



YESsoccer™

Goalkeeping Fundamentals

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1. Overview

- This document has been created for the benefit of young goalkeepers within youth soccer organizations.
- Sessions included inside are to assist in the development of competent goalkeepers within youth soccer organizations.
- Explained within are the 4 key development areas in youth soccer. Technical, tactical, social, and physical aspects of being a goalkeeper.
- Repetition of these practices and techniques will aid in a strong core technical base.

Practice makes permanent.



2. Role of A Goalkeeper

“Last line of defense; first line of attack.”

- **Protecting the goal**
 - *Shot stopping, catching, punching and kicking.*
- **Coordinating the defense**
 - *Use field position as an advantage to help defenders mark players and follow runs to deflect play from the goal.*
- **Distributing the ball**
 - *Goalkeepers can start attacks by throwing/kicking the ball into teammates in good positions to attack.*
 - *Help retain possession by offering a drop pass and utilizing a switch of play.*

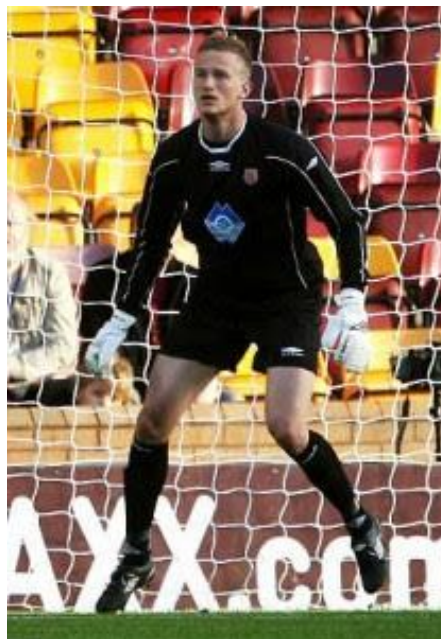
3. Technical

- Set Position
 - Feet shoulder width apart.
 - Weight on toes/balls of the feet (front studs).
 - Knees and elbows slightly bent.
 - Weight going slightly forward.
 - Hands hip height, facing inwards with tips of fingers facing the ball.



- Footwork

- *On toes/balls of the feet (front studs); be light on your feet.*
- *Feet slightly wider than shoulder width.*
- *Head forward and steady with eyes firmly fixed on the ball.*
- *Hands maintain set position.*
- *Weight slightly forward.*
- *Move in line with the ball.*



- Basic Handling

The 'W' Technique – Catching balls above stomach height.

- *Follow the flight of the ball with hands.*
- *Hands form a basket, fingers pointing upwards, thumbs close together to form a 'W' shape.*
- *Elbows shoulder width apart, in front of the line of the body.*
- *Catch the ball with soft hands but strong wrists.*
- *Body behind the ball; use footwork to get in line with the ball.*
- *Head steady and keep eyes firmly fixed on the ball.*



The Cup Technique – Catching balls knee to stomach height.

- *Hands form a basket behind the ball, fingers pointing to the floor, little fingers together in a 'V' shape.*
- *Elbows shoulder width apart, in front of the line of the body.*
- *Body behind the ball; use footwork to get in line with the ball.*
- *Head steady with eyes firmly fixed on the ball.*
- *On contact, bring head forward over the top of the ball and bring arms towards the body.*
- *Forearms act as 'shock absorbers'.*



The Scoop Technique – Catching balls foot to knee height.

- *Hands form a basket behind the ball, fingers pointing to the floor, little fingers together in a 'V' shape.*
- *Elbows shoulder width apart, in front of the line of the body.*
- *Feet slightly wider than shoulder width.*
- *Body behind the ball; use footwork to get in line with the ball.*
- *Collapse one leg to form a barrier behind the ball.*
- *Head steady with eyes firmly fixed on the ball.*
- *On contact, bring head forward over the top of the ball and bring arms towards the body.*
- *Forearms act as 'shock absorbers'.*
- *Weight forward; go to ground once save is made if needs be.*



- Diving

- *Hands lead towards the ball.*
- *Thumbs touching, forming 'W' shape.*
- *Arms extended with elbows in front of body line.*
- *Head far across as possible.*
- *Step with nearest foot towards ball.*
- *Weight forward.*
- *On catching the ball take the ball onto the floor and secure, using the ground as a 'third hand'.*



- Distribution

Rolling – Easy to control for field players a short distance away.

- *Front leg plants towards direction of the intended target.*
- *Bend knee of back leg.*
- *Arm with ball in hand extends through the line of the intended target.*
- *Aim to release so ball stays along the floor.*



Throwing – Travels at greater speed and distance than a roll.

- *Front leg plants towards direction of the intended target.*
- *Bend knee of front leg.*
- *Arm with ball in hand extends through the line of the intended target.*
- *Aim to release ball at appropriate height for team mate to control.*



Kicking – From the floor.

- *Non kicking foot plants next to ball.*
- *Kicking foot follows through the line of the ball.*
- *Aim to use 'laces' of foot.*



Kicking – From the hands.

- *Ball should be held at arm's length and dropped from hands onto the approaching kicking foot.*
- *Weight should be transferred forward in the direction of the kick, ensuring the kick is through the line of the ball.*
- *Contact should be made between hip to knee height.*



4. Tactical

- Positioning
 - *Goalkeepers must ensure their starting position is appropriate for the situation in the game. Make reference to images on page 16.*
 - *If the ball is in the opponent's half of the field, the goalkeeper should be stood approximately at the end of their area so they can 'sweep' (cover) any through balls which are played towards their own goal.*
 - *If the ball is in the goalkeeper's own half of the field, but outside the box, they should be stood in a position where they can cover any through balls but also ensure they can't get beaten over their head by shots from distance.*
 - *If the ball is in or around the goalkeeper's box, they should be stood no further than 6 yards off their line, and at an angle which is closer towards the ball.*
 - *Goalkeepers must 'narrow the angle' ensuring they are in a position where they won't get beaten by their near post, forcing attackers to shoot across the goal at an angle.*



- Type of Save

- *Shots foot to knee height: Scoop/collapse scoop technique.*
- *Shots knee to stomach height: Cup technique.*
- *Shots chest to above head height: 'W' technique.*
- *Shots forcing a dive at arm's length: 'W' technique.*
- *Shots forcing a dive further than arm's length: single handed tip with flat palm and strong wrists; aiming to deflect/push the ball away from danger.*

- Distribution

- *Select the most appropriate distribution method to maintain possession.*
- *Short distances: rolling/throwing.*
- *Longer distances: kicking from floor/kicking from hands.*
- *Aim to distribute wide, away from danger.*
- *Select the most appropriate distribution method based on the game situation.*
- *If starting a counter attack, distribute quickly before opposition has time to recover.*

- *If slowing the game down, allow time for team mates to recover into position.*
 - *If there is space in behind the opposition defense, don't be afraid to distribute long.*
 - *If there is space for your team mates to receive the ball short, don't be afraid to distribute short.*
-
- **Communication**
 - *Give information to your team mates about their positioning e.g. "too deep - push up".*
 - *Give information to your team mates about opponents positioning e.g. "runner coming towards your left shoulder".*
 - *Give information to your team mates on the ball e.g. "time".*
 - *Demand positions for your team mates to be on set pieces e.g. building a wall to defend free kicks.*

- Set Pieces

Wall

- *Line up wall where the near post is covered by the first player in the wall.*
- *Other players line up next to the near post player towards the middle of the goal.*
- *Stand just to the side of the wall, so you can have vision of the ball.*
- *Stand on the other side of the goal to the wall.*
- *Ensure you don't expose your own side but be in a position where you can move across if the shot goes through/over the wall.*

Corner Kicks

- *One defender on each post (front/back post).*
- *One defender on the edge of the area towards the ball, aiming to clear any under hit deliveries.*
- *Other defenders marking attacking players.*

Goal kicks

- *Kick wide as much as possible, away from danger.*
- *Full backs should be wide and at an angle to receive a pass.*

- *Central defenders should be on the edge of the box to protect the goal if attackers intercept the ball. They must be 'goal side' of attackers.*
- *Wingers should be wide towards the sideline.*

5. Four Corner Overview

Social:

- *Communicating*
- *Sense of belonging in a team*
- *Co-operating*
- *Teamwork*

Psychological:

- *Confidence*
- *Awareness*
- *Decision making*
- *Visual cues*

Technical/tactical:

- *Type of save*
- *Set position*
- *Distribution*
- *Starting position*

Physical:

- *Reaction time*
- *Footwork*
- *Agility*
- *Flexibility*

6. Sessions

Below are three basic warm ups, and five basic goalkeeping sessions.

Allowing practice of all technical aspects.



Interactive Session Plan



Organisation Age Group Time Available

Session Theme

Click to insert session diagram

Organization

Key Coaching Points

Progressions



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