

11

Goalkeeper coaching

Technical and tactical aspects

Introduction

1 Technical aspects	2
2 Tactical aspects	14
3 The role of the goalkeeping coach	20
4 Example of a training session for top-flight goalkeepers	21
5 Training exercises for young goalkeepers	25

Introduction

There was a time – not so long ago, in fact – when the role of the goalkeeper was considered to be less important than that of the other players in the team.

Nowadays, though, the situation has changed considerably – fortunately. In the modern game, all players are considered to be on an equal footing, irrespective of the position they occupy.

Despite this, however, there are many specialists who feel that the goalkeeper has a special place in the team, since he is possibly the only one whose performance can determine whether his team wins or loses a match.

In this chapter, we shall be looking at the training of basic techniques and rudimentary tactical skills for use in the instruction of goalkeepers.

At the end of this chapter, there will be an example of a training session for top-flight goalkeepers, as well as various drills for young goalkeepers.

Even though a goalkeeper must, wherever possible, be given individual training at the hands of a specialist coach, he also has to take part in training sessions with the whole team, thereby allowing him to be confronted with real match situations.

“A good goalkeeper will make a mistake every six matches; a very good goalkeeper will do so every nine matches; an excellent goalkeeper might commit a blunder every 12 matches; and the really top-level, international-level goalkeepers will make a mistake every 15 matches.”

Alan Hodgkinson,
former goalkeeping coach
of the Scottish national team



1. Technical aspects

In this section, we shall be looking at goalkeeping technique and everything that this includes. The explanations will be predominantly provided through photographs and illustrations, thus making it possible to see and analyse every movement in detail.

If at all possible, it is a useful exercise for the coach to film his goalkeeper during a training session. This not only allows the coach to study the goalkeeper's movements in slow motion, but also enables the goalkeeper himself to watch his movement on screen. This image will then become part of the goalkeeper's ongoing learning and development process.

It is important that the coach stands fairly close to his goalkeeper in the various training sessions (approximately 5 metres away), thereby allowing him to analyse the work of the goalkeeper at first hand.

If he wants the goalkeeper to perform a movement more quickly, the coach should increase the power of his shots or throws at the goalkeeper. But to begin with, he should allow the goalkeeper to become accustomed to the movement with gentle shots or throws; this will allow the goalkeeper the necessary time to execute that movement. Once the coach sees that his goalkeeper has reached a certain level of agility in his movement, the coach can then start to strike the ball more powerfully to get the goalkeeper to work more quickly.

The coach has to correct even the smallest detail during training sessions, as such details can prove crucial. These corrections must, however, always start with the basics, namely the position of the goalkeeper's feet, his body and his hands, thereby allowing him to optimise his movement. There is nothing more infuriating for a goalkeeper than for him to think that he has saved the ball, only to see it deflected and rolling into his own net.

In the second phase of his coaching, the coach should move further away from the goalkeeper to perform drills that resemble potential match situations as closely as possible.

The coach should then ask the goalkeeper to make certain body movements (sideways movements, side shuffles, etc.) before executing his move. It is important to stress one thing, however: there is no point, for example, in the coach forcing his goalkeeper to do a roll before diving, as he would never be called upon to perform such a move during a real match.

→ If it is possible for the coach to work together with attackers, it can prove a worthwhile exercise for him to watch his goalkeeper at work from behind. He can then correct him in his moves and his approach without disturbing the smooth running of the rest of the training session. Observing the behaviour of the goalkeeper during training, in games on reduced-size pitches and, in particular, during a real match forms an integral part of the role of the specialist goalkeeping coach.

1.1 Footwork – Kicking the ball

We are not dealing here with explanations of the right move for the goalkeeper to make when kicking or passing the ball out. Every coach will know these skills by heart, in any event. It is, however, worthwhile for the coach to ask the goalkeeper or to explain to him exactly when during a match he should kick the ball upfield or simply deliver a short pass out.

Indeed, one of the main mistakes that we see on a regular basis is a combination on the goalkeeper's part of rushing his clearance and wanting to kick the ball really hard.

Apart from the tactical issues that will be covered in the following pages, it is first important to establish certain priorities. When the goalkeeper has plenty of time to make his clearance, he must first control the ball and let it roll 1.5 – 2 metres in front of him, so that he has the whole of the playing area in front of him. He can then make a long clearance upfield or play the ball short, without having to touch it again.

There is no point in asking him to control a ball on the turn and pass it out when there is no opponent for him to beat, anyway!

When the goalkeeper is being pressed by an opposing attacker and does not have the time to control the ball, he must ensure that he gets into the best possible position for making his clearance without merely striking the ball as hard as possible. There is every chance in such cases that the goalkeeper will "fluff" his kick or, because of a bad bounce, he will strike the ball with the outside of his foot and either give the ball straight to the feet of the attacker or send it into his own net.

The goalkeeper must be nimble on his standing foot and must be able to strike the ball without rushing, as if he were trying simply to “place” it 35 metres upfield.

The coach must be insistent about the goalkeeper doing regular drills, such as 5v2 game routines, where he will be able to encounter situations in which he can make short clearances out. We shall be looking at this aspect in the following pages.

The coach can work on long clearances as part of a simple analytical phase in the training session. For example, the coach can stand in the centre circle and ask the goalkeeper standing in his area to close his eyes. The coach calls out “NOW!” as he kicks the ball. The goalkeeper then opens his eyes and has to kick the ball clear with his feet. This exercise replicates a match situation, as the goalkeeper will have very little time to execute his move.

We should also not ignore the mental aspect involved in such match situations. It is precisely at such moments that we see goalkeepers unable to execute even the simplest moves, purely because of a lack of confidence. For this reason, it is worthwhile working with handicaps in the performance phase of training sessions. As described in the previous case (where the goalkeeper had to shut his eyes), these handicaps can help him to replicate a “stress” situation and, more particularly, with the same split-second timing that is required in a real match.



1.2 The movements of the goalkeeper

In this section we shall be looking at the technical aspect of the movements made by the goalkeeper.



Side shuffle

The goalkeeper needs to display extremely fast footwork and complete co-ordination for all the movements that he makes.

• Side shuffles

When the goalkeeper is standing on the goalline, he is often forced to shuffle sideways to enable him to face the oncoming ball and also to get his feet in the “ready” position to dive. It is important to emphasise here that the goalkeeper must never cross his legs when moving.

• Side shuffling in a duel situation

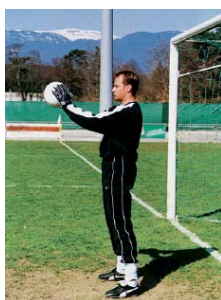
The coach gets the goalkeeper to stand in a 1-on-1 situation and to shuffle sideways at the same time.

• Fast footwork in duel situations

The coach has to insist here on short and fast steps.



Fast footwork in duel situations:
→ the coach must demand short and fast steps



Correct position



Wrong position



Position of the hands

1.3 *Catching/taking the ball*

The manner in which the goalkeeper takes the ball is the best possible indicator of how confident he feels. It is vital that the goalkeeper masters this action and that it ultimately becomes automatic for him. Work on catching the ball has to start from a very young age.

As we shall see later, it is only by working on the finer points that the goalkeeper can be sure of taking the ball safely. It has been found that youngsters all too rarely practise without their gloves on. Coaches do in fact do the youngsters in their charge a great service by asking them to remove their gloves for a while! The goalkeepers must be able to “feel” the ball and, above all, to see the work that their fingers, hands and, finally, their wrists and forearms are doing. A good catch of the ball will always be the result of correct body positioning. We shall now look at this in more detail. The goalkeeper’s chest must be positioned slightly forward, his legs flexed, and his arms must always be extended in front of him to meet the ball.

The goalkeeper must always act first and not allow the ball to dictate the situation. In other words, he has to go out to meet the ball and not wait for the ball to come to him.

The legs are often a pelvis-width apart.

Analytical phase of the training session



Drill 1a
(shooting from
5 metres - 1 ball)



Drill 1b
(side shuffle and catching the ball)



Drill 2
(shooting from 5 metres - 2 balls)

The goalkeeper throws his ball out at the same time as the coach kicks his ball to the goalkeeper, and the goalkeeper catches the ball. This movement should be repeated several times.



Drill 3

(shooting from 5 metres - 2 balls)

The goalkeeper then receives the coach's ball after he has thrown out his own. He throws back the coach's ball and catches his own again.



Drill 4

(shooting from 5 metres - 2 balls)

The same as with Drill 3, but this time the goalkeeper keeps the coach's ball and kicks his own ball, together with the one that he has kept in his hands.



Drill 5

When the coach shouts "NOW", the goalkeeper does a quarter-turn and receives the ball from the coach. This exercise calls for good, fast footwork. The goalkeeper also has to pay close attention to the positioning of his shoulders. They must always remain parallel to the goal line. The ball can also be struck just under crossbar height to work on the goalkeeper's arm agility, so that he can either make a two-handed save or tip the ball over with one hand.



Drill 6

Taking the ball while on the move

The goalkeeper has to shuffle sideways while receiving balls delivered from both flanks. The ball deliverer should wait until the goalkeeper is close to the post before sending the ball in to ensure that he can take the ball cleanly. Otherwise, the goalkeeper can find himself destabilised and forced to fist the ball away one-handed.



Variation: The goalkeeper comes away from the post, and the coach aims the ball at the area in front of the goal.

Pre-competition-phase training

The coach stands (approximately) 11 metres away from the goalkeeper. He varies his shots at the goalkeeper (drop-kicks and volleys), and moves out to the flanks to play the ball in from there as well. The goalkeeper bowls the ball out long overarm. After his throw out, the goalkeeper moves (or positions himself) according to where the coach is standing. The coach must not strike the ball too hard, to ensure that the goalkeeper can make one or two sideways shuffle steps before catching the ball.

Unfortunately, we all too frequently see goalkeepers diving when they could have taken one or two sideways steps and easily caught the ball cleanly.



Drill 7

1.4 Taking the ball at chest-height

When the ball comes to the goalkeeper at just below head height, he has to make a catch that will enable him to keep the ball at chest height.

As was the case with the previous ball-catching technique, it is important that the goalkeeper's body remains parallel with his goal line, with his chest inclined slightly forward and his arms and hands extended to grasp the ball.

The goalkeeper will most frequently use this type of catch for shots from quite far out to ensure maximum safety.

The exercises are simple to perform:

Drill

1. Analytical phase, shooting from 5 metres
2. Performance phase, shooting from 16 metres



1.5 Angle play

Although football is not an exact science, there are nevertheless certain parameters that can be overcome. The goalkeeper can control one of these parameters by being ideally positioned to deal with the ball.

All too often, we see goalkeepers badly positioned before the ball has even been struck. This either forces them to make impossible saves or, more frequently, to be beaten, as all they can do is deflect the ball into their own net.

The notion of angles is one of the parameters that coaches can teach to the youngest goalkeepers in their charge. Coaches should not be afraid to attach a ribbon to both posts, as shown in the illustrations below. A child needs to be able to sense and see the space around him that he has to defend.

The triangle formed by the ribbon represents the shooting angle. This goalkeeper must always use his shoulders as the basis for this triangle. This is more straightforward when the goalkeeper is facing a player head-on, but when the goalkeeper has to deal with attacks from the flanks, he has to be made particularly aware of his positioning.

To help the goalkeeper find his bearings, coaches should not hesitate to put down discs to show the goalkeeper the space that he needs to cover to protect his goal.



1. head-on



2. from the side

1.6 Going to ground

Going to ground is frequently confused with a dive. On a technical level, though, the approach to this move is fundamentally different.

A goalkeeper goes to ground when he has to save a ball that is no more than 1.50 metres off the ground. The goalkeeper has to go to ground to deal with two specific situations that can arise in a game.

a. A ground shot at goal

When a shot comes in from fairly close range, or is so powerfully struck that the goalkeeper does not have sufficient time to move out to face up to it.

b. Duel situations

A 1-on1 duel, where the goalkeeper is forced to go out and win the ball one metre or so in front of him. We can see that, in this position, goalkeepers squat with their bodyweight on their heels, and they have no other option than to stick out their feet to challenge the opponent.



Stance (legs – body)

As with every goalkeeping movement, leg speed is crucial here; the inside leg has to fold under the body to allow the body get down to the ground as quickly as possible.

Stance (hands)



Stance (arms)



The goalkeeper's arms should always come forwards to allow him to deal with the trajectory of the shot correctly.

Position of the hands: the outside hand should be behind the ball, and the other hand over the ball.

The goalkeeper must be able to achieve the same "sensitivity" when saving the ball on both sides.

The coach has to insist on the correct position of the outside hand, especially when this is his "weak" hand, as goalkeepers often tend to cover this weak hand with their "strong" hand, e.g. the right hand on top of the left hand.

→ A bad catch:

right hand over left hand



The consequence of doing so is simple: the ball is rarely controlled properly. If the goalkeeper has to go and challenge for the ball at speed, he will, in all probability, have time to use just one hand. He must therefore make sure that this hand is firm at the moment of contact with the ball.

Analytical exercise

Shooting from 5 metres, with the coach telling the goalkeeper on which side he will shoot.

The coach begins the exercise by telling the goalkeeper where he will shoot, and then finishes off by shooting at will without telling the goalkeeper.

It is important for this exercise that the coach does not shoot immediately when the goalkeeper is up to the level of the cones. He should

wait one or two seconds before shooting so that he can instruct his goalkeeper to remain on his feet without moving (this is very difficult during a match).

The tactical approach to be adopted in 1v1 situations such as this will be covered in the section on tactics.



Drill 1 (match phase)



Drill 2

(going to ground and moving out to one side)

When the coach shouts “NOW”, the goalkeeper moves to the correct side to close down the angle.



Drill 3 (match phase)

This drill can be performed either in front of the goal or on either side. After the first ball, the coach continues to fire in shots (waiting each time before taking the shot until the goalkeeper is up on his feet again).

The coach must keep a close eye on the goalkeeper’s position, as illustrated under point 1.6 about narrowing angles. The goalkeeper must always be able to deal with the trajectory correctly and, above all, know how to position himself in the centre of his “new goal”. He will rapidly grasp that, by taking these actions, he will be able to cover all of his goal, simply by going down for every ground shot or medium-height ball.

The coach must vary his shots during the drills, thereby replicating real-match situations. He has to alternate the power of his shots, vary the height or even change the type of shot altogether (drop kicks, normal dead-ball shots, etc.).



1.7 Forward vault

It is always preferable for a goalkeeper to remain facing the ball.

This type of dive, which is often likened to a safety dive, is extremely useful for dealing with straight shots or especially when the ball bounces 5 or 6 metres in front of the goalkeeper.

The goalkeeper's body and his hands must always remain behind the ball.



Stance (shot from 7 metres but without the goalkeeper moving forward)

Drill 1 (match phase)

Shot from 16 metres

The coach asks the goalkeeper to move sideways and then to make a forward vault save. To achieve this, the coach has to adjust the power of his shots to ensure that the goalkeeper has enough time to move and be positioned facing the ball before making his dive.



1.8 Low dives

When the goalkeeper goes to ground – as described above – the movement revolves around legwork; this is completely the contrary for the low dive.

When the goalkeeper goes to ground, he has to fold his inside leg to allow him to get down as quickly as possible. With a low dive, however, he has to use that inside leg to push himself off.

Observing goalkeepers making different dives (to save ground shots, medium-height or high shots) will allow the coach to check that the goalkeeper always executes these dives with the same timing, namely a three-sequence movement.

First, he has to move into the “ready position”, after which he does a sideways shuffle and then he pushes off to dive.

→ The coach has to watch carefully here; the two most widespread problems are the following:

Poor timing

The goalkeeper can either be filmed in training or have a video camera trained on him during a match to establish whether he is too slow getting into the “ready” position.

There are striking similarities here between a goalkeeper and a tennis player.

Apart from the mental aspect, we can see that the goalkeeper acts very similarly to a tennis player when he is preparing to execute a movement. The tennis player also does a loosening up movement as his opponent

Stance (feet – legs)



is about to strike the ball, then a few side-shuffle steps, gets his feet into position and finishes by playing his own shot.

Lack of thrust

It is difficult to launch into a low dive by pushing off with the inside leg, for two reasons: first, it is not easy to get the feet in the right position to do so, and second, because the goalkeeper often incorrectly estimates the thrust required.

He does not have the same problem for medium-height or high dives because the footwork required for these is obvious.

It is even less straightforward to launch into a low dive by pushing off from the “weak” leg. Indeed, we often see goalkeepers in such situations who cross their legs so that they can push themselves off from their “strong” leg!

The illustration below shows the goalkeeper pushing off from the inside leg. The foot must always be slightly in front when the goalkeeper is in the “ready position”, to allow his hips and therefore his body to be in front of the line.

The comments above concerning taking the ball and the position of the hands also apply for when the goalkeeper goes to ground, as he also has to take advantage of any help that he can get from the pitch!

Additional remarks

- Regardless of whether the coach is working on low dives, medium-height or high dives, he should always take shots at the goalkeeper from 5 to 7 metres out during the analytical phase of the training session. This is the best distance from which to get the goalkeeper to execute the right move.
- During the “match” or performance phase of the session, the shots should be taken from 16 – 20 metres out, with frequent variations to the angle, power and especially the style of shot (e.g. curling shots, shots with the instep or the outside of the foot. or powerful shots).
- When working on speed, it is a useful exercise for the coach to keep shooting at the goalkeeper continuously, but still ensuring that he has time to get into the ready position and to make his dive.
- It should be pointed out here as well that any form of shooting drill involving the rest of the team will help the goalkeeper to become more accustomed to real match situations.

1.9 Medium-height dives



Stance (feet- legs)

As previously mentioned, the medium-height dive is the easiest dive for the goalkeeper to execute – simply because it demands the use of the goalkeeper’s “natural” skills.

The goalkeeper shuffles sideways and then pushes off initially with his outside leg, followed immediately afterwards by the inside leg.



Stance (body)

The goalkeeper has to go for the ball with his arms and his hands in a slightly forward position.

1.10 High dives

Although this dive should be really enjoyable for goalkeepers, it often turns out to be a nightmare for them.

It is technically easy to execute, provided that the goalkeeper is ready for it mentally and has the physical capacity to enable him to pull it off. We often see goalkeepers who want to launch into a dive, but they then change their take-off and the move they are about to make, purely out of fear. And the fear that they have is the fear of falling. And as long as this apprehension remains within the goalkeeper, he will never be able to “let himself go” to make this type of save. The coach therefore has to help him mentally: by making him repeat this move through various drills where he is forced in particular to get his footwork right and launch himself into the dive without holding back at all.

We can draw parallels between the child about to take its first perilous steps and the goalkeeper diving towards the top corner of the goal. The goalkeeper needs to have plenty of space around him to manage his fall. If the coach sees that the goalkeeper is still reluctant, he can try working with him in a gym on multiple simple diving routines using a mat or even a trampoline.

However, the coach should not be too demanding about the quality of the goalkeeper’s movement. After all, the prime objective is simply to save the ball.

Those coaches who are able to watch their goalkeepers in training will observe that the position of the body in the air varies from goalkeeper to goalkeeper, as this depends on the individual’s power and explosive strength, but above all on the distribution of leg/body weight.

For example, if the goalkeeper’s leg musculature is less well developed, his position in the highest phase of the dive will be almost horizontal; whereas with a goalkeeper whose leg muscles are far better developed, his legs will remain much lower in the air.

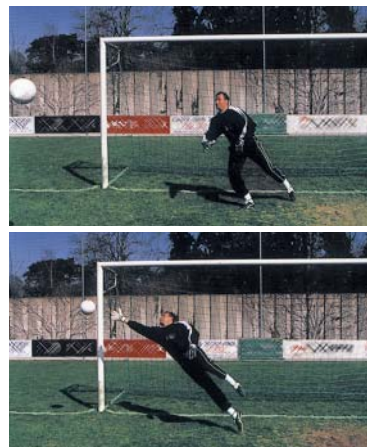
When the goalkeeper does not have the time to catch the ball two-handed, he will need to deal with it with just one hand.

Unfortunately, though, these saves are all too frequently executed with the “weak” hand.

When the ball is heading for the bottom corner of the goal, the goalkeeper should always use his outside hand, as this will give him much longer reach when going for the ball.

However, for shots that come in just under the crossbar, e.g. about one metre inside the post, the goalkeeper can easily use his other hand as well.

Stance (feet – legs)



Stance (body - arms)



Stance (outside hands)



1.11 High balls

What drives a goalkeeper to go out for a ball in the midst of a group of players? The simple answer is confidence. This confidence can be seen in two specific actions with a goalkeeper: taking high balls and 1v1 duels.

Despite all the work on the training ground during the week, there will be times when a goalkeeper will not go for certain high balls in a match because he does not feel up to it on that particular day. The coach can merely stand by and watch, powerless, when faced with such a scenario.

It is, however, important that the goalkeeper is positioned absolutely correctly before the ball is struck; otherwise he could place himself at risk by offering a tempting goalscoring opportunity to an opponent. We shall look at this in the section devoted to tactics.

The goalkeeper has two possible solutions for the four types of trajectory listed above: either he can opt to go for the catch and hold on to it, or he might decide not to take any risks – for various reasons (too many players in the box, the flight of the ball is difficult to deal with or the ball has been too powerfully struck, etc.). He will then prefer to punch the ball out, either one or two-handed – depending on the conditions.

The following exercises can be used as a warm-up to introduce a training session on dealing with high balls.

There are four different trajectories that need to be studied:

1. balls to the near post
2. balls to the far post
3. balls going towards the centre of the goal
4. balls aimed directly at the goalkeeper

Drill 1

The coach throws the ball high to the goalkeeper and then goes to harass him as he is about to catch it.



Drill 2

The first ball is thrown to the near post. The coach then asks the goalkeeper to make a diagonal sideways shuffle towards the edge of the 6-yard (5-metre) box for the second ball, and then vice versa for the last ball.



Drill 3



Drill 4



Stance
Catching the ball in the centre



Stance
Catching the ball at the near post



Stance
Catching the ball at the far post



Stance for a two-fisted punch



Stance for a one-fisted punch



The same run-up is used for catching the ball and for punching it away. The goalkeeper has to strike the ball when it is still in front of him, and not after he has come to a standstill with his run.

As far as drills that replicate real match situations are concerned, the coach should test the goalkeeper with a wide range of different shots, inswinging and outswinging corners, crosses from the flanks, and balls played deep into the box, etc. During the warm-up phase, it is beneficial to ask the goalkeeper to perform drill 3 under normal conditions first, and then to get him to repeat it by asking him to close his eyes and wait for the signal "NOW!" (when the ball is being struck) before he reacts. In this way, he will be able to achieve almost perfect timing.

The combined drills (high balls and clearance throws) will be dealt with subsequently.

1.12 Kicking and throwing the ball clear

As the movement involved here is so obvious, we need not describe it in detail in this section.

We can, however, illustrate this with the help of series of photos, so that the correct movement to be performed can be studied at a glance.



Throwing the ball out

The key points to observe are the movement, as well as the position of the body and arms.



Full-volley punt



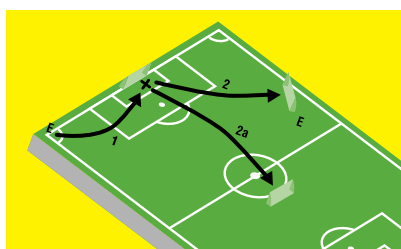
Drop kick

In particular, it is important to watch how the ball is thrown and the position of the balance foot.

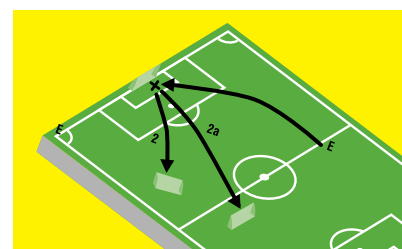
Combined drills

Just before the goalkeeper catches the ball, the coach can give the goalkeeper the choice of kicking the ball out, throwing it, or distributing it in whichever way he chooses. The coach must ensure that the goalkeeper does not rush his throw. If he does, the quality of the throw will inevitably suffer.

Drill 1
2 = by hand
2a = with the feet



Drill 2
The same as for Drill 1



2. Tactical aspects

The culture of employing tactic and tactical systems is now well developed in today's game. However, even though coaches have brought a wealth of variety to playing systems that can be applied by outfield players playing in open space, this evolution has scarcely had any bearing on goalkeepers.

This section is devoted to the tactical aspects involved in goalkeeping. The tactical skills acquired by a top goalkeeper will be the result of many years of study, experience, as well as several seasons spent on the pitch.

This section illustrates the basic tactical principles for the goalkeeper.

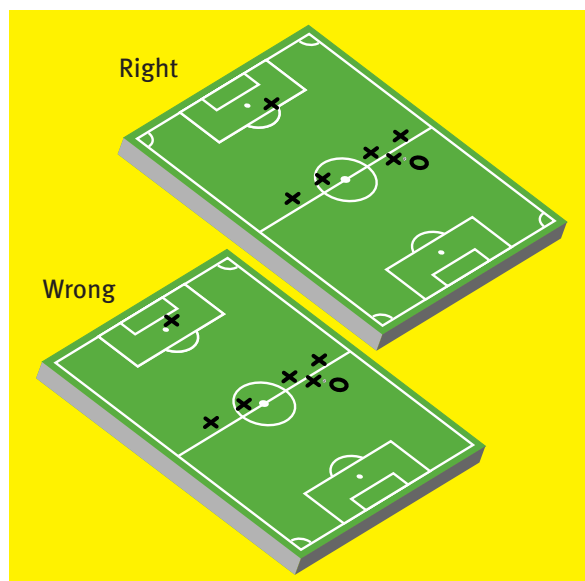
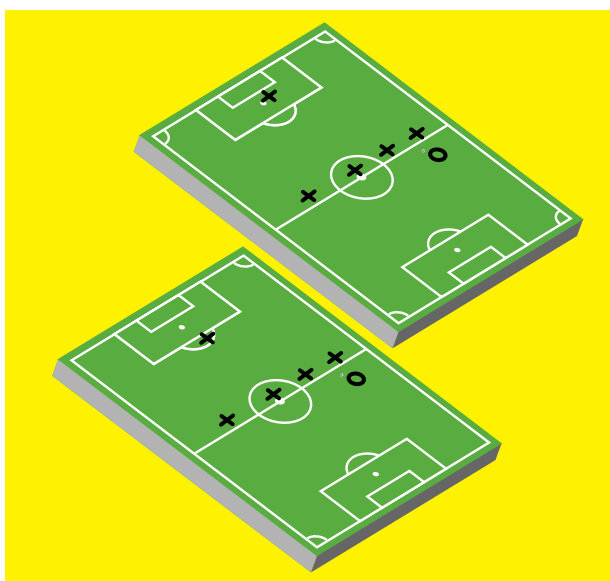
2.1 Position on the pitch

The first factor that determines the goalkeeper's positioning on the pitch is, of course, the position of the ball.

Unfortunately, we often see the situation where coaches ask their goalkeeper to stand high up the pitch if the defence is also defending high up the pitch.

While it is certainly true that goalkeepers playing at the highest level should not stand too high up the pitch, the same does not necessarily apply for young players, as they are unlikely to be lobbed from 40 metres out.

- "First of all, check where the ball is (40, 50, 60 metres away)"
- "Is there a team-mate between the goal and the ball-carrier?"
- "Is my defence defending high up the pitch?"



Positioning at a corner for the goalkeeper's own team

When the goalkeeper's own team is taking a corner, it is wise for the goalkeeper to stand fairly high up the pitch. This will allow him to cut out a long clearance played by his opposite number, given that his own defenders will often be positioned on the halfway line in a 2v1 or even 2v2 situation.





The goalkeeper can come to claim the ball



The goalkeeper cannot claim the ball (he has to go into a 1v1)



Positioning



We regularly see goalkeepers standing very high up the pitch when the ball is in their own half.

Not only does this positioning not help them; it also puts them in a difficult situation, as they are forced to track back and are especially vulnerable to a lob being played by an opposing player. This repeated mistake stems from the goalkeeper's wish to cut out the long ball. When the defence is lined up across the pitch, the goalkeeper has to come to claim long balls played into the centre from one of the flanks.

For balls played from the centre of the pitch out to one side, however, the goalkeeper should, for the most part, remain in position. This allows the defender to go and challenge for the ball and will force the attacker to change his run on the goalkeeper and take him out wide (a more difficult angle for the attacker to work from).

2.2 Footwork – Kicking the ball

A few years ago, this topic would not even have merited discussion for the simple reason that the goalkeeper did not need to use his feet to challenge for the ball. Unfortunately, or fortunately – depending on which way you look at it – the rules have now changed.

We have seen that numerous errors are committed by goalkeepers, solely because they rush or because they are wrongly positioned at the outset.

There are three main phases of play where the goalkeeper needs to use his feet to kick:

- dealing with short passes played back to the goalkeeper
- playing the ball long upfield
- booting the ball long upfield while under pressure from an attacker

The initial positioning of the goalkeeper before he strikes the ball will determine the outcome of his kick.

First of all, the goalkeeper has to be taught how to work with space. We often see goalkeepers coming out 12-15 metres to receive a back pass from a defender when the defender is standing approximately 25 metres out. This obviously reduces the space between the ball carrier, the attacker and the goalkeeper.

The goalkeeper will therefore put himself under pressure from the attacker (who will pounce on the chance to go for goal) and will have to take considerable risks when clearing the ball. Instead of this, the goalkeeper could have run towards the byeline into space, thereby allowing him to make an easy clearance under no pressure whatsoever.

Short pass back to the goalkeeper

This short pass occurs when the defender is about 20 metres away from the goalkeeper and opts to play the ball back to him. As the goalkeeper needs the full co-operation of his defenders for this move, good teamwork is crucial. When the defender opts to play the ball back short to his goalkeeper, two of his team-mates need to make themselves available so that the goalkeeper can play the ball back short again and therefore retain possession for his team.

Long clearances

Clearing the ball upfield under no pressure from an opponent is similar to a goal kick. The ball is cleared with a rolling ball and under no pressure; the opponents are far away from the action, and the goalkeeper has the necessary time to execute the move.

Long clearances under pressure

In certain situations, the goalkeeper has to play the ball long upfield (because he is unable to play it short). If the attacker comes up to pressurise the goalkeeper, the goalkeeper will have only a limited time to execute the right move. However, he must not rush his movement.

→ To help the goalkeeper with his footwork (kicking) skills, it is vital that he is included as an outfield player in training sessions with the whole team.

2.3 Duels

The 1v1 duel is often a source of mistakes for goalkeepers. He has been told far too often and for too long that he should move out to narrow his angles. Unfortunately, a significant number of goalkeepers just launch themselves indiscriminately into a 1v1 situation. In so doing, though, they unintentionally present the attackers with a scoring chance.

We are talking here about clear 1v1 situations, and not when a long ball is played into the box, which the goalkeeper is able to claim after sprinting out and diving on it. A 1v1 here means that the attacker is still in possession of the ball.

It is clear that if the goalkeeper has not gone to ground correctly, (see description of this movement under Technique 1.7), it becomes more difficult for him to make a proper save. But before the goalkeeper goes to ground, the attacker must have decided to shoot – and this decision will depend solely on the behaviour of the goalkeeper.

Although this theory might shock several coaches, it is the result of many years of studying and observing goalkeepers and is based on the established fact that the attacker himself reduces his own shooting angle, because he is forced to keep going forward if he does not want to be caught by the opposing defender.

The attacker frequently shoots when he is between 6 and 11 metres away from the goalkeeper. If we tell the goalkeeper to stand 12 metres off his line while the attacker bears down on him unopposed from 40 metres out, the attacker will be left with two extra goal-scoring options, namely the lob and dribbling round the goalkeeper. Either of these would be child's play for a player of any talent.

On the other hand, if the goalkeeper stays 5 metres off his own line, the attacker will have to come towards him, as he will never risk shooting from 20 – 25 metres out. First, in doing this, the goalkeeper will give his defenders time to track back; the attacker will then feel under pressure, as there is no simple solution available to him. He will then find himself forced to shoot in the last remaining 50 centimetres.

→ We very often see in match situations like this that the attacker shoots wide of the post. And when that happens, you will hear people saying how incredible it is that a player should miss such a sitter.

Unfortunately, though, no one ever seems to say: "What a fantastic goalkeeper!"

2.4 High balls

In the modern game, a goalkeeper simply cannot afford not to deal with high balls, as they very often result in goals.

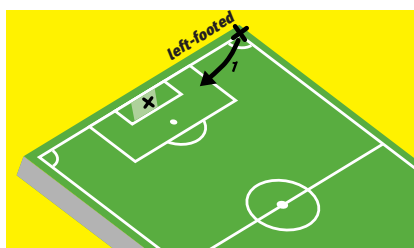
First of all, we will look at high balls from dead-ball situations and then at high balls from open play. Free kicks from the flanks will be dealt with subsequently.

It is clear that the positioning of the defending team for corners will depend on the head coach, on his views on defending, his tactical choices and the qualities that his players possess. The goalkeeping coach and the goalkeepers themselves can, however, voice certain wishes themselves to ensure that the danger zones are covered! It is, of course, logical that the initial positioning of the goalkeeper for an outswinging corner is not the same as that for an inswinging corner.

Inswinging corner

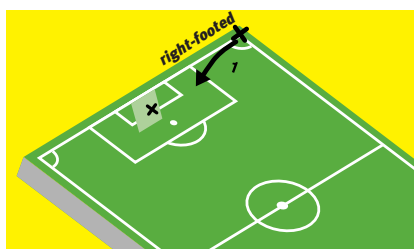
These are the most difficult trajectories for the goalkeeper to deal with, especially when they come in hard to the near post and when the goalkeeper can, unfortunately, do nothing more than move along his goalline to challenge for the ball.

It is impossible for the goalkeeper to go to meet the ball at the near post, as the ball is very often deflected just before it reaches the post. It is therefore wise for the goalkeeper to be moving along his line, so that he can attempt to save the ball after it has been deflected. Obviously, if the flight of the ball allows him to do so, the goalkeeper can then catch the ball more easily.



Position

The goalkeeper must be 1 metre off his line and standing exactly between both posts. If the coach puts a player on each post, the player at the near post will stand glued to that post, while the player at the far post will have to come in about 1 metre to try to block the flight of the ball. The shaded area shows where the goalkeeper must stand to be able to come out to claim the ball.



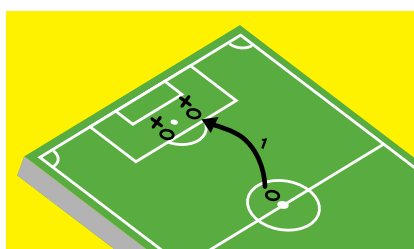
Outswinging corner

Many goalkeepers place themselves at an enormous disadvantage for corners delivered like this, as they remain glued to their line from the moment when the ball is struck.

It is a known fact that outswinging corners usually come in somewhere between 3 and 9 metres out from the goal line. Obviously, if the goalkeeper remains on his line, it will be difficult for him to claim a ball that comes in 7 metres away from that line!

One other aspect that the goalkeeper must not take lightly is the influence that he can have, as a result of his initial position, on the behaviour of the corner-taker.

For example: If the goalkeeper is standing 3 metres off his line before the ball has been struck, the corner-taker will aim the ball further away from the line; the goalkeeper will then be able to react more easily to allow him to take the ball.



Long balls played into the box

The goalkeeper should go for this type of ball only if it comes in at a height where he can easily gather it. If there are attackers under the ball as it comes in (either with or without defenders challenging for it), it is unadvisable for the goalkeeper to go for it. The attacker does not have a lot of options open to him and the danger is minimal, so the goalkeeper merely places himself in difficulty by wanting to go out and claim the ball.



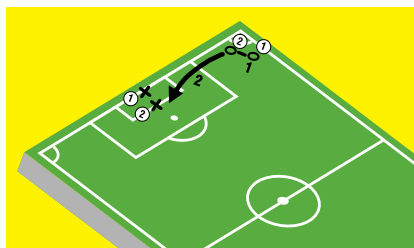
High balls from open play

We are looking here at a specific phase of play that takes place in a particular zone (the shaded zone).

When an opposing winger is attacking down the left or right flank, the goalkeeper should try to read his timing; the attacker will nearly always behave in the same way.

He will push the ball in front of him, raise his head to check on the positions of his team-mates and the defenders, and then focus on the ball again.

At this precise moment, the goalkeeper has to come 3 metres off his line, so that he is in the same starting position as he would be for an outswinging corner.





2.5 Free kicks taken from the flanks

The goalkeeper's priority must always remain the same: not to concede a goal. So the first question he has to ask himself is: "Can the opponent score directly?"

By free kicks taken from the flanks, we mean those taken in the shaded areas.

Three different situations can arise here:

- a left-footed striker of the ball (taking an inswinging free kick, for example)
- a right-footed striker of the ball (taking an outswinging free kick, for example)
- two strikers of the ball – right and left-footed (taking an inswinging/outswinging free kick)

It is essential for the goalkeeper to analyse these factors quickly.



The inswinging free kick

The goalkeeper must be in line with the second man in the wall. He must then react in the same way as he would for a first-time shot direct on goal.



The outswinging free kick

The goalkeeper's initial position and his approach have to change for the outswinging free kick. He should not stand in line with the wall, which will be positioned in such a way as to block a direct shot on goal. He should then come off his line to adopt a similar position to where he would stand for the outswinging corner.

Free kick taken by two players (inswinging/outswinging)

As we saw previously, the goalkeeper has to maintain a sense of priorities.

It is logical in such situations for the goalkeeper to act in the same way as he would for an inswinging free kick (direct shot on goal).



2.6 Free kicks from a central position

We are not dealing here with questions like: "How should the goalkeeper line up his wall", or "How many players need to be in the wall?"

It is nevertheless important to highlight certain key points. It is logical that everything should be done to ensure that the goalkeeper sees the ball as it is being struck, whenever possible. Unfortunately, though, the impossible cannot be achieved; and in some situations the ball may not always be visible.

The goalkeeper must stand in line with the last player in the wall. However, if this player is standing too close to the post (less than 1 metre away), the goalkeeper should possibly move towards the centre of his goal. As a result, he will not see the ball being struck. He must therefore remember to add an extra player to the wall to ensure that his goal is completely covered.

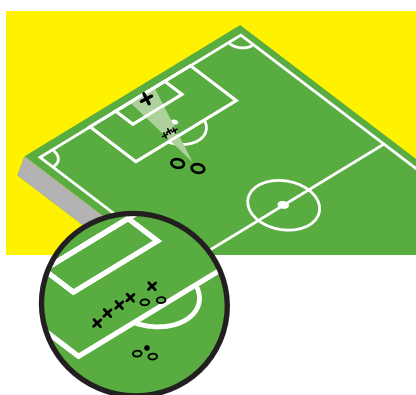
A number of players from the opposing team will often come and stand in or close to the initial wall, and these players will block the goalkeeper's view as the ball is struck.

The best way to deal with such a scenario is to ask the goalkeeper to stand in the middle of the goal and to be ready to move either side to make a save.

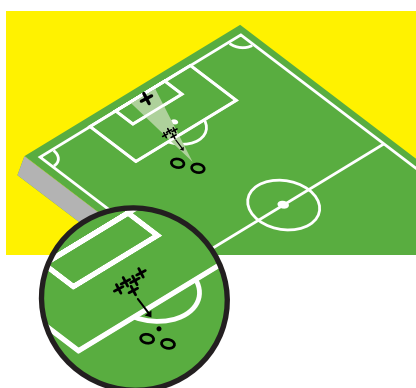


If the goalkeeper is in a normal position (i.e. in line with the last player in the wall), he cannot concede a goal on the narrow side, but, by the same token, he will not be able to deal with a shot to the other side, either.

Defending teams will often position a player slightly away from the wall, whose role is to run out to challenge for the ball if it is laid off to another player from the free kick. It is important for the goalkeeper that this player is ideally placed.



Unfortunately, we frequently see such players standing right next to the wall. This presents a considerable disadvantage, as one opposing player – or even several – will often come up to prevent this player from breaking out. And because of the positions that they have taken up, these opposing players completely block the goalkeeper's view of the kick being taken.



There is one solution to ensure that this player is never in the goalkeeper's field of vision, namely to position him in front of the wall.

3. The role of the goalkeeping coach

The goalkeeping coach has to work together with the head coach to enhance the quality of coaching overall, and to assist with the preparation of the goalkeeper. This working relationship might encompass the following aspects:

- The goalkeeping coach's vision and understanding of the goalkeeper's role;
- The role of the goalkeeper in the team's playing system;
- The choice of targets/objectives for training;
- The planning of targets/objectives for training;
- Specific training with the goalkeeper(s);
- Coaching the whole team (e.g. in simulated match situations);
- Mental preparation of the goalkeeper;
- Selection of the goalkeeper for the match;
- Post-match analysis: assessing the goalkeeper's performance;
- Unearthing and scouting for goalkeeping talent.

The goalkeeping coach also forms an integral part of the coaching staff as a whole.

"The most important in football is the match - and winning that match. What we do in training, therefore, must be directly influenced by what happens during the match."

Frans Hoek

4. Example of a training session for top-flight goalkeepers

- This training session was taken from the analysis of a competitive match.
- The match in question was an away match for FC Barcelona
- Normally, Barcelona like to build from the back, so they usually play the ball to someone in the back-line or midfield.
- This was not possible against this opponent, however, as the defenders and midfielders were all being heavily marked.
- The only option was to target long balls to the attackers.
- Every ball in the air was being lost, and this led directly to a counter-attack from the opposition.

The options available to the goalkeeper

- When the goalkeeper received the ball, he could try to play it as quickly and as deep as possible.
- He could try to pick out a player in the front-line, who might win the first challenge.
- He could play the ball to the no. 10 position, who would then lay the ball off.
- He could play high, deep balls to the no. 9 position.

In the training following this match (a training session with 4 goalkeepers), we chose the last of these options.

Objective of the training

- To keep possession when the goalkeeper has the ball for a goal-kick or a rolling ball by playing it to the no. 9 position.

What is required from the different players?

From the goalkeeper:

The necessary technique to play a high, deep ball over the opponents into space for the no. 9 to play it.

From the no. 9:

To create space for himself to receive the ball.

From the rest of the team:

To create space for the no. 9 before the ball has been played. The outside players then stay out wide, with the no. 10 remaining behind and the no. 6 and no. 8 also keeping their distance. They must also anticipate the right moment to make themselves available and challenge for the knock-down once the ball has been played.

The training for the goalkeepers

1. Warming-up without the ball
2. Warming-up with the ball → passing and driving balls
3. See exercises on the following pages.

Training for top-flight goalkeepers

1 Training drill

Procedure

Example of a drill with four goalkeepers. (G)

G1 plays ball towards **G2**, who receives and controls it and plays it to **G3**. **G3** controls the ball and plays a one-two with **G4**, who then passes it back to **G2**. After making their passes, **G1**, **G2**, **G3** and **G4** change positions.

Points for the coach to observe:

• Goalkeepers making the passes

- Kicking technique:
 - › approach
 - › standing foot
 - › kicking foot
 - › balance
 - › striking the ball
 - › at the right moment
 - › in the right place
 - › with spin (backspin)
 - › follow-through
 - › taking up a new position

• Goalkeepers receiving the ball

- Position
- Moving out to meet the ball
- Receiving and controlling the ball
- If he is playing the ball back to the player who passed it to him, he has to choose how to play this ball:
 - › with just one touch
 - › or by controlling it (with a good touch, he should be able to play it either long or short).

Variation:

• Goalkeepers making the passes

- play the ball as if it were a goal kick.
- play the ball as if receiving a back pass, with both the right and left foot.

• Goalkeeper receiving the ball

- receives the ball as if it had been played to him by an opponent: either rolled along the ground or kicked.

• The goalkeepers stand

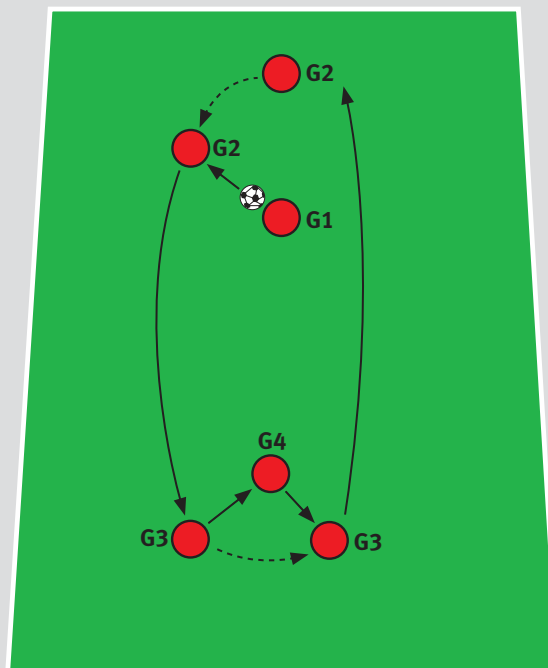
- in an area between 5 and 15 metres away from the goalkeeper who is receiving the ball.
- between the ball and the goalkeeper who is receiving the ball:
 - › pressing the players after the ball has been played.

Distance

- The distance can be increased or reduced.

Direction of the ball

- Not only through the centre, but also diagonally to the players out on the flanks.



2 Match-related training drill

Procedure

G1 must play the ball over the (obstacle) goal to the player ● on the centre line (a high ball). G2 starts on the goal line of another goal and may not let the ball touch the ground.

When he is in possession, he may play the ball into one of the other two goals. After every ball played, G1 & G3 / G2 & G4 change position, and after playing more than 20 balls, they switch sides.

Points for the coach to observe:

• The goalkeeper making the pass

(see training situation 1)

• The goalkeeper receiving the ball

- Position
- Starting position (for the deep ball played in)
- The moment to set off
- His run towards the ball
- Receiving the ball
- Playing the ball towards one of the two goals

Variation:

• The goalkeeper passing the ball

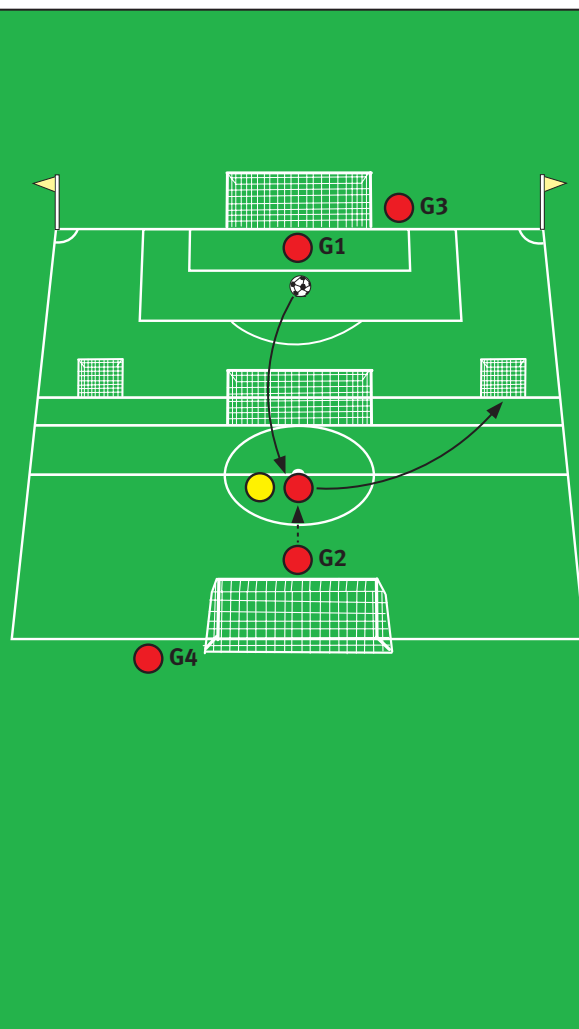
- playing the ball from:
 - › a goal kick
 - › a rolling ball
 - › on his right/left foot

Distance

- between the goals
- between one of the goals and the halfway line

Positions

- From different positions:
 - › behind the goal
 - › next to the goal
- Distance increased or reduced
- Playing the ball towards one of the two goals:
 - › throwing the ball out
 - › drop kick
 - › volley
 - › rolling ball
 - › goal kick
 - › on his right/left foot



3 Match-related training drill

Procedure

G1 plays the ball over the goal (obstacle) and the goalkeeper in the position facing the goal. G2 attempts to intercept the ball. When he has possession, he plays the ball towards one of the two goals.

Points for the coach to observe:

• The goalkeeper passing the ball

- Technique of driving the ball hard
- Approaching the ball
- Standing foot - kicking foot
- Moment of striking the ball

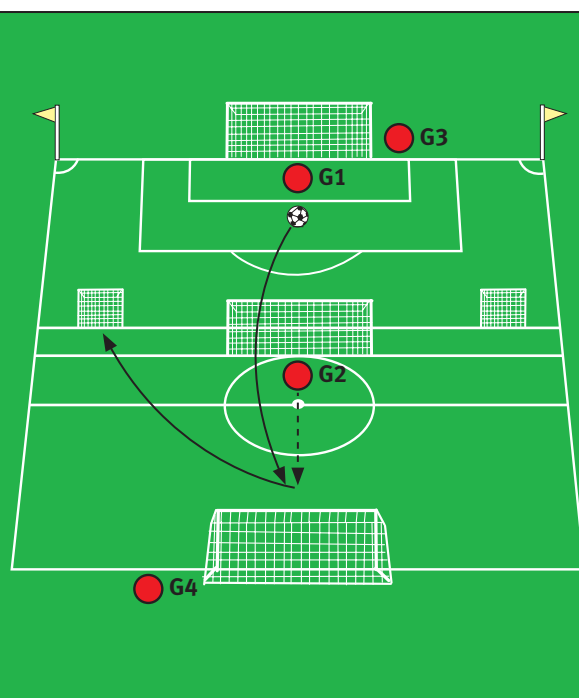
- Where the ball should be hit and how
- Body balance and stance
- Follow-up after the action

• The goalkeeper receiving the ball

- Position
- Starting position
- Footwork
- How he receives the ball
- How he plays the ball

Variation:

- The same as those mentioned in training drill 2



4 Match-related training drill

Procedure

G1 plays the high ball over the (obstacle) goal in the space in front of the centre line beyond the reach of the goalkeeper, or he drives the ball over the goal and the goalkeeper into the empty net.

G2 (and **G3**) attempt to stop the ball before it bounces or goes into the net. When they have possession, they play the ball towards one of the two goals.

Points for the coach to observe:

- **The goalkeeper passing the ball**
 - has a choice between a ball struck high or a ball

driven powerfully

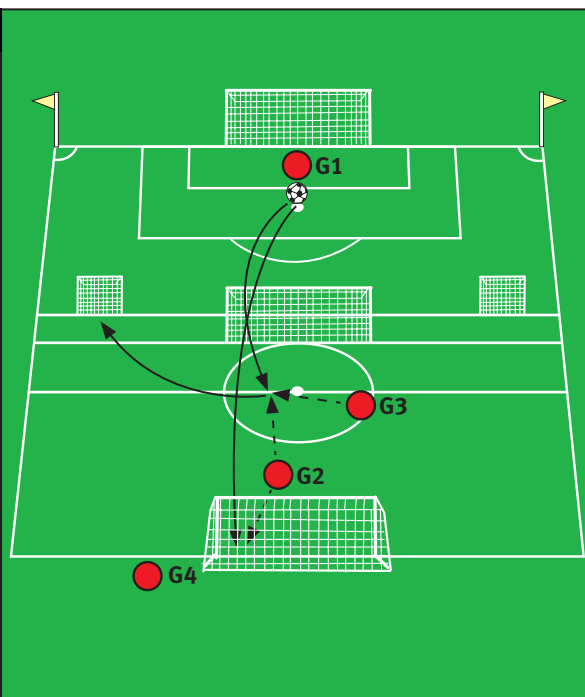
- has to choose the right technique

• The goalkeeper receiving the ball

- position
- starting point
- the moment for him to go (= when the ball is played in)
- footwork
- receiving the ball
- how to play the ball when he is in possession.

Variation:

- The same as those mentioned in training situation 3



5 Match-related training drill

Procedure

The goalkeeper plays a high / lofted ball into the space for the no. 9. The team that wins possession must retain possession and string together three passes, after which they can score in the empty goal.

Points for the coach to observe:

- **The goalkeeper passing the ball**
 - must wait until the no. 9 has created space for himself.
 - must have eye contact with the no. 9
 - must use the proper technique for delivering a high/lofted ball.
- **The player receiving the ball**
 - must make space for himself.
 - needs to have body contact with the defender (and to know where the defender is).
 - has to move for the ball at the correct moment (after the ball has been played by the goalkeeper).

- has to receive and control the ball correctly.

• Supporting players

- have to create space for the no. 9.
- need to anticipate the ball coming.
- have to back the no. 9 up as he receives the ball and help him to create an opening.
- must be prepared to go into a challenge for the second ball, if necessary.

Variation:

• The goalkeeper passing the ball

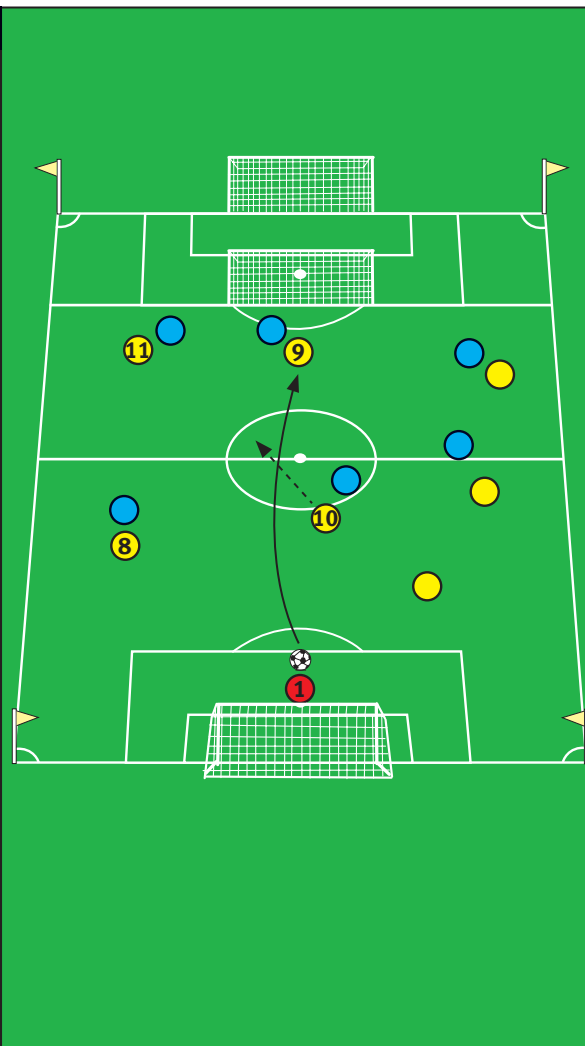
- Goal kick
- Rolling ball
- Drop kick
- Volley
- Back pass (right / left foot)

Balls played to

- the no. 11
- the no. 7
- the no. 10

Match

- Play is always started with the goalkeeper in possession of the ball
- Follow-up after the action
 - Break - rest



5. Training drills for young goalkeepers

- One of the most crucial elements to be worked in the training and development of young players is the role of the goalkeeper in launching an attack.
- It happens all too often during goalkeeping training sessions that the coach simply does not throw or kick enough balls at the goalkeeper.
- It is imperative that training replicates real match conditions. The goalkeeper must be forced to deal with the same tempos of play and the same difficulties as he would be in a real match.
- The coach must ensure that the goalkeeper can learn how to kick and throw the ball out properly during training sessions (as he would have to during a match), by confronting him with real match situations.
- Goalkeepers must learn how to deal with backpasses played to them from different angles and anywhere in their penalty area.

These aspects are taken into account in the following drills that can be used in addition to normal training.

Logical sequence (from easy to the most difficult)

- Purely technical training
- The ball is played, and the goalkeeper has one choice.
- The ball is played, and the goalkeeper has two choices.
- The ball is played, and the goalkeeper has several choices.
- Real match situation.

The following pages contain various training drills with emphasis on catching the ball and distribution of the ball (throwing and kicking).



Initiation and improvement phase (for children and youngsters at pre-training/development stage)

1 Training drill

Procedure

- The ball is played against a wall, a hanging net or a goal (or any large space) 5 to 10 metres away (with the distance gradually increased).

Aim

- To get the goalkeeper being coached to copy the actions of the coach or another goalkeeper (using the “monkey see, monkey do” principle).

Variation:

- Techniques to be worked on:
 - › volley
 - › drop kick

- › goal kick
- › rolling-ball kick
- › back pass (every action should be performed with both the right and left foot)

Distance

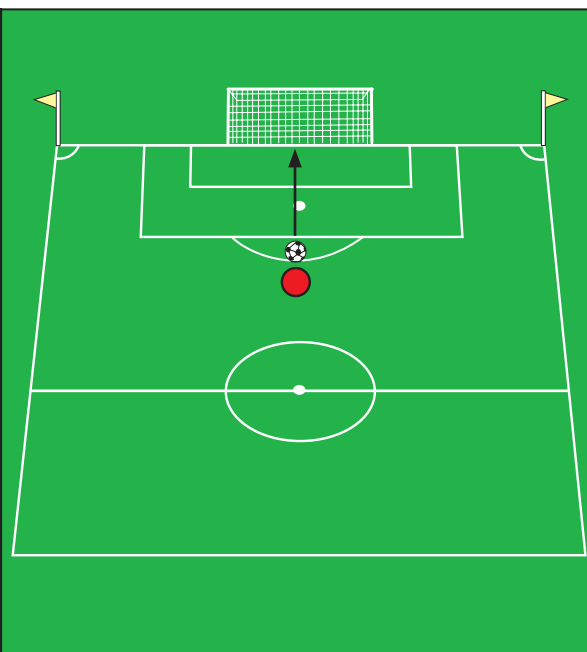
- The distance is gradually increased to suit the individual.

Size of the goal

- The height and width of the goal are often reduced for this drill.

Extra activities

- The player can also be given work to do at home, e.g. playing against a wall.



2 Training drill

Procedure

- The ball is thrown from goalkeeper to goalkeeper.

Aim

- Hand-eye co-ordination is generally better than foot-eye co-ordination. The ball should therefore be played at the goalkeeper's body.

Variation:

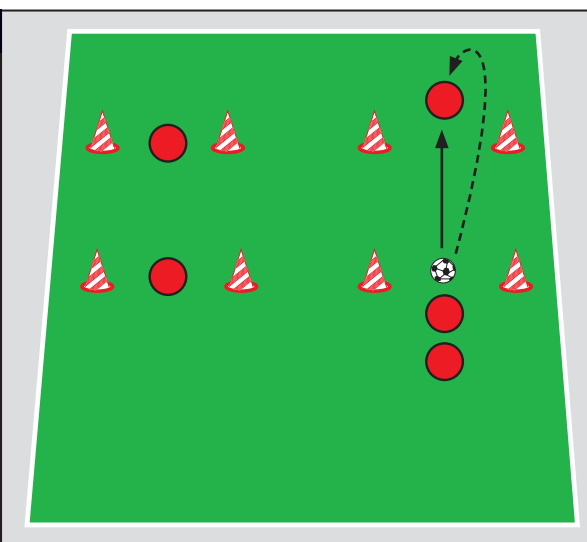
- Techniques:
 - › bowling roll
 - › overarm (side-arm and

overhead) with and without bounce

- › sling-throw (side-arm and overhead) with and without bounce

Variation:

- Increase the distance
- The players have to hit the goalkeeper's body (challenge)
- They have to try to score (with or without the ball bouncing)
- The size of the goal can be changed.



3 Keepers' game: working on distance (+ direction)

Procedure

- The goalkeeper(s) has/ have to try to throw the ball over the opponent's goal line.
- The ball can be thrown from where it is caught.
- The ball can be thrown from where it goes out of play.

Aims / Emphasis

- Change the distances
- Stay out of the other goalkeeper's area.

Variation:

- Technique:
 - › bowling roll
 - › overarm throw:
 - › sideways

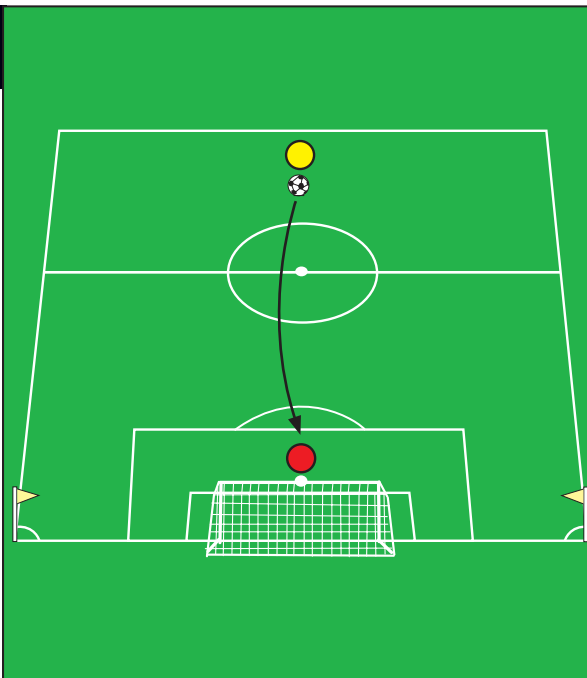
- › overhead
- › sling:
- › sideways
- › overhead
- › two-handed throw
- › the goalkeeper can choose the type of throw

Distance

- Pitch:
 - › long - short
 - › wide - narrow

With several goalkeepers

- Throw out to nos 1,2,3, etc.; each one of them is allowed to catch the ball.



4 Training drill

Procedure

- Volleyball for goalkeepers (1v1/2v2):
 - › Throwing the ball

Aim

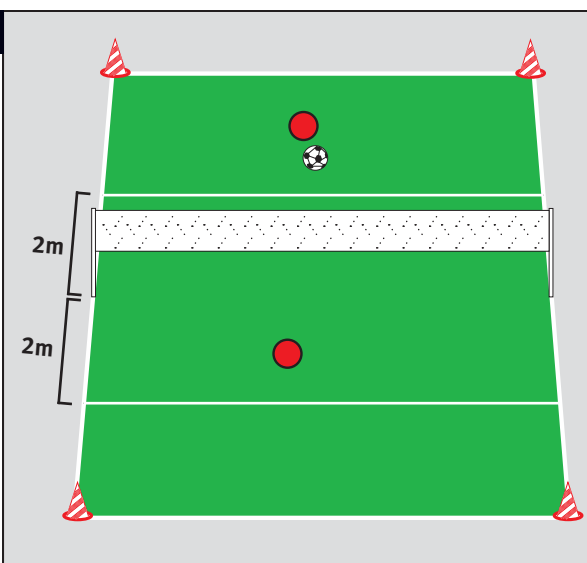
- To try to throw the ball over the net into the other goalkeeper's area.

Emphasis on

- Direction

Variations:

- Kicking instead of throwing:
 - › volleying
 - › drop-kick
 - › goal kick



5 Training drill

Procedure

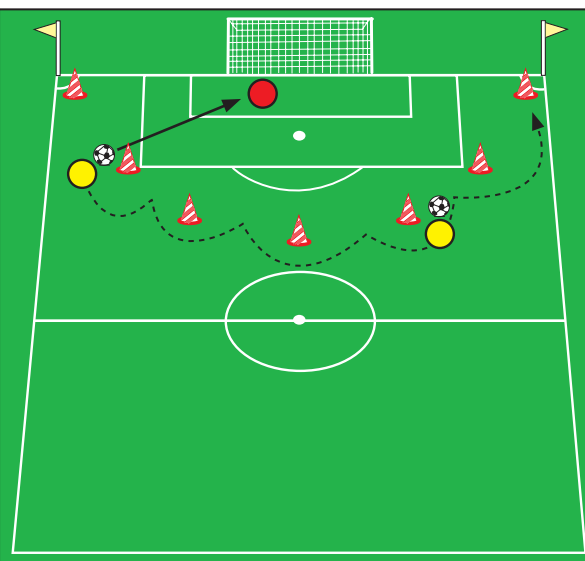
- The ball is played from the cones into the goalkeeper's hands.

Aim

- Direction and speed (weighting of the ball)

Variation:

- Techniques:
 - › throwing the ball out
 - › kicking the ball out
 - › volleying
 - › drop-kick
 - › goal kick
 - › kicking a rolling ball
 - › kicking out a back pass
- Change the distance and different positions
- Shoot with power



6 Training drill

Procedure

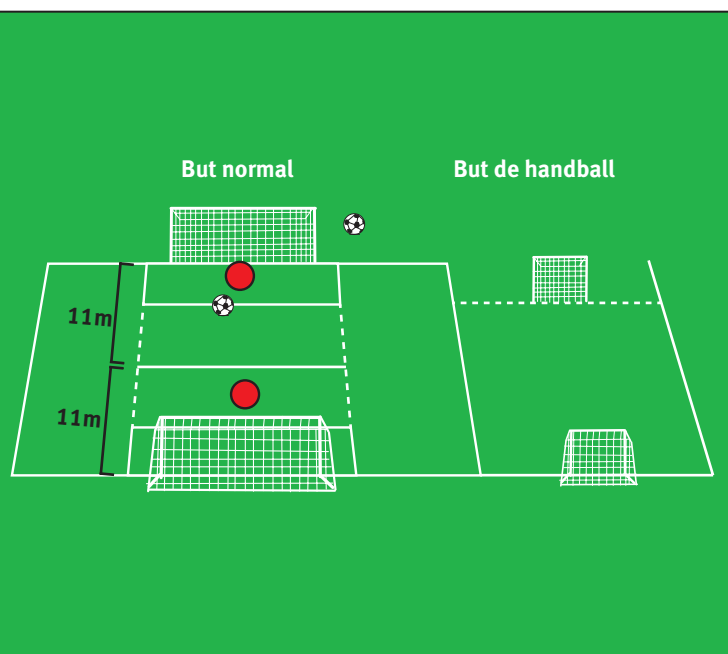
- 1v1, with one goalkeeper attempting to score against the other. Normal rules apply.

Aim

- To use different throwing techniques.

Variation:

- Techniques:
 - › bowling roll
 - › overarm
 - › sling:
 - › the goalkeeper can choose the type of throw
- Goals can be scored only by directly hitting the net (i.e. without the ball bouncing)
- Vary the distances.
- Vary the size of the goals.



7 Training drill “Keeper shoot and save”

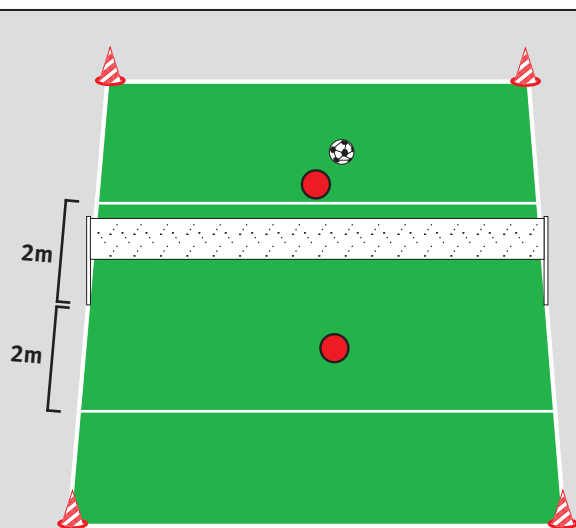
- The same as Exercise 3, but with kicking instead.

See Exercise 3

8 Training drill

Procedure

- Foot tennis for goalkeepers (1v1/2v2)
- The same rules as for volleyball – or with variations



9 Training drill

Procedure

- The goalkeeper has the ball and throws (or kicks) it towards the empty goal.

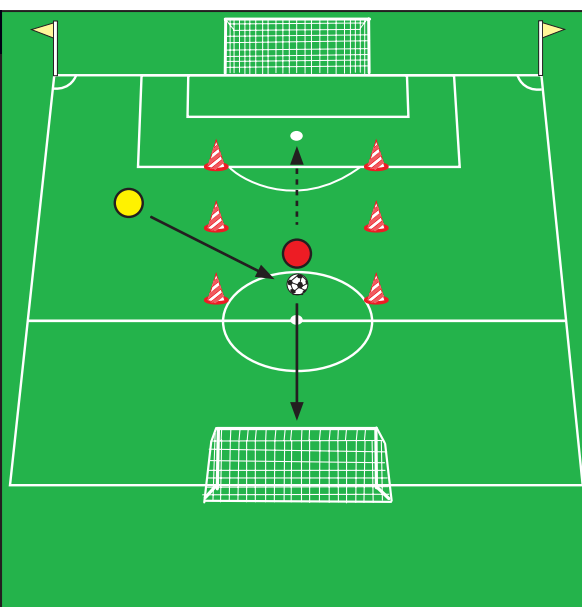
Aim

- Receiving the ball and initiating the build-up.

Variation:

- Techniques:
 - › build-up techniques
- depending on the distance and the quality of the goalkeepers
- Receiving the ball:
 - › from shots
 - › from crosses
 - › from through balls

- › from lobs
- Which goal?
 - › towards one of the available goals
 - › the goalkeeper can choose
- Increase the distances.
- The ball can be played along the ground or through the air.
- A straight or a dipping ball.
- Directly into the net.



10 Training drill

Procedure

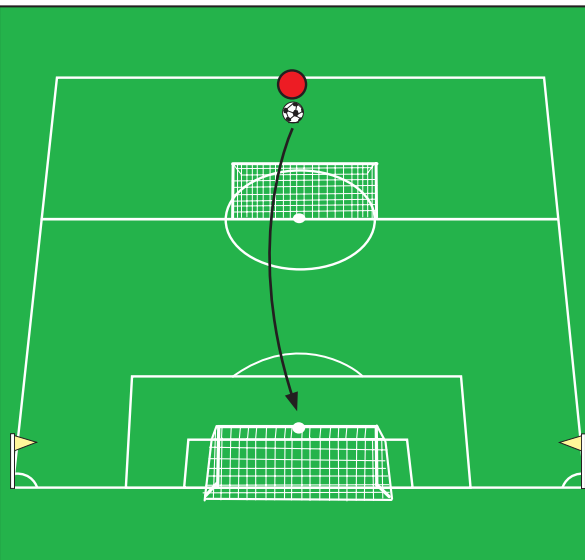
- The goalkeeper kicks the ball over an obstacle (goal / wall = opponent) into another goal.

Aim

- To be able to play the ball over opponents:
 - › powerfully struck ball / chipped ball (depending on the distance of the obstacle and goal)

Variation:

- Techniques:
 - › using every type of kicking technique
- Distance:
 - › the goalkeeper can be further away
 - › the goals can be closer to each other (encouraging more chips)



11 Training drill

Procedure

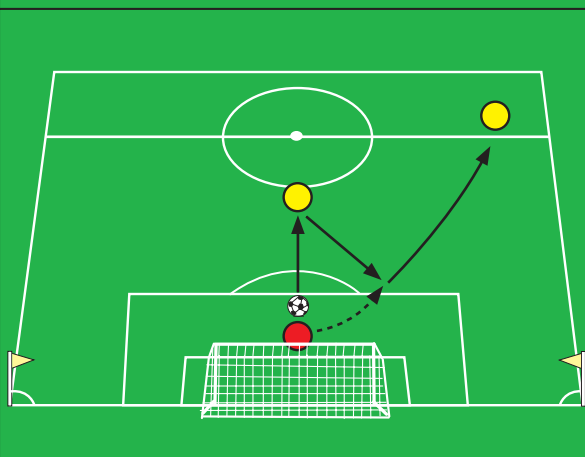
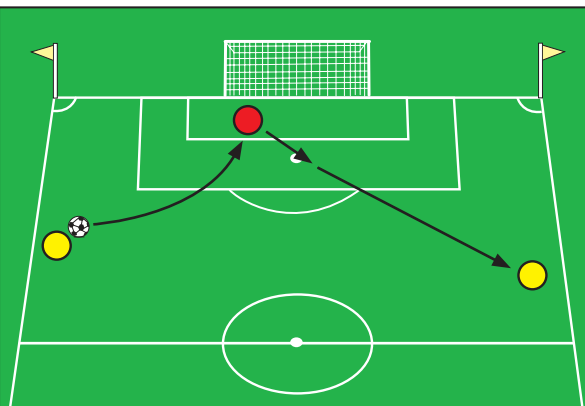
- The goalkeeper receives a cross and then throws or kicks the ball out to other side of the pitch.
- The balls are played out to the flanks
 - wide out to the wings

Aim

- Receiving the ball and initiating the build-up.

Variation

- The balls are played out wide to the flanks.
- Back passes.



Pre-training and development phase – improvement exercises

1 Training drill

Procedure

- The goalkeeper plays the ball to the coach who has kicked it to him.

Aim

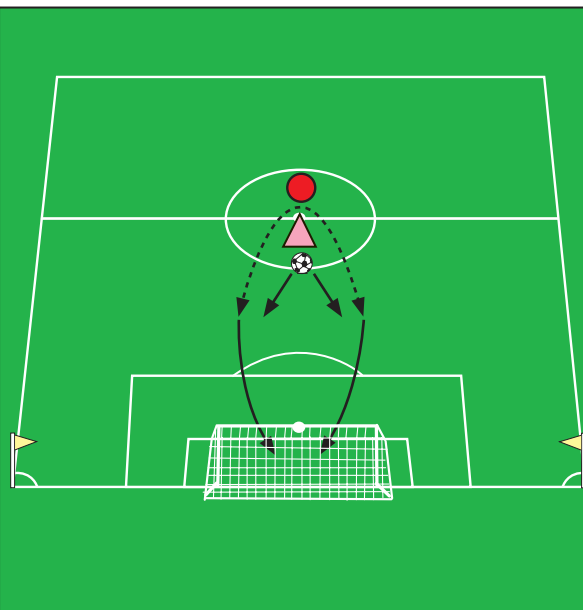
- To play different types of ball with both the right and the left foot.

Variation

- Different types of ball (played by the coach):

- › to the goalkeeper
- › goalkeeper coaching
- › from the flanks
- › rolling balls
- › high balls
- › powerfully struck balls

- › balls played at different speeds
- › goalkeeper is allowed only one touch of the ball
- › goalkeeper is allowed only two touches of the ball
- From different distances.
- From different positions.
- With the ball played towards the goal.
- With a goalkeeper in the goal.



2 Training drill

Procedure

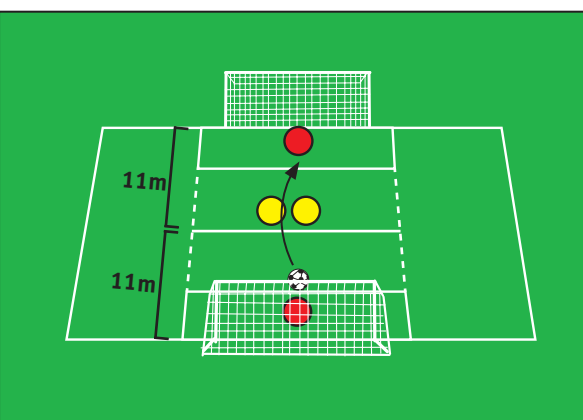
- Keepers kicking the ball and playing 1v1;
- A free-kick wall (2x2) between the goalkeepers

Aim

- To be able to play the ball over and around opponents.

Variation:

- Distance between the goals.
- Types of kicks:
 - › volleying
 - › drop-kick
 - › rolling balls
 - › goal kicks



3 Training drill

Procedure

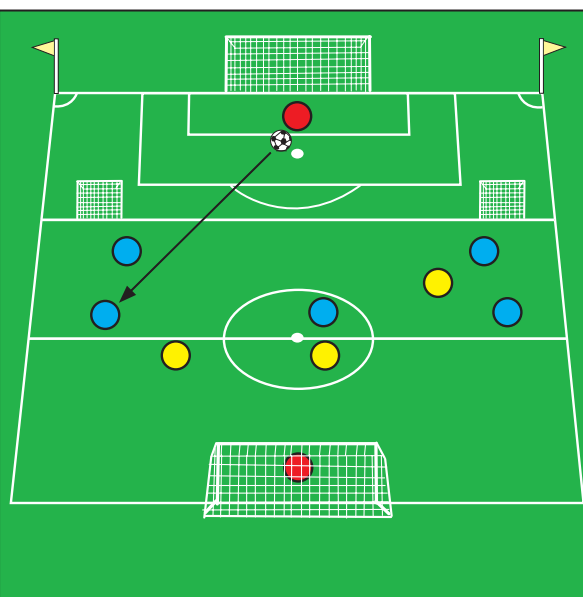
- The goalkeeper has the ball and initiates an attack for his team-mates, who are playing 5 v 3. The ball starts with the goalkeeper each time. The goalkeeper's team scores in the large goal; the other team scores in the two small goals.

Aim

- To decide who to play the ball to, and how to play it.

Variation:

- The goalkeeper can start play with:
 - › a goal kick
 - › a rolling ball
 - › a volley
 - › a drop kick
 - › throwing the ball out
 - › choosing himself how to restart play
 - › playing a ball passed to him by the coach
 - › playing a back pass



4 Training drill

Procedure

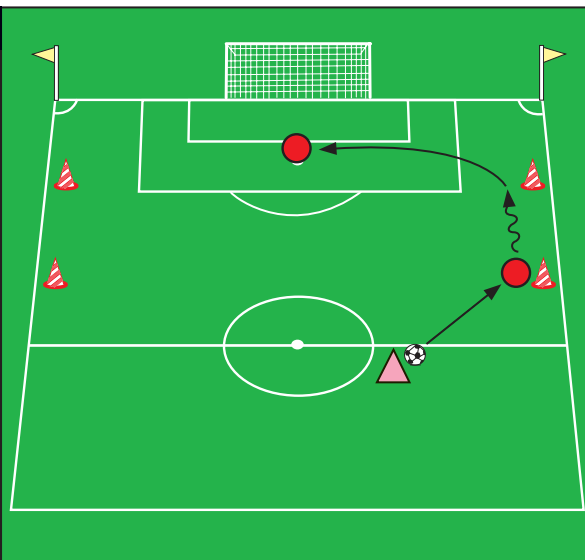
- The coach plays a back-pass to the goalkeeper, who receives it and then plays it to another goalkeeper.

Aim

- Receiving the ball and playing it out.

Variation

- The ball played to the goalkeeper by the coach can be:
 - › easy
 - › difficult
- The distance can be varied.
- The ball can be played from different positions on the pitch.
- The ball can be played in from both flanks.



5 Training drill

Procedure

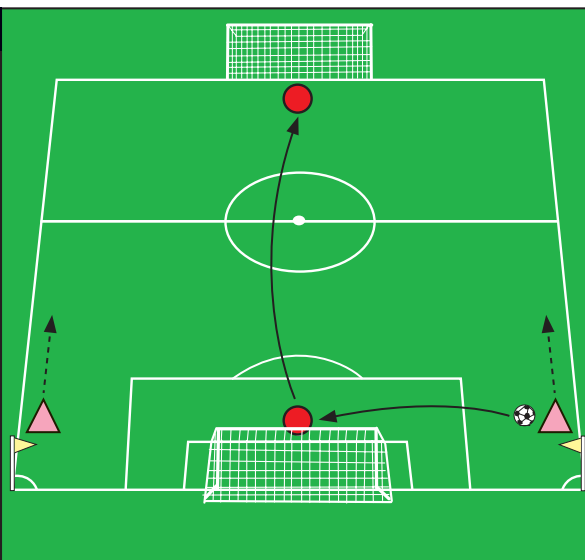
- The coach (or another goalkeeper) plays the ball to a goalkeeper, who then receives it and plays it towards a goal.

Aim

- Receiving and playing the ball.

Variation:

- The goalkeeper can play the ball in as many ways as he chooses:
 - › using every type of kick
 - › using every type of throw
 - › from different positions in front of his goal



6 Training drill

Procedure

- The coach plays a ball to the goalkeeper, who then plays it over another goalkeeper in the goal.

Aim

- Receiving / playing the ball.
- Driving the ball hard:
 - › Choice of technical move

Variation

- Playing the ball
- With the hands.
- With the feet.

Receiving balls

- Driven with force.
- Lofted balls.
- Back passes.

Waiting goalkeeper

- Close to the goal.
- Further from the goal:
 - › should he try to intercept the first ball?

