



Introduction to Goalkeeping Coaching

NUMBERS (GOALKEEPING GENERAL MOVEMENT)

SETUP

1. Area of up to 15x15m. Modify area depending on number and age of players involved.
2. All players in the area with a ball each in their hands.



HOW TO PLAY

1. Players are asked to perform Fundamental warm up movements around the area (players should be continuously moving).
2. Coach assigns a number to a GK movement, for example:
 - 1 - Throw ball into air, jump and catch
 - 2 - Bounce ball and catch
 - 3 - Pass ball from hand to hand around your back
 - 4 - Roll ball to another GK, who rolls to you
 - 5 - Drop ball, race to another GK ball

PROGRESSION

- Encourage players to travel in different ways – sideways / backwards etc
- Add additional numbers for movements (catching / diving etc)

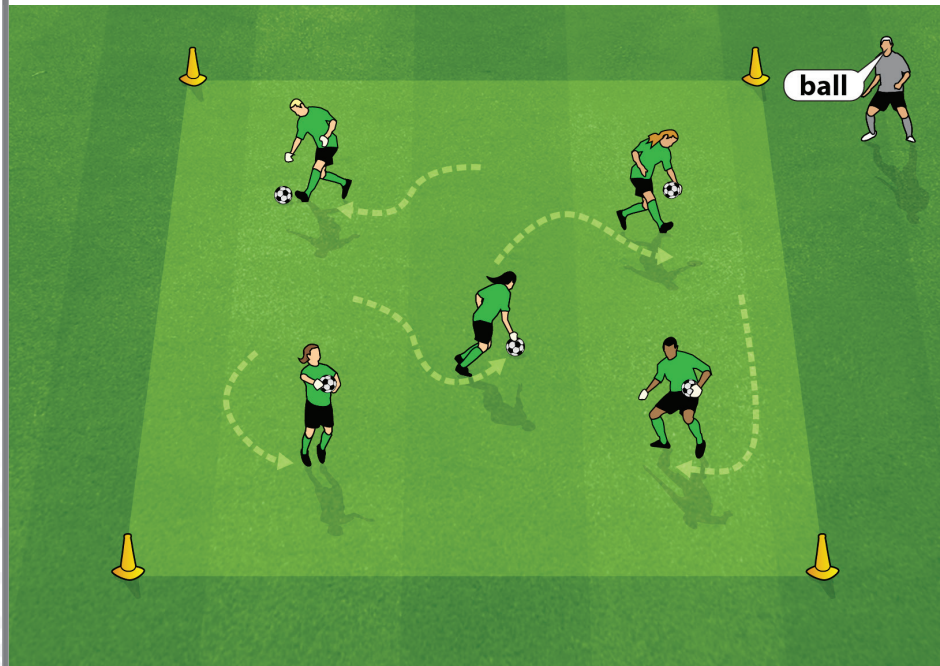
OUTCOMES

- Physical preparation to play – both upper and lower body
- Fundamental Movements – forwards / backwards/sideways
- Handling – “Scoop” Technique
- Handling – “Cup” Technique
- Handling – “Overhead” Technique

MUSICAL FOOTBALLS (GOALKEEPING GENERAL MOVEMENT)

SETUP

1. Area of up to 15x15m. Modify area depending on number and age of players involved.
2. Footballs randomly placed on the floor around the area. Ensure that there are as many footballs as there are players.



HOW TO PLAY

1. Players are asked to perform Fundamental warm up movements around the area (players should be continuously moving).
2. When coach calls "Ball" players must run to the nearest ball and pick it up.
3. Players place the ball back on the floor before continuing their fundamental movements.

PROGRESSION

- Ask players to move in a particular way after coach calls "Ball" (sidesteps / run backwards etc)
- Provide an additional forfeit for the last two players to reach a ball
- Reduce the number of balls available for players to pick up

OUTCOMES

- Physical preparation to play – both upper and lower body
- Fundamental Movements – forwards / backwards/sideways
- Handling – "Scoop" Technique
- Diving - recovery of football off the floor

DIVE TAG (GOALKEEPING GENERAL MOVEMENT)

SETUP

1. Area of up to 15x15m. Modify area depending on number and age of players involved.
2. Smaller number of players wearing bibs (Blues) – these players are the taggers.
3. Footballs randomly placed on the floor around the area. Ensure that there are as many footballs as there are Red players.



HOW TO PLAY

1. Blues aim to tag as many Reds as they can in a 1 minute period.
2. Once a Red is tagged, they must go outside of the area, perform a warm up movement (lunges / star jumps etc) before returning.
3. A Red player can not be tagged if they have dived / picked up on one of the Footballs. Once they have dived on a ball they must leave it after 5 seconds.
4. Rotate the taggers so that everyone gets a go.

PROGRESSION

- Reduce the amount of time that a GK can stay with one ball
- Reduce the number of balls for GK to dive on

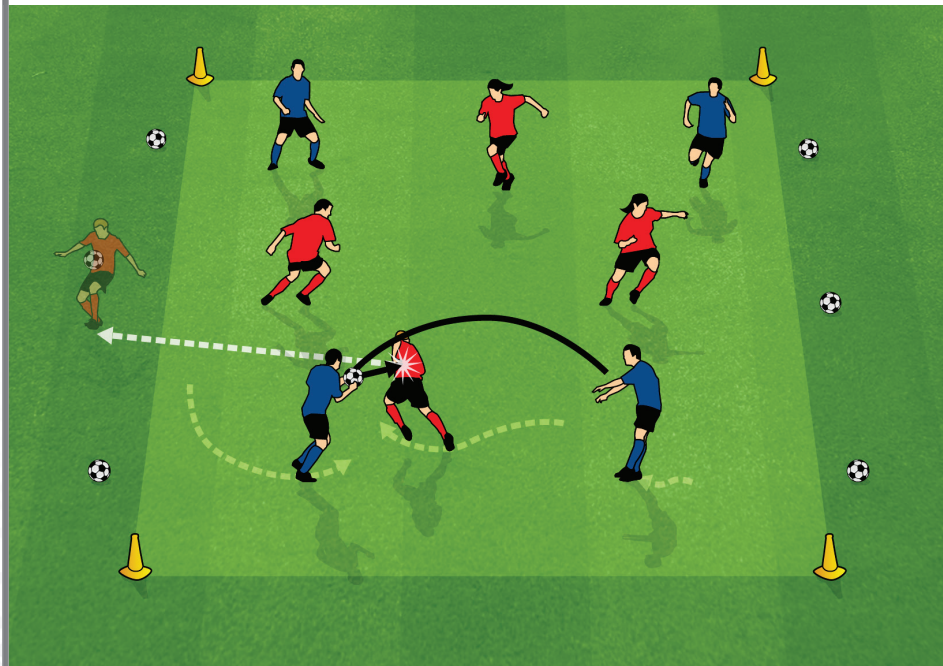
OUTCOMES

- Physical preparation to play – both upper and lower body
- Fundamental Movements – forwards / backwards/sideways
- Handling – “Scoop” Technique
- Diving - recovery of football off the floor

TAG BALL (GOALKEEPING GENERAL MOVEMENT)

SETUP

1. Area of up to 15x15m. Modify area depending on number and age of players involved.
2. Group is split into two teams - "Reds" and "Blues".
3. One Football is given to the Blues.



HOW TO PLAY

1. Objective of the game is to see how many Red players the Blues can tag.
2. Blues tag Reds by touching them with the Football.
3. Blue players are only allowed to take one step in possession. They must transfer the ball to each other by throwing only.
4. If a Red player is tagged they must leave the area, perform a number of keep ups before returning (number of keepy ups set by coach).
5. How many Reds can the Blues catch in 1 minute?
6. Rotate teams so that they both get to be the taggers.

PROGRESSION

- Players in possession of the ball are allowed to take more than one step
- Introduce more footballs for the tagging team

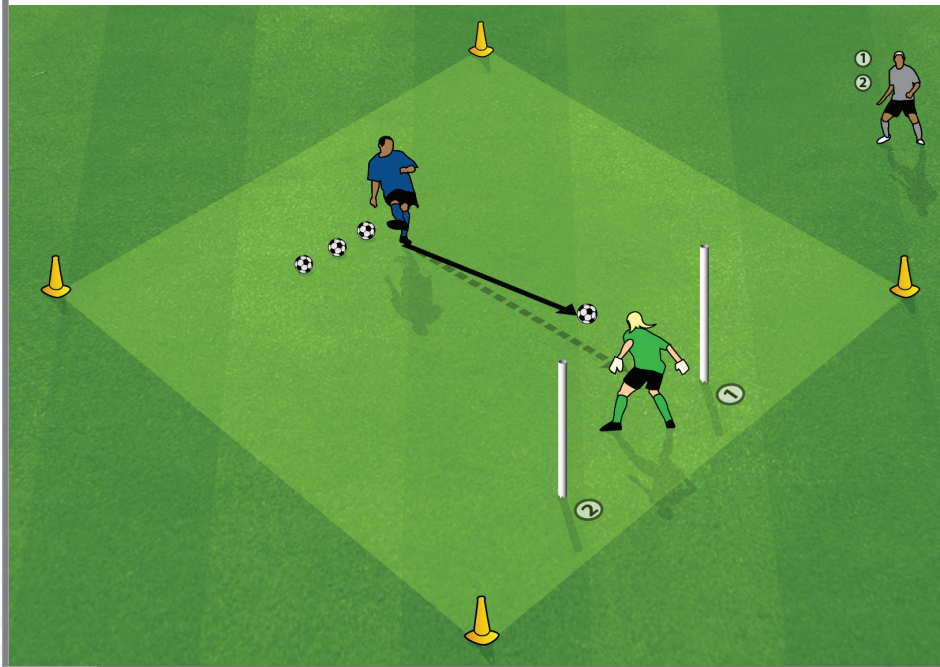
OUTCOMES

- Physical preparation to play – both upper and lower body
- Fundamental Movements – forwards / backwards/sideways
- Handling – "W" Technique
- Distribution – Throwing to space or player

SET POSITION (GOALKEEPING TECHNIQUE)

SETUP

1. Area of up to 10x10m. Goals up to 6m. Change size depending on the age of players involved.
2. One Goalkeeper in the goal, with one server facing them.
3. Additional footballs placed by the server.



HOW TO PLAY

1. Servers feeds directly at the goalkeeper with service of varying strengths and heights. Methods may include:
 - Striking a stationary ball
 - Striking a moving ball
2. Goalkeeper makes saves, throws ball to server and then returns to the set position.

PROGRESSION

- Coach assigns a number to each goalpost (1 = Right post, 2 = Left post). Coach calls "1" or "2", Goalkeeper must touch the correct Goalpost before returning to receive the serve.
- Service methods may include:
 - Striking a volley out of hands
 - Striking a half volley out of hands

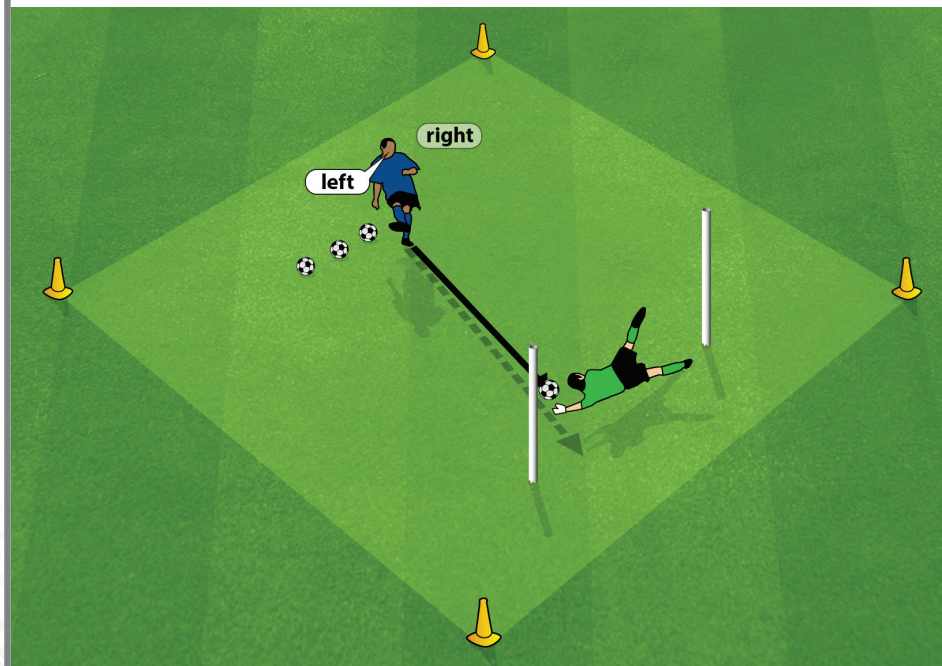
OUTCOMES

- Set Position. Including:
 - The feet should be approximately shoulder width apart
 - The weight should be on the front half of the feet ensuring a balanced position
 - The body weight needs to be slightly forward
 - The knees need to be slightly flexed with hips square to the ball
 - Keep the head still and keep your "nose in front of the toes"
 - Elbows need to be narrow with the chest facing the ball
 - Hands need to be in front of the body and approximately ball width apart.
- Prepare the hands early

DIVING (GOALKEEPING TECHNIQUE)

SETUP

1. Area of up to 10x10m. Goals up to 6m. Change size depending on the age of players involved.
2. One Goalkeeper in the goal, with one server facing them.
3. Footballs placed by the server.



HOW TO PLAY

1. Goalkeepers may begin on their knees in the first instance
2. Servers then feed to ball to the right or left of the Goalkeeper. Servers indicate the direction that they are going to feed the ball.
3. Service methods may include:
 - Striking a stationary ball along the floor
 - Striking a moving ball along the floor
4. Goalkeeper makes save, returns ball to server and then returns to the set position.

PROGRESSION

- Goalkeepers begin the practice in a standing set position
- Servers feeds goalkeeper with service of varying strengths and height

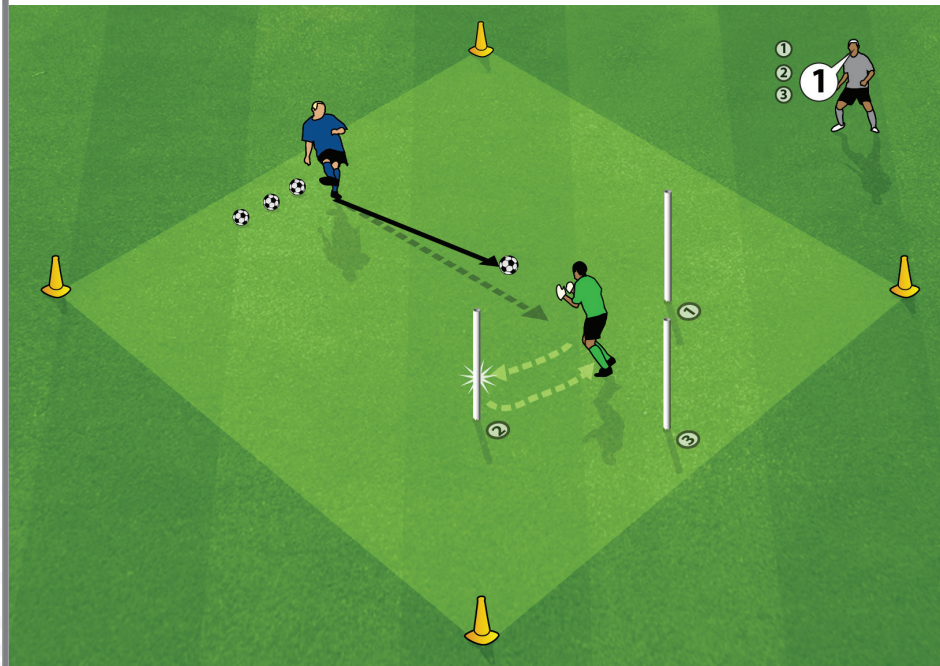
OUTCOMES

- Diving Saves. Including:
 - Leading hand goes behind the ball
 - Other hand follows on top of ball, ensuring body weight comes forward to secure ball
 - Elbow tucked in to ensure ball is secured safely and to avoid injury
 - All impact is taken along the side of body and shoulders, with head following in behind the hands.

CUP TECHNIQUE (GOALKEEPING TECHNIQUE)

SETUP

1. Area of up to 10x10m. Goals up to 6m. Change size depending on the age of players involved.
2. Place one cone 3m behind the centre of the goal.
3. One Goalkeeper in the goal, with one server facing them.
4. Additional footballs placed by the server.



HOW TO PLAY

1. Servers feeds directly at the goalkeeper. Methods may include:
 - Striking a stationary ball at waist / chest height
 - Striking a moving ball at waist / chest height
2. Goalkeeper makes saves, throws ball to server and then returns to the set position.

PROGRESSION

- Coach assigns a number to each pole/cone (1 = Right cone, 2 = Left cone, 3 = Cone behind goal). Coach calls "1", "2" or "3", Goalkeeper must touch the correct cone before returning to receive the serve.
- Service methods may include:
 - Striking a volley out of hands
 - Striking a half volley out of hands

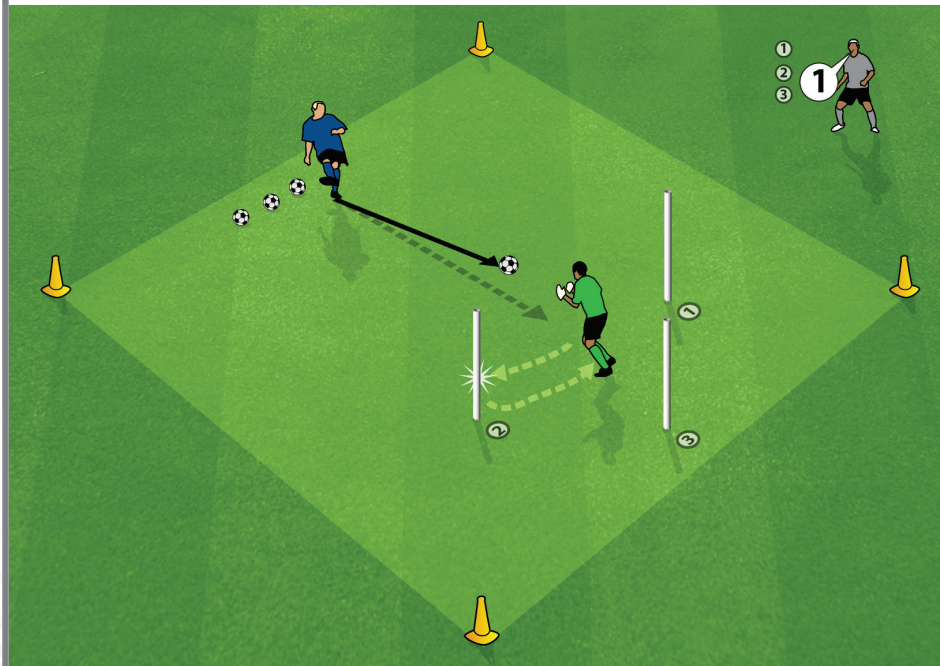
OUTCOMES

- Cup Technique. Including:
 - Once the ball has been struck avoid as little body movement as possible
 - Whilst in a balanced "set position", the footwork may need to be adjusted slightly laterally as the ball travels towards the goalkeeper
 - Keeping the chest square to the ball, the hands need to be brought forward in front of the bodyline
 - "Prepare the hands early"
 - The elbows need to be tucked in with the palms facing up and the fingers spread
 - "Soft hands – Strong wrists"
 - The feet now need to be planted solidly in preparation for the catch
 - On impact the ball is taken into the midriff with the palms securing the ball

“W” TECHNIQUE (GOALKEEPING TECHNIQUE)

SETUP

1. Area of up to 10x10m. Goals up to 6m. Change size depending on the age of players involved.
2. Place one cone 3m behind the centre of the goal.
3. One Goalkeeper in the goal, with one server facing them.
4. Additional footballs placed by the server.



HOW TO PLAY

1. Servers feeds directly at the goalkeeper. Methods may include:
 - Striking a stationary ball at waist / chest height
 - Striking a moving ball at waist / chest height
2. Goalkeeper makes saves, throws ball to server and then returns to the set position

PROGRESSION

- Coach assigns a number to each pole/cone (1 = Right cone, 2 = Left cone, 3 = Cone behind goal). Coach calls “1”, “2” or “3”, Goalkeeper must touch the correct cone before returning to receive the serve.
- Service methods may include:
 - Striking a volley out of hands
 - Striking a half volley out of hands

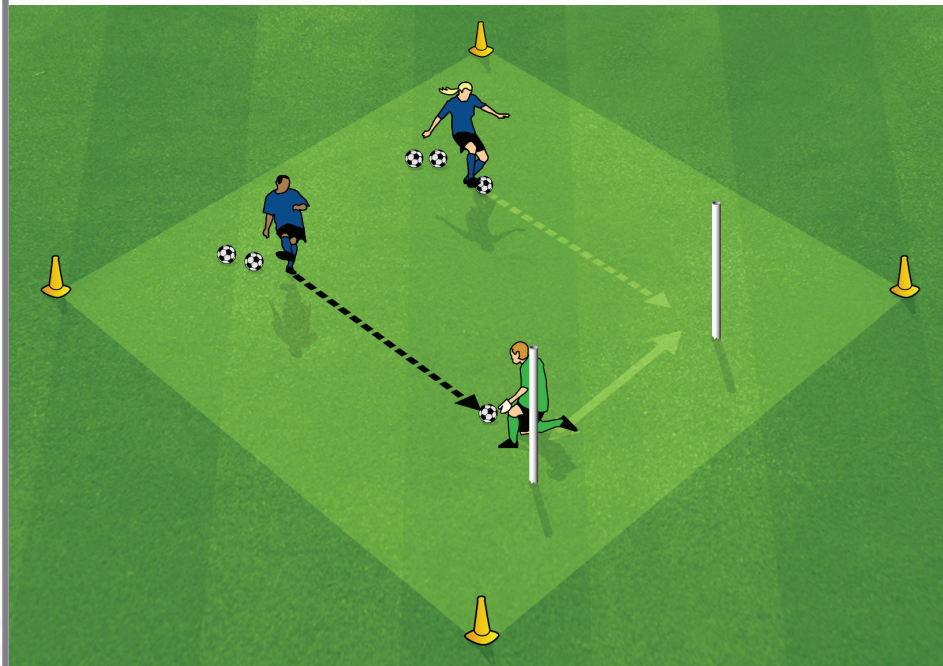
OUTCOMES

- “W” Technique. Including:
 - The hands from being in front of the line of the body need to be brought into the line of the trajectory of the ball with the chest square
 - The hands are prepared with the palms facing the ball with the fingers spread and the thumbs forming the “W” shape
 - The elbows need to be slightly flexed to act as shock absorbers when the contact of the hands is made with the ball
 - Soft hands with strong wrists
 - Keep your eyes on the back of the ball

FOOTWORK (GOALKEEPING TECHNIQUE)

SETUP

1. Area of up to 10x10m. Goals up to 6m. Change size depending on the age of players involved.
2. One Goalkeeper in the goal, with two servers facing them. Servers are approximately 6m apart.
3. Footballs placed by the servers.



HOW TO PLAY

1. Goalkeeper moves from side to side, receiving alternating service from servers.
2. Service is a side footed pass along the ground.
3. Ball is delivered when goalkeeper has moved across into line of service.
4. Goalkeeper rolls back to server and moves across to the other server.
5. 8 consecutive repetitions (4 each side) before resting / changing with another goalkeeper.

PROGRESSION

- Servers feeds goalkeeper with service of varying strengths and height
- Only one footballs between the servers. Servers pass ball to each other before one server decides to shoot

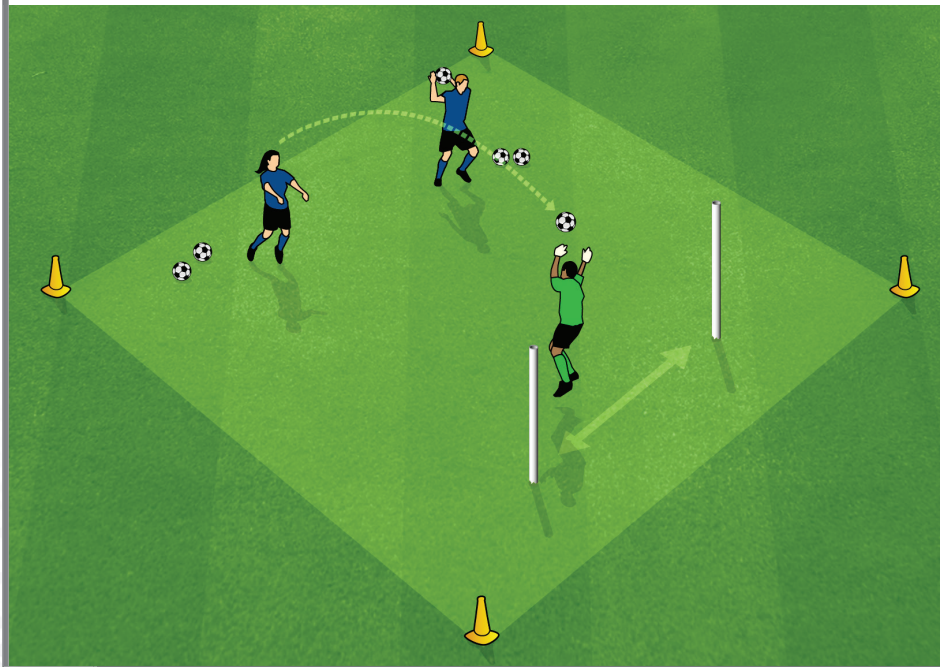
OUTCOMES

- Shuffle step - this is used for short distances
- Crossover step - used to cover more ground
- Movement into line of ball
- Prepare the hands early and be in "Starting Position" as ball is struck

AERIAL BALL TECHNIQUE (GOALKEEPING TECHNIQUE)

SETUP

1. Area of up to 10x10m. Goals up to 6m. Change size depending on the age of players involved.
2. One Goalkeeper in the goal, with two servers facing them. Servers are approximately 6m apart.
3. Footballs placed by the servers.



HOW TO PLAY

1. Goalkeeper moves from side to side, receiving alternating service from servers.
2. Service is a looping throw from hands.
3. Ball is delivered when goalkeeper has moved across into centre of goal.
4. Goalkeeper rolls back to server and moves across to the other server.
5. 10 consecutive repetitions before resting / changing with another goalkeeper.

PROGRESSION

- Servers feeds goalkeeper with service of varying distance away from centre and height
- Only one footballs between the servers. Servers pass ball to each other before one server decides to shoot

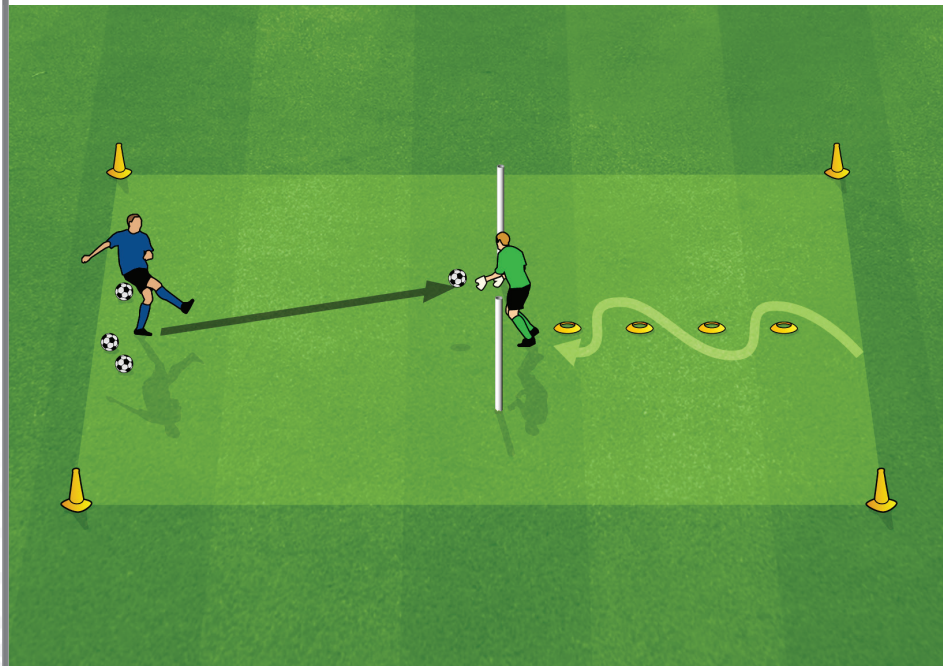
OUTCOMES

- Shuffle step - this is used for short distances
- Crossover step - used to cover more ground
- Spring off one / two feet when jumping
- Elbows slightly bent to cushion the ball
- Loud, clear call of "Keepers"

HANDLING (GOALKEEPING TECHNIQUE)

SETUP

1. Area of up to 20x10m. Goals up to 6m. Change size depending on the age of players involved.
2. Line of cones behind goal (1/2 metre gap between cones)
3. One Goalkeeper behind line of cones, with one server facing them.
4. Footballs placed by the server.



HOW TO PLAY

1. Goalkeeper travels in and out of cones to the Goal.
2. Server plays ball at varying heights and speed from foot or hand using varying techniques including:
 - Striking a stationary ball
 - Striking a moving ball
3. Goalkeeper makes saves and then returns to the back of the line of cones and repeats.

PROGRESSION

- Goalkeeper runs over the top of cones, placing one foot in between each cone
- Goalkeeper travels placing both feet in between each cone
- Goalkeeper travels backwards in and out of cones before turning for service
- Service methods may include:
 - Striking a volley out of hands
 - Striking a half volley out of hands

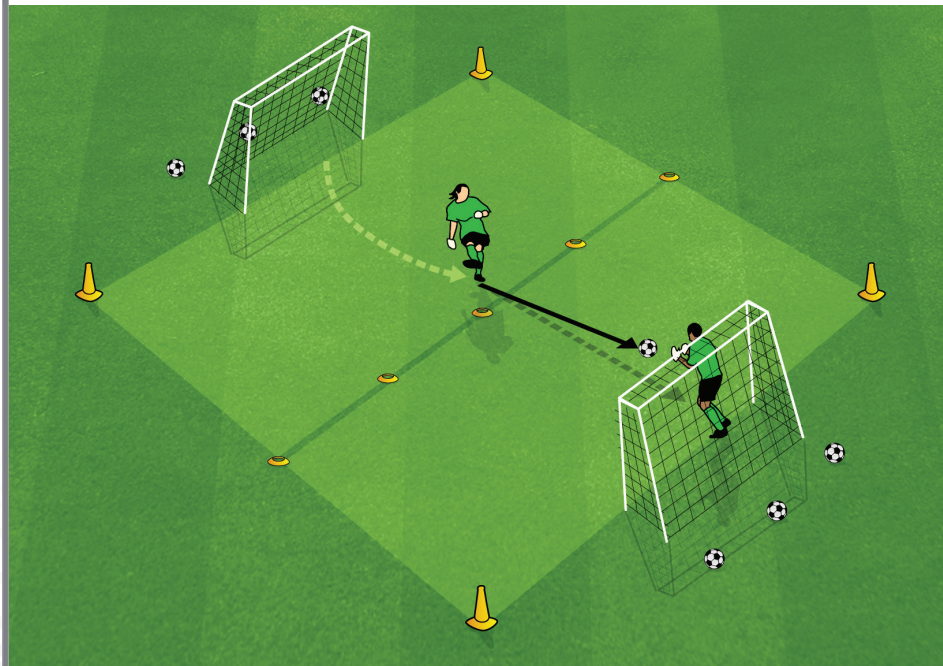
OUTCOMES

- Fundamental footwork movements
- Movement into line of ball.
- Prepare the hands early and be in “Starting Position” as ball is struck.
- Decision making – “W”, “Cup” or “Scoop”

GOALIE WARS (GOALKEEPING COORDINATION)

SETUP

1. Area of up to 10x20m. Modify area depending on age of players involved.
2. 2 goals at opposite ends of the area (Goals can be made with poles or cones).
3. Area is divided into half using a line of cones.
4. 2 Goalkeepers begin in opposite goals with one football between them.



HOW TO PLAY

1. The Goalkeeper in possession shoots at his opponents goal. If they score, they win a point.
2. The opposite goalkeeper then has their shot.
3. The is repeated until a Goalkeeper reaches 5 points and is the winner.
4. Goalkeepers must stay within their own half of the area.

PROGRESSION

- Goalkeepers have a time limit when taking their shot
- Goalkeepers must shoot from where they attempted to save the opponents shot from

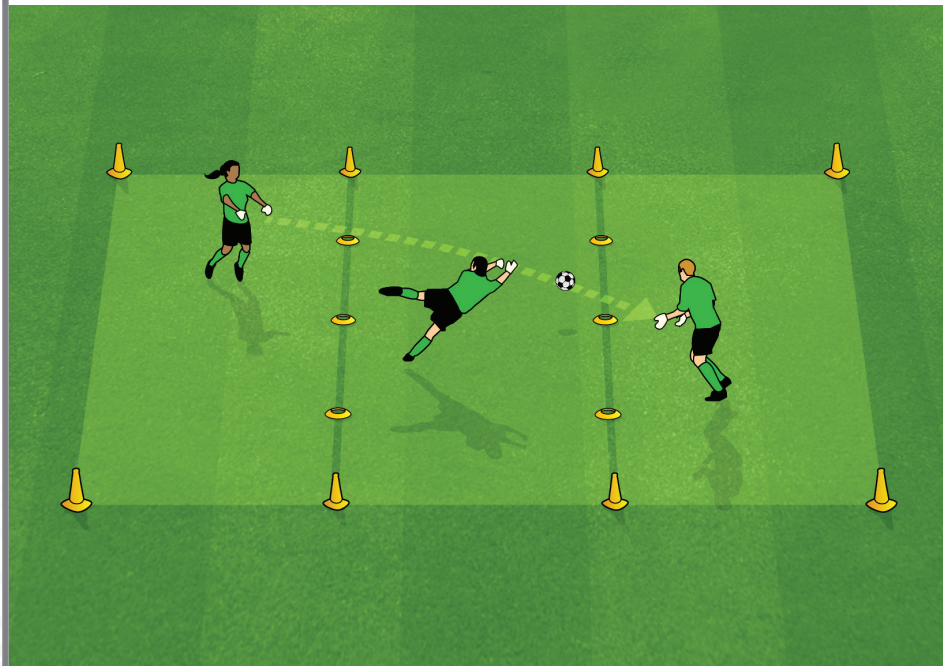
OUTCOMES

- Footwork – ensure that GK is in line of the ball
- Appropriate Set Position as ball is struck
- Decision Making – Choice of handling technique
- Positive reaction to rebounds

GOALIE IN THE MIDDLE (GOALKEEPING COORDINATION)

SETUP

1. Area of up to 10x30m, divided into thirds. Modify area depending on age of players involved.
2. Goalkeeper is placed inside middle third, with two servers (GKs) in each of the outside thirds.
3. One server begins with a ball.



HOW TO PLAY

1. Servers attempt to pass the ball to each other with out the Goalkeeper intercepting. The ball must remain below head height at all times.
2. Goalkeeper tries to intercept the ball by diving, catching, parrying etc.
3. Servers score 1 point for each completed pass.
4. Goalkeepers score 3 points for each completed interception.

PROGRESSION

- Servers have a time limit in which they must pass their ball
- Servers score 2 points for a completed "first time" pass
- Servers are allowed to shoot with power (ball still need to be controlled by the other server)

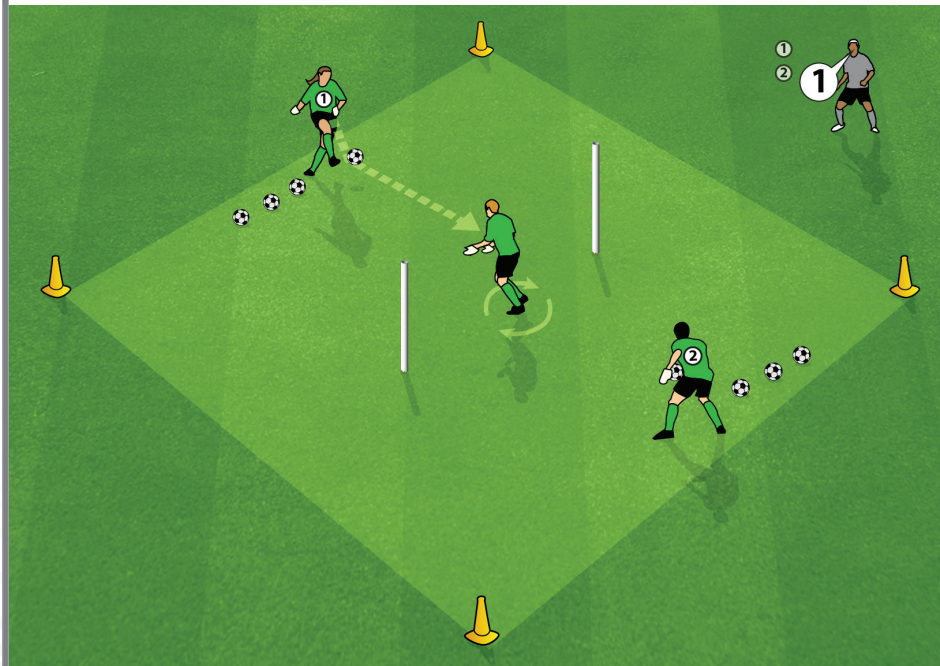
OUTCOMES

- Footwork – ensure that GK is in line of the ball
- Footwork – shuffle or crossover depending on distance
- Set Position as ball is struck
- Decision Making – Choice of handling technique
- Appropriate dive depending on the type of shot

QUICK DRAW (GOALKEEPING COORDINATION)

SETUP

1. Area of up to 15x15m. Goals up to 6m. Change size depending on the age of players involved..
2. Goalkeeper in Goal with two servers (GKs) on opposite sides of it.
3. Both servers have a ball each, with additional footballs placed around the outside of the area.
4. Servers are allocated a number – “Number 1” and “Number 2”.



HOW TO PLAY

1. Coach calls out “Number 1” or “Number2”. The Goalkeeper must turn to face the called server and receive a shot.
2. Servers are to serve with a volley out of their hands and aim it directly at the Goalkeeper.
3. Once the Goalkeeper has made the save, they must return the ball to the server.
4. Coach calls a number and the process is repeated.

PROGRESSION

- Servers are allocated “Odds” and “Evens”. When a coach calls an odd number (1,3,5 etc), Goalkeeper must face the server allocated “Odds”
- Servers are allowed to vary the serve (volley / half volley / off floor / thrown high etc)
- Servers are allowed to aim into the corners of the goals
- Servers are allowed to serve a little earlier, encouraging a quicker response from the Goalkeeper

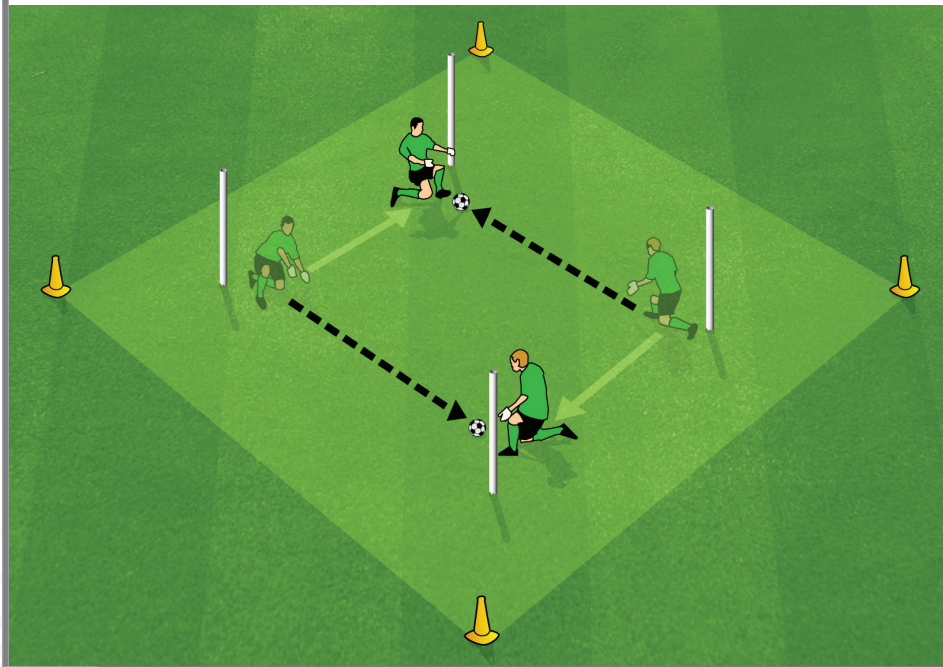
OUTCOMES

- Quick reaction to the server
- Footwork – ensure that GK is in line of the ball, move forwards towards ball if possible
- Set Position as ball is struck
- Decision Making – Choice of handling technique

MIRRORS (GOALKEEPING COORDINATION)

SETUP

1. Area of up to 15x15m. Goals up to 6m. Change size depending on the age of players involved.
2. Goalkeeper in each Goal with a ball each.
3. Goalkeepers begin in the left hand side of their goal, facing the opposite goal.



HOW TO PLAY

1. Goalkeepers roll their ball slowly towards the opposite Goal.
2. After rolling their ball, they must move to the right collect the ball rolled by the other Goalkeeper.
3. They then repeat the process but move their left to reclaim their original ball.

PROGRESSION

- Goalkeepers are allowed to roll the ball a little quicker
- Goalkeepers throw the ball as opposed to rolling it, therefore catching it when receiving
- Goalkeepers pass the ball a little harder to each other, encouraging the others to dive

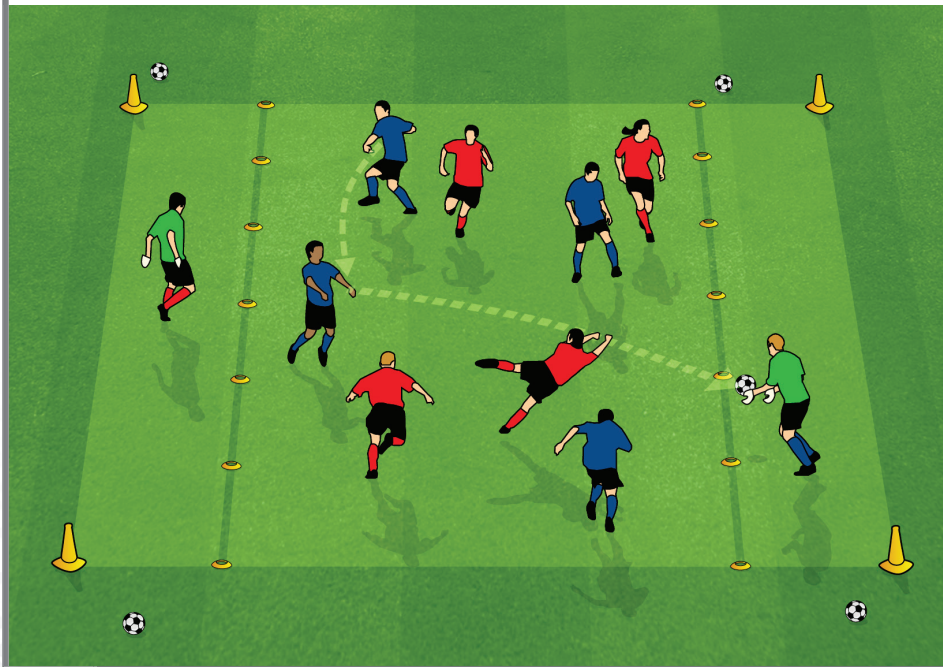
OUTCOMES

- Distribution – Power and Accuracy
- Footwork – ensure that GK is in line of the ball
- Footwork – shuffle or crossover depending on distance
- Decision Making – Choice of handling technique

END ZONE (GOALKEEPING GAMES)

SETUP

1. Area of up to 30x20m. Modify area depending on number and age of players involved.
2. Two "End Zones" are inserted at opposite sides of the area (marked with cones). A Goalkeeper for each team is placed in opposite end zones.
3. Two teams of equal numbers. Outfield players can be used to make up the teams.
4. One Football for the game, with more footballs placed around the outside of the area.



HOW TO PLAY

1. Teams objective is to score by throwing the ball into their GK in the end zone. Each time they manage this they receive 1 point for their team.
2. Team players are not allowed to move when in possession of the ball. Ball can be moved throughout the area by throwing the ball to team mates.
3. Players are not allowed to tackle opponents they are only allowed to intercept.
4. Ensure rotation of players in end zone occurs regularly.

PROGRESSION

- Players are allowed to run when in possession of the ball. If they are tagged whilst moving they surrender possession to their opponents
- The ball is not allowed to go above head height
- Players are also allowed to volley the ball when passing

OUTCOMES

- Handling – "W", "Cup", "Scoop" and High catches
- Distribution – Over arm, Roll, Chest Pass
- Awareness of surroundings – can GK play quickly upon receiving the ball

THROW HEAD CATCH (GOALKEEPING GAMES)

SETUP

1. Area of up to 30x20m. Modify area depending on number and age of players involved.
2. Two Goals are inserted at opposite sides of the area. A Goalkeeper for each team is placed in opposite end zones.
3. Two teams of equal numbers. Outfield players can be used to make up the teams.
4. One Football for the game, with more footballs placed around the outside of the area.



HOW TO PLAY

1. Teams objective is to score by heading the ball into either of the two goals. Each time they manage this they receive 1 point for their team.
2. Team players are not allowed to move when in possession of the ball. Ball can be moved throughout the area by passing in a throw, head, catch sequence. (This means that one player throws the ball, the next player must head it to a third player who catches it. The process is then repeated)
3. Players are not allowed to tackle opponents they are only allowed to intercept.

PROGRESSION

- Teams are given a maximum number of passes in which to have a shot at goal. If this is not achieved they must surrender possession to the opposition
- Sequence changes to throw, volley, catch

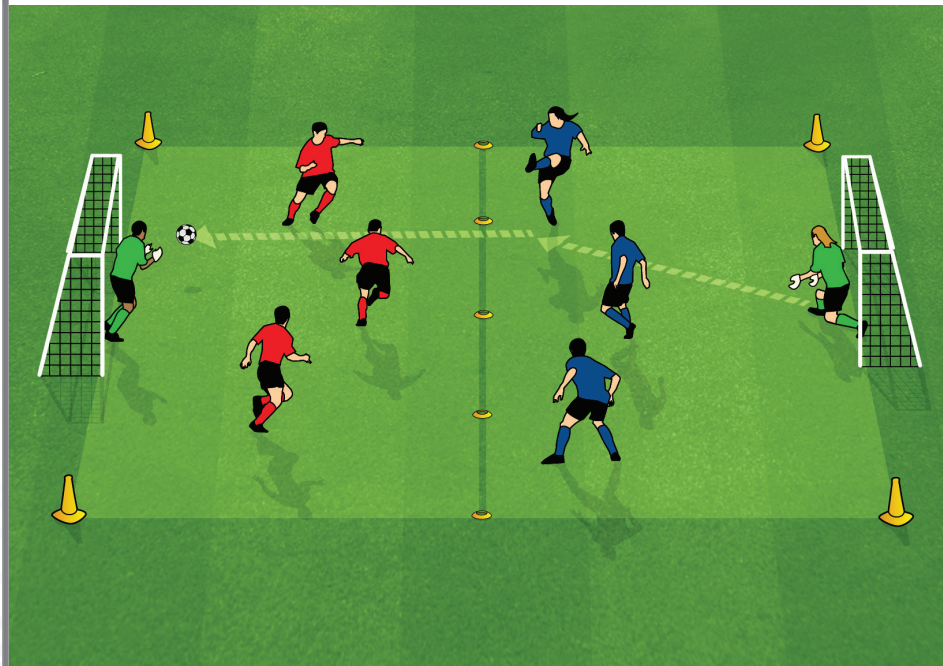
OUTCOMES

- Handling – “W”, “Cup”, “Scoop” and High catches
- Distribution – Over arm, Roll, Chest Pass
- Distribution – Weight and Accuracy
- Awareness of surroundings – can GK play quickly upon receiving the ball

BOMBARD THE GOAL (GOALKEEPING GAMES)

SETUP

1. Area of up to 36x18m, divided into two halves using cones. Modify area depending on number and age of players involved.
2. 2 teams of equal numbers with a Goalkeeper. Players must remain in their own half of the area.
3. One football to play with. Additional footballs placed in or around each goal.



HOW TO PLAY

1. One Goalkeeper begins the game by rolling ball to a team mate.
2. Teams attempt to score by shooting into the opposition's goal.
3. Defenders are allowed to try and block the shot if possible.
4. If a goal is scored, the scoring Goalkeeper begins the game again.
5. If a shot is missed / blocked, the defending team regain possession.

PROGRESSION

- Time limit is introduced. Teams must have had a shot within this time.
- One player for each team is moved into the attacking half (can be used for link up play or to score rebounds)

OUTCOMES

- Footwork – ensure that GK is in line of the ball
- Appropriate Set Position as ball is struck
- Decision Making – Choice of handling technique
- Communication with team mates
- Positive distribution upon securing the ball



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FOOTBALL**

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thank the following organisations for their
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