close together facing outward, fingers pointed down and upon making contact with the ball, the hands are behind and under the ball with the forearms directly behind the ball. The chest and head are over the ball so that if you bobble the ball, it will fall down to the ground and you can quickly scoop it up.

So if this is the proper way to catch a ball, why do keepers catch softer balls in training using the incorrect method? The simple answer is the incorrect method is also the easier way and they chose the easy way because many people are lazy by nature. It's easy to be a lazy goalkeeper but the good goalkeepers try to do things right every time and not just when it's the easy way.

On balls that are waist high, get your body behind the ball, hands in the proper position, upper body over the ball and develop the good habit's that will be needed in a real game situation.

Any questions, comments or suggestions should be sent to Lawrence@finesoccer.com or they can be posted on the [FineSoccer Forum](#)

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