

# Goalkeeping training

## The Basics

### Body shape

- Always get as much of your body as possible behind the ball
- put a knee down or dive/lie down and use your chest and torso to protect the goal. If the ball slips through your hands it will hit your body
- avoid bending over legs wide apart - one day it will slip through your hands....
- make your hands into a "W" when in front of your face (see picture)
- and make a triangle when your hands are high, above your head (see picture)
- otherwise open the hands to scoop the ball up (see pic)

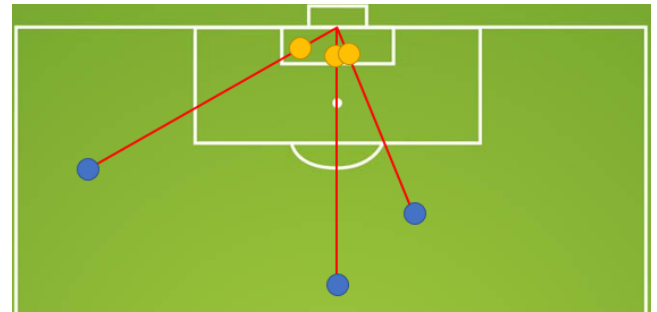


Make a "W" in front of your face

Make a triangle when above your head

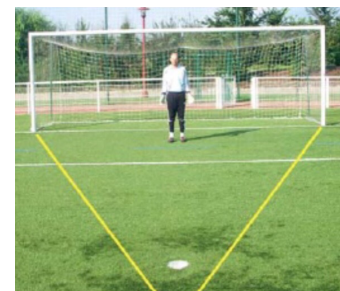
### GPS

- A GPS system in a car uses fixed points to work out where it is – try to do the same
- use field markings/lines, trees, anything fixed, to know where you are relative to the goal and make sure you're filling the goal.
- understand your position relative to the goal and the angles you make with each of the posts. Try to make yourself seem bigger to opponents.

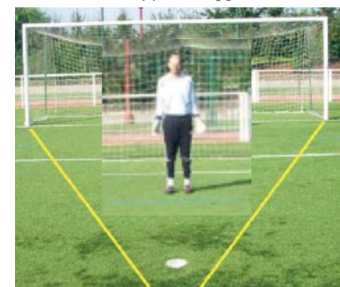


### One-on-ones

- when it's just you between a striker and the goal. It's difficult to judge – should you come out to make yourself "bigger"? Or wait? It's never easy to decide
- try to think about the speed of coming out. Sometimes it's better not to rush out. Use lines (GPS above) to judge your angle and stay in front of the goal as much as possible
- always commit fully once you've decided to move, and react to the hints the striker gives you.
- watch the striker's body language and look for hints which way they will go: will they pass you on right or left? Straight through (your legs)? Shoot? Chip?
- Remember, the best GKs only stop one in three strikers – the pressure is always on the striker.



As you come out towards the striker  
You appear "bigger"



## Rules - know the rules for goalkeepers

The **penalty area** where the keeper can handle the ball – only the rectangular red shaded area – **not** including the “arc” or partial circle on the edge of the area (see diagram).

**Possession** – basically, if the GK has control over the ball (including holding the ball between hand/arm/ body and the ground/goalpost) he is in possession and no one can attempt to kick at it.

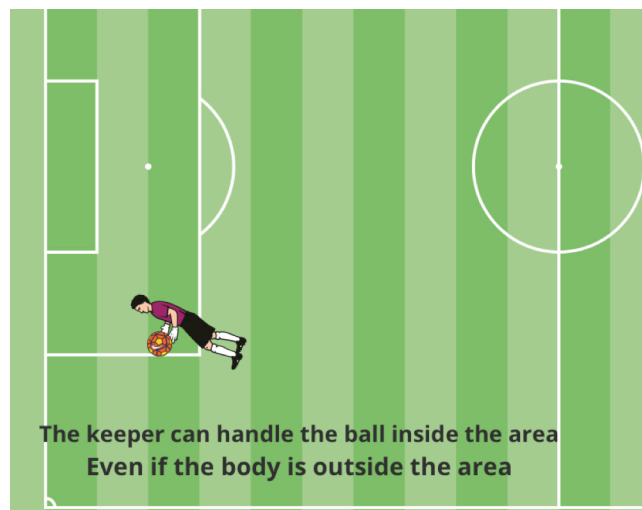
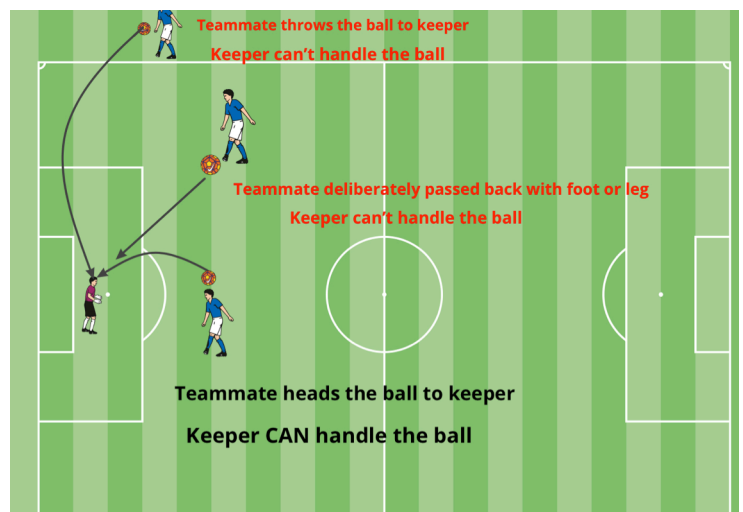
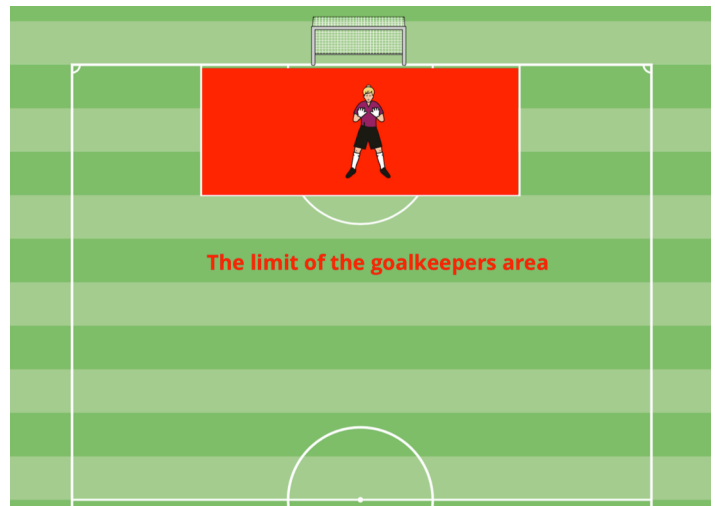
**“6 seconds in your hands”** – GK must release the ball to the ground or pass or throw to a teammate within 6 seconds or it’s handball. If the ball leaves your hands (e.g. on the ground), you can’t pick it up again.

**Backpass by teammate** with foot/leg or throw in – if there is clear intent, you can’t handle the ball. ***If in doubt kick it out.*** Don’t handle and risk a free kick in a dangerous area. (See middle diagram)

**Unintentional deflections, or headed/chested backpass** – it’s ok to handle even if it was your teammate that last touched the ball (see diagram).  
Note - If you play the ball with your feet **before touching it with your hands**, even outside your box, you can pick it up if dragged back into your box. You can also handle the ball in the area **even if your body is outside** (see lower diagram).

**Take a goal kick from either side** of 6yd box - you choose.

You can **move sideways on a penalty**, but not forward until the ball is struck.  
Also, the striker can’t touch it twice - so if comes off a post without anyone touching it he can’t kick it a second time - so go for it!  
**Take care** when holding the ball **near the edge of the penalty area** - it’s easy to stray outside and handball if you do. The same is true for a punt - by all means get close to the line but be careful.



## Advanced goalkeeping techniques

Safety - at attacker's feet - use your arm and hand to protect your face while using the other arm to collect ball - or use leg and torso to shield yourself - careful not to foul.

Diving - how to fall, roll to disperse energy - favored side - how to get up quickly.

Catching - use two hands to capture the ball - absorb the energy from the kick or else it will bounce off - pull into chest and wrap in arms - protect the ball.

Punching - make a fist - punch the ball as it comes close, preferably away from goal and danger, preferably to the wings - judge flight of ball, keep your eyes on it throughout.

Parrying / blocking – when catching is difficult – be ready to follow up.

Use of legs and torso to make yourself bigger – protect more of the goal.

Communication – 6 yard box management – “boss your box”.

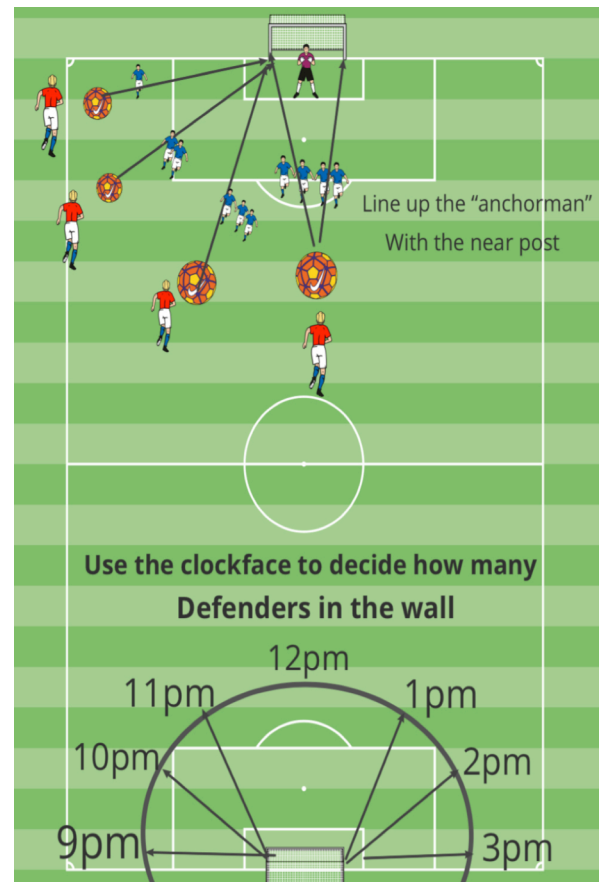
## Coping with free-kicks and penalties

### Penalties

- try to spot body language - choose which way to dive.
- move around, along the line before kick - stay on line.
- ground your feet just as they are about to kick – it gives best the platform to dive.
- commit to your chosen side.
- you are only expected to save one in three - the striker is under more pressure

### Free kicks

- think about **building a wall** quickly
- decide how many in the wall based on where the kick is on the **clock face**. At 9pm you need only 1 defender, between 9-10pm use 2, at 11pm use 3 and at 12 use 4 - repeat the other side: use 3 at 1pm, 2 at 2pm and only 1 at 3pm (see diagram)
- **line up the wall** - have a defender who faces you while others face the ball - he's the “anchorman”. Move them all as a unit - you direct the anchorman - line him up with the near post and the ball - when lined up signal to the anchor - he turns and faces the ball.
- **take position yourself** - then you go toward the other post and cover the side of the goal not protected by the wall (see diagram)



## Being an extra outfield player

- where should a GK stand when the ball is a long way away?
- normally between the penalty spot and edge of box – give the defense “an out”
- but it depends on:
  - o you - how confident you are.
  - o your defense - do they like to use you as an outlet?
  - o the opposition - are they capable of chipping or shooting from distance?If so stand further back - between 6 yard box and penalty spot,

## **Safety - the most important things you need to know**

Goalkeepers are rare animals and we like to preserve them. Consequently, we need you to look after yourself. You have the most dangerous position to play and there are several situations where you need to take care. Remember, you're not wearing protective padding.

**Catching the ball** - whether high or low, expect other players to be trying to get there first, with a head or a foot. Be careful of being kicked, and always clutch the ball into your chest and perhaps roll away from danger.

**Diving at the feet of opponents** - similar to catching, try to gather the ball and clutch it into your chest. This discourages players from kicking out at the ball. If you fear a kick, use one arm to protect yourself, especially your face, as you gather the ball with the other arm. I prefer to use the lower arm to gather and the upper arm to protect my face. If diving to the left, this will leave the right arm to protect, and the lower, left arm to gather. As you roll with the ball, raise your upper leg a little to provide protection, avoiding deliberately kicking an opponent. This will offer additional protection. See how the girl in the photo raises her upper leg, and tucks her head in.

Most of all: safeguard the ball, and roll up into a ball. Remember, the referee will protect you after a play, but **during the play you have to protect yourself.**

**Use your body and legs to make the save.** You don't have to dive at a striker's feet all the time. Sometimes the most effective (and safest) way to make the save is with an outstretched leg, as the keeper shows in the last photo.



## **Key objectives of a training session**

Stamina – use cones and jog between posts - then save - speed up to create tiredness.

Agility – learn to dive and jump up to make a second save.

Running backwards – jog from post to post backwards to learn to face ball at all times.

Jog sideways – between posts – stay facing danger.

Reflexes – reverse save - face away and turn, face multiple shots.

Kicking – dead ball and “live punts” – how to kick cleanly and achieve distance.

Diving – how to dive safely, when to catch and when to parry, safely covering up.

Footwork with ball – trapping, first touch, passing, clearances.

Footwork without ball – where to position yourself – angles - GPS

Communication – talk or shout so your teammates know you’re in charge.

Help teammates with positioning and cover – you have a different view of opposition positioning - you are your defenders’ “eyes in the back of the head”.

## ***Key elements of being a good goalkeeper***

### **Master the three basics**

- Body shape
- GPS
- “One-on-ones”

### **Teamwork**

- Remember you’re part of a team
- Co-operate with your defense as a unit
- Know and trust your defense
- Get to know your centre-backs well – make friends

### **Organize**

- Especially dead balls – you are the boss
- Be quick organizing – e.g. free kicks - where and how many in wall? – you decide
- Organize corners - who on post - where positioned, facing, etc.
- ***If in doubt, kick it out*** – don’t hesitate. A corner is much less painful than a goal

### **Communicate**

- Shout, scream, jump up and down
- But make sure your defenders know you’re there and you’re the boss.

Critically - Give yourself more time.

***Think faster, act slower – pick your moment to move, especially in one-on-one or penalty situations***

### ***My Philosophy:***

Have fun

Learn teamwork

Respect - everyone

There’s always another game

Winning is good

Performing is better

Developing is best

“What do you call someone who never made a mistake?” - ***yet to be born***