

Goalkeeper Curriculum Tips



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READY **POSITION**

Rule Number 1: If you are scared of the ball, play another position, or go play for the Slovenian national team. (Look at this keeper turn his shoulders and duck away. Do not replicate this).



Instead, be like this six year old, who has a perfect ready stance:



TIPS FOR THE READY POSITION:

1. Find appropriate width for your body type—being too narrow or too wide can limit your explosion.
2. Keep shoulders slightly forward.
3. Hands in front of body; carried about mid-chest—fingers ahead.
4. Heels slightly raised.
5. Tension in calf muscle—nowhere else.
6. Feet should be parallel.
7. Work on setting out of forward, backwards, sideways, and even diagonal (or arc) footwork.

W-CATCH



1. Elbows tight.
2. Hands in front of body.
3. Hands on top of ball.
4. First contact with fingers.
5. Hands stay relaxed!!!

BASKET / **SMOTHERS**

DON'T DO THIS:



INSTEAD, DO THIS:



Arms underneath ball; “one sound” pins ball to chest

FOOTWORK



1. Footwork gets the body behind the ball.
2. Challenge yourself to make more saves moving your feet. If you can cover more ground this way, it will enhance your diving range, too.
3. Use cross-over steps to cover long distances; shuffle steps otherwise; drop-step if chipped.
4. DO NOT TURN THE SHOULDERS WHEN MOVING Laterally.
5. Push off the ground forcefully when moving; use these drills to improve explosiveness:

Footwork Drills:

Set up 10 cones in a line:

Jumps:

2 foot for speed

2 foot for height; stopping in between

2 foot for height and speed--no stopping

1 foot for speed

1 foot for height

1 foot for height and speed

Forward two, back 1

One leg kneeling, drive opposite leg on jump, land on jumping leg, squat, repeat.

All of the above can be done sideways or straight ahead. (Be sure to jump off the nearest leg to the cone on one leg sideways jumps).

Shuffles:

Slalom side to side while facing forward

2 steps between cones, sideways (push off the back leg, lift the front leg)

Cross-over steps between cones

Face cones sideways on, move back, then forward, all the way through

Backwards slalom shuffle (open the hips to turn the body)

Skips:

Forward, low for speed

Forward for height

Forward to cover distance

Side Skip

Cross-over skip

In goal: Start on post; cross-steps along the goal line to middle; get set; then advance three yards forward; get set; now shuffle step back toward the same post; drop step and retreat to post; repeat from other side.

In goal: Arc shuffles; start at post, arc out towards middle and arc around to other post.

In goal: Start at post, sprint straight to top of 6 yard box, drop step and cross step to other post, sprint to six on that side; drop step and cross to other post. Work other side.

4 cone drill: Stand in the middle of 4 cones set up like a diamond. Move to any cone, and then set back in the middle. Work on setting and moving in all directions. Look for explosive first step with no "false step."

LOW DIVING



1. Step forward, but not too far forward (heel in line with the other toe).
2. Don't turn shoulder on last step.
3. Keep hands in front of feet on last step.
4. Low hand slides down and then across (first thing to ball).
5. One hand on top, one behind on catch.

HIGH DIVING



1. Step slightly forward.
2. Jump off of leg nearest to ball.
3. DRIVE opposite leg up and across.
4. Drive opposite arm over the head.
5. Avoid twisting the shoulders.
6. Ball hits the ground first—one hand behind, one on top.

BREAKAWAYS

1. Close ground on big touches.
2. Remain balanced with feet parallel when forward is in a position to shoot.
3. Don't leave your feet too soon; utilize stalking technique until you can win the ball:



4. On 50-50 balls, use the “claw” technique and make your body as long as possible.
5. If you do leave the ground, get the hands to the ball first...avoid leading with the legs (or worse, the head).



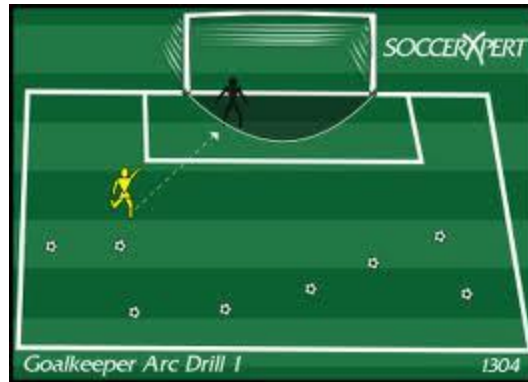
Above all else, BE COURAGEOUS!!

CROSSES



1. Use a starting stance that leaves you 45 degrees open to the field; don't hug the line, either.
2. Avoid running forward without assessing the flight of the ball—stay sideways on and chop the feet (or cross-step) until you recognize its path.
3. On lofted serves, use the J run so you can catch the ball coming forward, at a high point, with momentum.
4. Bring up the leg facing the forward in order to protect yourself.
5. Just as with shots, you can take a small hop just before the ball is struck.

POSITIONING



1. Make sure you don't get beat to the near post.
2. Square the shoulders to the shooter / ball in middle of chest.
3. Move along your 'angle arc' when shuffling before a shot.
4. The highest part of the arc is when you are in the middle of the goal.
5. Don't be afraid to steal a few steps off the line when shooters are in a central position.
6. When the ball is well outside the penalty area, proper positioning requires you to step further up the field to assist the defenders.

PUNTING



1. Try to drop the ball with the opposite arm from your kicking leg—this will enable some hip torque to develop and will enhance power.
2. Don't toss too high in the air.
3. Get the knee bent back as the ball is in the air.
4. Strike the ball on the laces (juggle to practice).
5. Strike the ball just as it drops below knee height.
6. Keep head down when striking.
7. Remember to follow through and land on the kicking leg.

GOAL KICKS



1. Lock the ankle; you will strike the ball along the inner part of the laces, getting the hard part of the instep bone onto the bottom of the ball.
2. This will require rotating the foot so that the toe is pointed down and to the side.
3. Starting your run from the side, planting a full step to the side of the ball and leaning away (and slightly back) from the ball slightly will help.
4. Keeping the arm on the non-kicking side up is also beneficial for maintaining balance.
5. Follow through can either be straight ahead, or low and across the body (whatever creates the right combination of backspin and distance).

THROWS

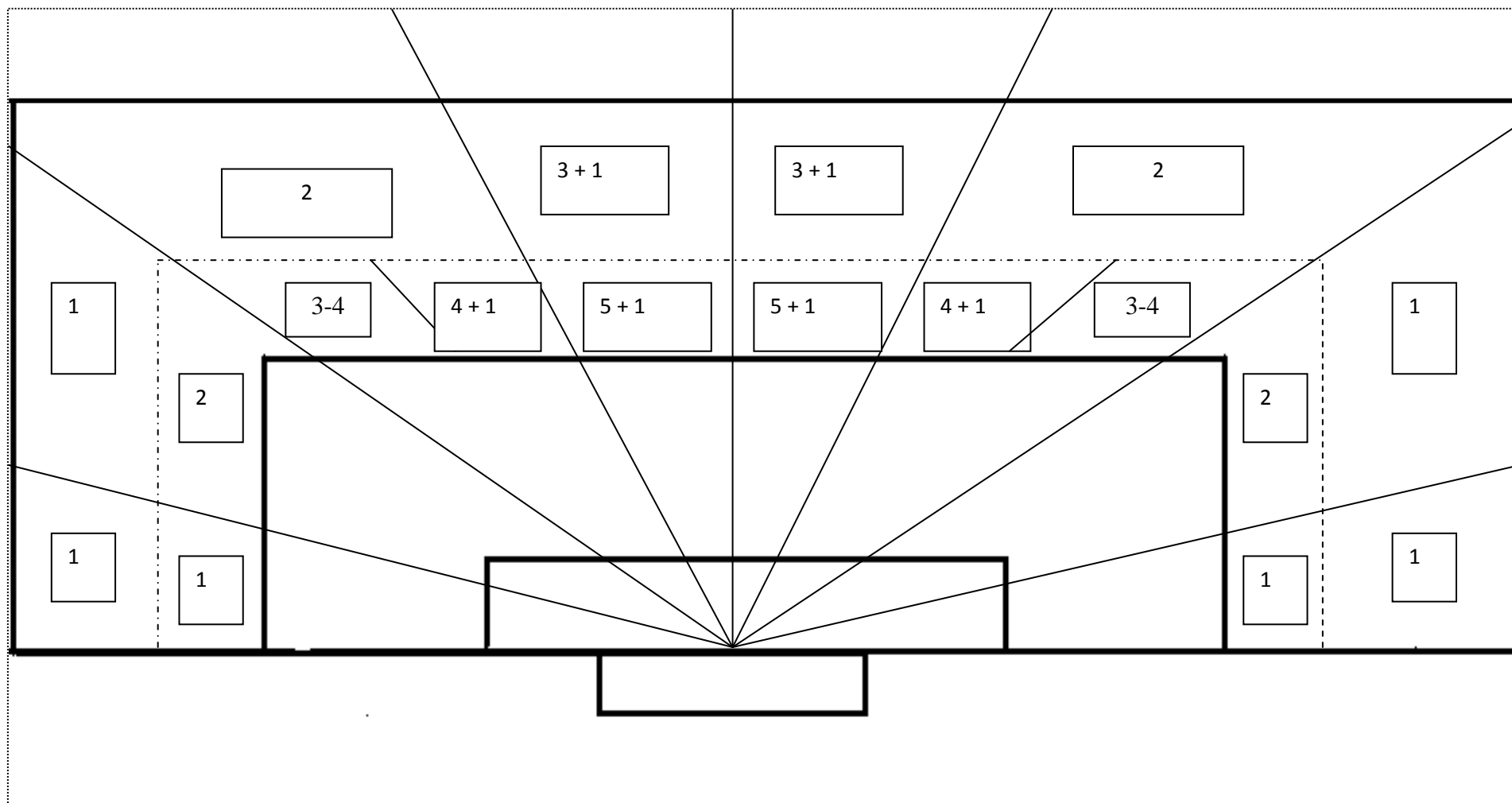


1. You may need to cup the ball against your forearm more than Peter Shilton does in this picture (and don't wear an outfit like this today).
2. The front arm points at the target, and then twists to the side to drive the back arm through.
3. Keep the throwing arm / elbow straight.
4. Throwing arm should brush past the ear, or just to the side of it; don't come too much from side.
5. Transfer weight from back leg to front leg.
6. Try to lead players into space—ball on ground.

COMMUNICATION



1. Demand the most out of your teammates.
2. Get defenders to “step up” to keep the other team in an offside position. That will also allow you to play further off your line.
3. Get defenders to protect the forward’s “inside shoulder” so that through balls do not spring them to the middle of the goal.
4. Get defenders to “contain” (as opposed to diving in) and to “force wide.”
5. Use “no turn” to encourage defenders to prevent forwards who receive a ball from facing you.
6. Always know who is covering your post on corner kicks, and be loud in calling out how many you want in a wall (see chart below):



----- 24 yards out

————— 30 yards out

The #'s in boxes represent how many players should be in the wall when the ball is set in that area for a set piece. The "+ 1" represents an extra player if the set play is indirect. That player will stand approx. 1-3 yards from the wall on the far post side and charge the shooter as soon as the ball is touched. The wall should be set with the tallest player covering the near post. If the set piece requires 5 or more in the wall, make sure the wall is made up of your tallest players (defenders). As the set piece play moves towards the flanks (most likely a serve) you want your defenders in the box to win the serve. Keep in mind you may want an additional player in flank pieces when the opponent places two players on the ball.