

INTRODUCTION TO GOALKEEPING COACHING

TECHNICAL INFORMATION



Welcome

The Introduction to Goalkeeping Coaching Course (ITGKC) presents new or existing coaches with the opportunity to familiarise themselves with how to work with players in this important position. The course is designed to provide all attending with an introduction to the basics of coaching Goalkeepers, with this Technical Document focusing on the “what” to coach.

New Zealand Football’s Whole of Football Plan aims to increase the number of people playing the game but also raise the Standards of what is on offer. Raising standards of our Goalkeeper coaching will not only ensure that we are offering safe, appropriate and enjoyable sessions for our players (increasing player retention) but will increase their ability too.

This document provides detailed information on the following Goalkeeper techniques:

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FOOTWORK

Footwork is the foundation of goalkeeping. If a goalkeeper has strong footwork, they will have a better chance of getting into position to make the appropriate save. Good goalkeepers make every save look easy, and the key to that is good footwork.

Footwork movements can be split into three categories:

Movement before the save

This may reduce the attacker's angle of shooting (by moving towards the ball) and helps the Goalkeeper position themselves in line with the ball.

Movement as part of the save

When a shot is out of the Goalkeepers reach, they may have to take one or two steps before diving.

Movement after a save to regain stability

If the goalkeeper does not manage to secure the ball, play continues. They must then rapidly recover to get back in position and make a further save.

Footwork covered on the ITGKC Course includes:

- Side steps – used for moving sideways over shorter distances
- Crossover steps – used for moving sideways over longer distances
- Accelerating / Decelerating down the line of the ball
- Changes of direction – requiring shortening of strides, shifting body weight and keeping eyes on the ball



SET POSITION

In order for a goalkeeper to have success they need to be positioned correctly. This not only means standing in the right place on the field, the goalkeeper must also be in the correct stance or 'Set Position'.

These are general guidelines and set positions may vary due to the physiological make up of the goalkeeper. For example, taller goalkeepers' feet may be wider apart, but generally the principles remain the same:

- 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"

Goalkeepers will naturally hold the hands in a position that he / she feels comfortable.

"If a Goalkeeper's handling is good and consistent and they feel comfortable then it should not be a problem. On the other hand if the goalkeeper's handling techniques are inconsistent then the hand position may need changing."



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HANDLING

Once a Goalkeeper has positioned themselves correctly for an attempt on goal, they will then need to choose the correct handling technique to perform a save. The appropriate handling technique to select will depend on a variety of factors, including the height that the ball reaches the goalkeeper.

General key points to competent Handling are:

- The Goalkeeper's starting position in relation to the ball
- Movement into the line of the ball
- The "set position" as the ball is being struck
- The assessment as to which handling technique is appropriate

Handling techniques covered on the ITGKC Course include:

- **The "W" Technique** for receiving the ball from the chest to the head
- **The "Cup" Technique** for receiving the ball from the knees to stomach
- **The "Scoop" Technique** for receiving the ball below the knees
- **The "Aerial Ball" Technique** for receiving the ball above the head



HANDLING *continued*

The “W” Technique

This is the correct technique to use when a goal attempt reaches a goalkeeper between their chest and head height. Key points to performing the technique correctly include:

- From the set position, hands are brought into line with the path of the ball, whilst keeping the chest square
- The hands are prepared with palms facing the ball, fingers spread and thumbs forming the “W” shape
- When hand contact is made with the ball, the elbows need to be slightly flexed to act as shock absorbers
- Soft hands with strong wrists
- Keep your eyes on the back of the ball

Common Problems

- The Goalkeeper’s head is not still, or moves backwards, as the catch is made. This can make the goalkeeper unbalanced
- The Goalkeeper’s elbows are not flexed, which “flattens” the hand shape. This can lead to the ball catching the end of the goalkeepers fingers



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The “Cup” Technique

This is the correct technique to use when a goal attempt reaches a goalkeeper between their knees and stomach. Key points to performing the technique correctly include:

- Once the ball has been struck, the goalkeeper must try to minimise their body movement
- Whilst in a balanced “set position”, the footwork may need to be adjusted 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 body
- “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 in contact with the ground in preparation for the save
- On impact the ball is taken into the midriff with the palms securing the ball

Common Problems

The goalkeeper jumping up as the catch is made or the goalkeeper’s body weight going backwards therefore he / she is unbalanced when the catch is made.



The “Scoop” Technique

This is the correct technique to use when a goal attempt reaches a goalkeeper below their knees. Key points to performing the technique correctly include:

- Bend at the knees with one knee on the ground and the other bent, trying to always keep part of the leg behind the ball as a second barrier. (Never have both knees on the ground prior to receiving the ball)
- Open the palms up to face the ball with the fingers spread
- Lead with the hands which will bring the body weight forward
- Keep the head still and eyes focused over the ball
- Bring the shoulders forward over the hands
- The elbows need to be slightly flexed to cushion the impact of the ball
- “Soft hands – Strong wrists”
- As the palms make contact with the ball, scoop the ball in the chest whilst bringing the bodyweight forward and “complete the save”
- “Recovery saves” to gather the ball if it rebounds off the goalkeeper
- “Recover lines” to defend the goal if a rebound goes too far

Common Problems

- Legs are too wide apart with no ‘second barrier’ allowing the ball to go through if miss handled
- The goalkeeper dropping to their knees before the ball has arrived and it bobbling over or past the keeper
- The goalkeeper not bending their knees and therefore not allowing the hands to get down quick enough to the ball



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The “Aerial Ball” Technique

This is the correct technique to use when a goal attempt reaches a goalkeeper above head height. Key points to performing the technique correctly include:

- The ‘W’ technique applies to catching aerial balls
- The catch can be made by springing off one or both feet
- When springing off one foot the other leg should be bent at the knee to generate more height and act as protection from challenging players
- The elbows should be slightly bent to cushion the ball
- The goalkeeper should try and catch the ball as high as possible but keeping it in front of the line of his/her body
- A call of “Keepers” can be shouted before receiving an aerial ball. This alerts team mates and opponents

Common Problems

- Goalkeepers moving forward too early to catch a cross and get caught under the ball
- Keepers hands not being in the ‘W’ position and the ball slipping through the hands
- Goalkeepers not jumping with a raised knee when under pressure from opponents therefore have no protection against contact
- No call of “Keepers” creates confusion amongst teammates on who is going for the ball



DIVING

Basic Diving

When a goalkeeper can not reach a ball whilst standing, and cannot be caught with a quick side step, a dive is necessary to make a save. Diving is seen by goalkeepers as one of the most enjoyable aspects of being in goal! When executed with correct technique diving is safe and a fun way of making a save.

When making a diving save the below techniques apply:

- Step into a dive rather than just jump from a set position. This will provide the keeper with more distance in their dive and also encourage forward attacking of the ball
- Lead with the hands and dive in the direction of the ball aiming to dive diagonally forward opposed to backward
- When possible dive at the height of the shot to try and keep the body behind the ball as a 'second barrier'
- Always aim to land on the soft part of your outer shoulder opposed to your back or stomach, this keeps the keeper facing the ball at all times
- When catching or parrying the ball ensure you land with your elbow off the ground to prevent injury and the ball 'popping' out of your hands on impact with the ground



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- When diving for a shot on the ground ensure your bottom side hand is a 'barrier' to the ball whilst your top side hand traps the ball between your bottom hand and the ground

Common Problems

- Goalkeepers diving on their stomach making it difficult to see the ball and catch or parry the shot safely
- Keepers jumping into a dive from a set position limiting the distance they dive
- Goalkeepers landing on their elbows causing injury and the ball to be spilled on impact with the ground
- Keepers diving under or over the ball
- Goalkeepers diving with closed fists rather than open hands to catch or parry the shot
- Keepers diving backwards following the ball rather than stepping forward into the dive



DISTRIBUTION

The Goalkeeper is not only there to stop conceding goals but also to contribute to a team's attacking moves. They can influence the team's rhythm of play and tactical choices. Goalkeepers become involved in attacking play in two ways:

The dead ball

- goal kick,
- free kick near the goal.

The ball can be played short or otherwise the team can move back up the pitch and an attacking move launched by a long kick.

Ball in play

- launch a quick attack in open space. If a Goalkeeper spots a potential attacking opportunity then they can try to capitalize on it
- short pass out to team mate. This type of pass usually increases the chances of possession being maintained.
- longer pass aiming to hold possession further up the pitch. Longer passes may result in opposition having more of a chance to win the ball

launch a gradual attack:

- short ball out,
- long ball looking for a good second ball,
- slowing things down (while respecting the 6 seconds rule) before distributing the ball to relieve the opponents' pressure.



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Distribution from the feet

In the modern game, goalkeepers are required to be as good with their feet as they are with their hands. Distribution from the feet can be off the floor or out of the hands and can depend on:

- Whether an opponent is close or not
- If there are team mates available to counter quickly
- The goalkeepers preferences – how they like to play
- Team Tactics
- Weather conditions
- How much time is left in the match

Distribution from the hands

Distribution from the hands has historically been more accurate for Goalkeepers. The type of delivery is varied depending on how far the goalkeeper plans to distribute the ball:

- Rolling the ball – short distances. The advantage of this type of throw is that it can allow outfield players to run with the ball or pass without having to control the ball first. Generally considered the easiest throw in terms of accuracy.
- ‘Javelin Throw’– medium distances. Thrown from the shoulder, this can be used for quicker distribution to a teammate’s feet or space.
- Over arm throw – longer distances. This type of throw can eliminate several opponents and team mates are able to receive the ball



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**New Zealand Football would like to
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ASB



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