

GOALKEEPING

We should encourage all of our young players (12 and under) to try playing in goal. However, we should rotate them during training and games. We should also be sure to incorporate all of our keepers into our team training sessions. If extra individual attention is desired, you can spend time with them before or after training.

U 13/14 Directives.

- Technical aspects of catching/shot stopping - all of our keepers should be proficient in all catching techniques and when they should be applied.
- Technical aspects of projecting to the ball when catching, diving or saving the breakaway.
- Crosses - Keepers need to be able to assess the flight of the ball and attack it in the correct manner.

We must encourage our keepers to extend their range and adopt starting positions that put them in a good ball-winning situation.

- Situational recognition - breakaways, crosses, balls played with the feet out of the box, organization and communication to deny shooting opportunities.
- Distribution - technical execution and choice of method. Keepers must take goal kicks!
- Angle play and positioning - narrowing the angle, the ball line, near post priority etc.

Above all we need these age groups to be put into decision-making situations, with the emphasis on utilizing the correct technique at the correct time.

U 15/16/17 Priorities.

- Reinforce technical execution.

Playing off of the line - we need our keepers to be proficient with their feet!

- Tactical awareness - the keeper's role within the team - related to formation, type of game, conditions etc.
- Relationship with defense - directing the back line.

Functional training for crosses and decision making situations. Ball winning, game related activities.

These keepers must be trained in a challenging environment, with opposition when possible, whether it is passive or active. If we train these players in non-contact, non-competitive situations they will not perform when those situations arise in the games.

GOALKEEPING (cont.)

Tips On Saving

Ground Balls

Players should:

1. Position the body behind the ball.
2. Keep shoulders and toes square to the ball.
3. Keep feet together, knees straight. (Feet should be together to block the ball from entering the goal if it slips through the goalkeeper's hands.)
4. Bend from the waist to receive the ball.
5. Keep fingers pointing down - palms forward, fingers spread - with the tips of the little fingers almost touching.
6. Scoop the ball up using both hands.
7. Pull the ball into the chest for protection.

Waist-High Shots

Players should:

1. Position the body behind the ball.
2. Keep shoulders and toes square to the ball.
3. Keep feet shoulder width apart, knees slightly bent.
4. Scoop up the ball with both arms and bring it securely to the chest.

Head-High Shots

Players should:

1. Position the body behind the ball.
2. Keep shoulders and toes square to the ball.
3. Keep fingers pointing up. Palms should face forward, thumbs
4. should be close together. and fingers spread wide to form a
5. "W" with the thumbs and index fingers.
6. Allow the hands to "give" on impact to absorb the shock.
7. Bring the ball into the chest for protection.

High Balls

Players should:

1. Take a running start and jump into position off of one leg like a high jumper's take-off.
2. Extend the hands overhead to catch the ball with both hands at the highest point.
3. Allow the hands to "give" slightly on impact.
4. Bring the ball into the chest for protection.

Tips on Distributing

Bowling

Players should:

Use this technique for short distances (5-15 yards), when there is little chance of interception by the opposing team.

1. Cup the ball in the palm of the hand.
2. Swing the arm back, and step toward the intended recipient.
3. Release the ball with a bowling-type motion.
4. Be sure not to roll the ball in front of the goal - roll it to the sides, away from the goal.

Throwing - the "Baseball" Throw

Players should:

1. Throw for medium distances (15-25 yards) , using a technique similar to that used in baseball.
2. Hold the ball in the palm of the hand.
3. Cock the arm back, with the elbow bent and hand just above the shoulder
4. Release the ball like a baseball - with a limited overhand motion.
5. Flick the wrist for added speed.

Punting

Players should:

1. Punt for greater distances.
2. Punt the ball to give it a high, lofted flight.
3. Lean backward for added height, distance and power.
4. Position the foot on impact so that toes are down, heel is up.
Follow through completely in direction of target.

GOALKEEPER (cont.)

The following is a small collection of exercises for a keeper's flexibility, footwork and ball gymnastics.

They should be utilized at least two times a week and can be done alone or with a partner.

Flexibility (to be done slowly, focus on the muscle group).

1. Standing, straight legs spread shoulder width, roll a ball around feet in a large circle.
2. Calve stretch, place one foot on the ball with the heel on the ground. Try to straighten leg.
3. Standing in split stance, one foot in front of the other, with the ball below rear knee, lower knee slowly to touch the ball (thigh stretch).
4. Sitting, one leg over the other, pull the knee in to chest.
5. Laying on your back, with arms straight out to the sides, legs straight with a ball in between your feet, raise legs to one side, then over your head, then to other side, repeat.
6. Standing, arms straight up over your head with hands locked, bend to one side without twisting to stretch your side.

Footwork (to be done as a warm up around the box).

1. Light jogging around the area, first forward, then backward.
2. Rhythmic skipping around the perimeter.
3. Rhythmic jumping, one footed and two around the box.
4. Jumping for air balls, alternating feet.
5. Forward five yard diagonal runs, shuffle stepping.
6. Forward five yard diagonal runs, cross-over step.
7. Shuffle from post to post on goal line, jumping at the bar.
8. Cross-over step from post to post, one yard off the line ending in a power step and a jump while facing the field.

Footwork (To be done to improve jumping strength and agility).

1. Two-footed jumping along and over the bench.
2. Facing the bench, jump over, jump sideways with a half turn, jump back facing, repeat along bench.
3. Standing sideways to the bench, jump up and down with half turns.

***Create your own exercises. A ball or rope can replace the bench.**

Wall or Partner exercises (to improve technique and reactions).

1. Sitting facing the wall, throw the ball to the side, landing on your side to warm up for diving.
2. Squatting, underhand throw the ball to either side, landing, warming you up for pressure diving.
3. Back to wall, five to ten yard away, throw the ball hard through your legs, turn and make a
4. Ten yards from the wall, throw the ball at a moderate pace, do a forward roll(watch your head) get to your feet, save.
5. From twenty yards, volley the ball off the wall, using footwork and proper technique, get the ball at the highest point or before it hits the ground.

NOTE: All of these exercises can be modified to suit your ability and the equipment available.