

This time we look at Goalkeeping:

There are a number of important elements to Goalkeeping: one is bravery; outfield players don't realise how brave goalkeepers are; often diving at players feet; or even throwing themselves across the goal or coming to catch a ball in a crowd of players are carry elements of danger. As well as distribution goalkeepers need to be good communicators as they see more of the field than any other outfield player.

# keeping

## THE GAME

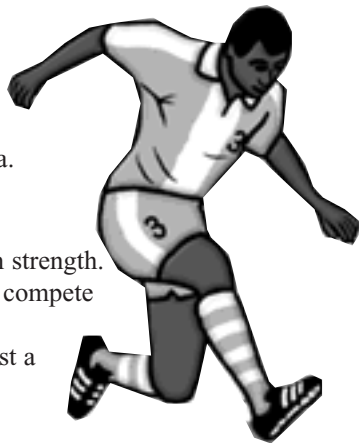
You need two goals one on the 18yard line the other on the goal line.

- \* Keeper A try to throw ball into B's net and vice versa.
- \* First keeper to score wins.

### COACHING POINTS

- \* Proper technique and throwing skills, developing arm strength.
- \* Accuracy psychological factor because the 2 keepers compete solely against one another.
- \* High work rate for keepers because this match can last a while with talented keepers.
- \* Emphasise positioning.

Progression\* Give each keeper a ball.



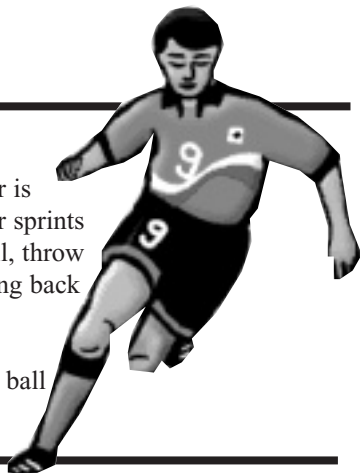
## SURPRISE!!!

The goalie turns and faces the goal. The coach or other player stands at about the 18 with a ball. The person with the ball then says "now," or some other type of call, right before they kick or throw the ball at the goal. Upon hearing the call, the keeper turns around and attempts to stop the shot not knowing where it is coming from.

If a keeper does well with this then have them listen for the sound of the shot; with this version, it's usually best to shoot closer to the keeper.

## INCH WORM

The keeper sits on his heels and the coach throws the ball just in his reach where he has to do a short drive for it. Keep going in the same direction, with the keeper getting back on his heels each time, and then reverse direction.



## SPRINT AND DIVE

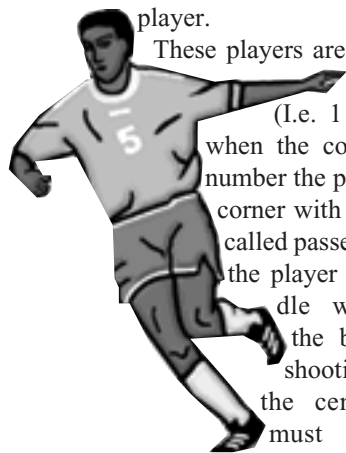
The Coach stands at the 18 with a ball in hand; the keeper is on the goal line facing out. Upon calling "go", the keeper sprints out and touches the ball. After the keeper touches the ball, throw the ball over his head towards the goal while he is sprinting back trying to stop it from going in.

This is usually a good drill for teaching how to punch the ball out, while being really close to trouble (the goal)

## AROUND THE WORLD

The keeper stands in the goal. Cones are placed at each corner of the Penalty Area and one on the top centre of the 18. Players are positioned one each at the 5 cones each having several balls except for the centre player.

These players are each given a number. (I.e. 1 through 4) when the coach calls a number the player on the corner with the number called passes the ball to the player in the middle who shoots the ball. After shooting the ball, the centre player must run back



around the middle cone to receive the next pass and shoot again.

The keeper must come from the goal line each time the shooter receives the ball to try and stop the shot. Once the shot is taken the keeper must go back and touch the goal line to reset for attack and again come out of goal to try and stop the next shot.

Continue drill until all balls have been shot. I would suggest after all balls have been shot to change the keeper, as this can be a very physical drill.

A coach from Montgomery soccer who wished to remain anonymous contributed this drill idea.

# COACH CRAIGS CORNER

## SHOT STOPPER

### Organization

\* Coach stands 5-7 yards away with ball in hand.

\* Coach simulates shots by rolling ball to the side, lobbing over the head, throwing the ball downwards to replicate downwards header, but always gives the keeper a chance to make the save.

\* If keeper misses the ball or pushes it away, coach immediately picks up another ball while keeper is recovering.

\* When save is made, keeper must first throw the ball back to the coach, before doing anything else. Keeper uses the momentum of the throw to aid in the

recovery back to the alert and alive position.

\* Give rest periods when fatigue sets in.

### Coaching Points

\* Throwing the ball back from the side diving position, while pumping back with the upper knee, brings the correct recovery position, forcing proper side diving technique and positioning of hands. This artificial condition has the effect of conditioning the keeper to adopt the open, side diving position when making a save.

\* Look for these improper diving positions:

### HANDLING THE SHORT HOP

One of the most difficult saves for any keeper is the ball that bounces within the last yard before the keeper and is out of kick range but too close for a true dive. This is also a very difficult ball to serve in a "shot like" manner. Kicking the ball from the edge of the box with the intent of hitting this small area with power and enough consistency for good training is also very difficult.

The thrown ball is more consistent but the angle is wrong and for most the power is to low.

Since the reaction and body movement is what needs to be trained a different ball be used.

For this training I use tennis balls and a tennis racket. (This does require some tennis skill but not a great deal.)

I stand at a distance of about 20 yards from goal and drop the tennis balls so I hit low forehand and backhand drives. I adjust the power for the skill of the keeper. The balls are delivered low and should bounce in the required area.

Remember that keepers can go up much faster than they can go down. The keeper is to start low (Deep knee bend) about 3 yards from the goal line and use the palm of the ball side hand to turn the ball to the outside of the goal.

Proper starting position is important, as is correct recovery. To train these with this drill first make sure that the keeper is not standing with their feet too wide. The feet should be slightly less than shoulder width apart most of the time. Too wide a stance robs the keeper of quickness. They should be slightly forward on their toes with a reasonable distance between knee and ground. This is not a static position but is just a position of comfort that the keeper



should drop into before the shot. Watch to be sure that they do NOT drop back on their heels. For the short hop shot the keeper should NOT step toward the ball (Unless that is required to reach It.) rather they should push with the foot farthest from the ball while allowing the near leg to "fold" under their body. The ball side hand must be purposely pushed at the ground to deflect the ball and the other hand should be pushed across the body to cover the unexpected high bounce and to trap the ball if possible.

Deliver the tennis balls at a rate requiring the keeper to work hard and watch the form for problems and correct as soon as the problems appear. When the keeper tires give them a short break (use that break to gather the tennis ball.)

Work this in sets. I usually use three sets of 20-30 balls for beginning keepers and up to 5 of 30-40 balls for advanced.

Since the tennis balls can be delivered with good accuracy they can be used for many types of training the only thing to remember is to start and finish every session with work with a real soccer ball.

