

Program: Coaching	The ABCs of Coaching The Goalkeeper	
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The ABCs of Coaching the Goalkeeper
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Identifier	
Revision	Original
Effective Date	October 20 2012
Class Length	1 hour 15 minutes

Change Summary	
November, 2013	Reviewed for 2014 AYSO EXPO
October 2014	Updated for 2015 AYSO Expo

## **1. Description**

In AYSO, goalkeepers are introduced in the game at U-10. Goalkeeping is an important position in soccer. It takes a special kind of player to be confident and successful at this position. However, by learning the fundamentals and strategies of keeping, many of your players will enjoy this role. Because of the uniqueness of the position and the lack of knowledge and confidence by coaches, coaching keepers is often neglected. This session introduces what your keepers need to know to play the game well.

## **2. Learning Objectives**

This session is prepares coaches to provide effective, quality instruction and player development in coaching the goalkeeper at U-10 and above.

## **3. Instructor Requirements**

Advanced Coach Instructor

## **4. Skills Acquired**

Coaches who attend will gain an understanding of the essentials of coaching the goalkeeper.

## **5. Prerequisites**

None. Recommended for U-10 coaches and higher.

## **6. Materials**

- Lesson Plan
- Power Point
- Flip chart and markers
- Course Evaluation forms
- Videos embedded in the presentation (review the videos and ensure that they launch correctly on your computer in slideshow mode before the presentation)

## **7. Equipment**

Laptop computer, LCD projector, Size 5 ball, popup goal or tall cones, keeper gloves

## **8. Special Instructor Notes**

Make this session interactive by involving participants in discussion and ideas. Use PowerPoint and videos to explain techniques .Encourage coach involvement by demonstrating techniques using coaches from the class.

## 9. Body (Lesson Procedure)

**Introduction:** Introduce yourself. Give a brief bio and certifications of instructor(s) to establish your credentials as instructor.

The least-coached position in soccer is typically the goalkeeper. A big reason for this is the lack of knowledge or experience of the coach with this position. So today, we will cover:

- Characteristics of a goalkeeper
- Basic Body Positions
- Positional Play (Angles)
- Methods of Collection
- Methods of Distribution
- Organizing the Defense

**Ask participants:** What are the characteristic of a good keeper? Write list on flipchart

- Hand/eye coordination
- Agility
- Confidence
- Judgment
- Decisive
- Courage (not crazy)
- Strength
- Quickness
- Ability to take charge and direct
- Concentration
- Vision

### **Basic Skills**

Three fundamental skills are important to your keeper's success:

1. Positional play
2. Methods of collection
3. Methods of distribution

### **Basic Body Position of the Goalkeeper: (Show video)**

The basic body position (stance) of a goalkeeper should be:

1. Body in a relaxed posture
2. Body slightly bent at the waist
3. Feet shoulder width apart while standing on the balls of the feet, not flat footed.
4. Knees slightly bent
5. Arms bent with the hands at waist height, with the palms facing out and fingers extended.

## **Order of Training**

Goalkeeper skills should be taught in this order:

1. Positional play
2. Methods of collection
3. Methods of distribution

## **Positional Play**

Just like field players, the keeper must have an understanding of positional play. A strong knowledge of positioning helps make the keeper's job easier and success greater.

**Ask participants:** Where do most shots actually go in youth soccer matches? (Directly at the keeper, or wide/high of goal)

Even in upper division matches, how many times have you watched a game where almost every shot went either straight at the keeper's hands or missed the goal completely? Why? The shooter is forced to take a bad shot because the goalkeeper has assumed a sound keeping location (position).

In coaching the field players, we encourage players to avoid straight lines and to play in "triangles". This especially applies to goalkeepers. Two points of the triangle are static and the 3rd is constantly moving. What are the 3 points?

- Both goalposts (do not move)
- The ball (constantly moves)

## **Tip to Illustrate Positional Strategy**

You could demonstrate this triangle using chalkboards or flip charts, but the best way for keepers to grasp and understand this concept is to use brightly colored contractor's twine.

Tie the ends of approximately 40' of the twine to both goalposts. The third point is formed by the ball. The coach moves from side to side to alter the angle of attack.

The goalkeeper moves within the triangle to narrow the angle of the shooter and to minimize the view of the goal to the shooter. So that goalkeepers can see the objective of narrowing angle play, they should be allowed to watch from a position behind the ball.

While moving across the goal box to narrow angles, keepers should shuffle their feet, not cross them over. This allows the keeper to keep as much of the body square to the ball as possible, thus creating a better opportunity for shot stopping. It also prevents the possibility of tripping while moving across the goal box.

Show angles (far post, near post,). Show footwork (no crossing the feet). The goalkeeper's feet should be firmly planted on the balls of the feet at the moment of impact of the ball by the shooter.

This technique clearly illustrates why a keeper should "come out" in 1v1 situations.

## **Methods of Collection**

### **Hand positions—W, M, Contour**

Start with the hands in a comfortable position, about halfway up or down. The keeper should use the same starting position all the time.

With young players, often the ball is too large for their hands. If they try to catch the ball, it will slip through their hands and into the goal.

You may find it useful to teach players the concept of hand position using the “W” for high balls and the “M” for balls below the waist (demonstrate).

Current keeper training courses have begun using the term “contour catch.” This helps players understand that their hands should not be separate in a way that allows the ball to slip through, but should match the contour of the ball. To do this, form a triangle by touching thumbs and touching index fingers for balls mid-chest and higher.

### **Ground balls**

Coach your keepers to:

- Bend at the waist to scoop up low balls keeping their legs together
- Another method is to go to one knee
- Always keep their eyes on the ball as it approaches
- Hands form the “M”
- Let the ball run over the hand and up the arms
- Gather the ball to the chest
- Stand up straight
- Put the ball away

### **High balls**

Coach your keepers to:

- Extend the arms and use hands to take speed off ball.
- Use the “W” or contour, hands extended
- As the ball hits, bend elbows to cushion the force of the shot
- Put the ball away

### **Waist-high balls**

Coach your keepers to:

- Catch against the body
- Catch the ball as it comes into the body
- Let the body collapse to take the force away
- Use the arms to make a pocket, have the keeper not try to catch it with their hands.
- Put the ball away.

## **Methods of Distribution: (Show video)**

## **Coach your keepers to restart methodically to maintain possession for your team:**

Punt the ball

Volley

Half-Volley

Throw the ball

Overhead

Roll it (bowl)

Sling it

### **Organizing the Defense:**

- Goalkeeper communication with defenders:
  - Precise – not confusing
  - Should be loud, calm, clear and concise
- Develop a glossary of terms understood by all teammates
- Don't be a "cheerleader" as defenders will tune keeper out
- Don't yell at teammates when they make a mistake

### **Summary:**

In the last hour or so we have covered:

1. Goalkeeper characteristics
2. Basic Body Position of the Goalkeeper
3. Positional Play (Angles)
4. Collection
5. Distribution
6. Organizing the Defense

From the psychological and physical standpoints, the keeper occupies what may be the most difficult and important of all team positions.

Topflight goalkeeper combine a proper approach to the game with outstanding physical ability. But, remember you are working with new goalkeepers. Take your time and be patient, they will make mistakes but they will learn from their mistakes. It is up to you coach; teach them to be keepers not goalies.

### **10. Conclusion (Closure)**

Questions and Answers

### **11. Confirmation (Testing, Assessment, Evaluation)**

None

### **12. Bridge (Transition)**

None