

GOALKEEPING 101

1- STANCE:

The keeper should be on the balls of his feet (not flat footed) shoulders width apart. His knees should be slightly bent, with his trunk bent slightly forward. His hands should be in a relaxed position somewhere around his waist.

There are two different stances. The only thing that really changes is hand position. The first is for shots coming from a distance, this one is called a "GUN SLINGER" stance. His hands are comfortable at his side with his elbows bent. This is the stance he spends most of his time in. The second is called the "GORILLA". His trunk is bent further forward and his arms are hanging down. This stance makes his body big and is used for point blank shots and 1v1.

The most important thing is for the keeper to find a balanced, comfortable stance.

2- FOOTWORK:

A keeper needs to shuffle his feet (not crossing them) as he moves side to side. This is a very hard concept for young keepers to learn, so it must be constantly preached to them. Untrained keepers want to turn sideways and run to the ball, thinking this is the fastest way, and by doing this they totally destroy any chance of making a good, safe, save.

3- CATCHING:

GROUND BALLS:

A- The keeper receives the ball by standing with both legs together (forming a barrier). He then bends at the waist, lowering his arms to the ground and allows the ball to roll up his hands and forearms. He finishes the save by closing his arms around the ball and safely putting it in the "bank". The "bank" is when the ball is tightly squeezed to his chest with his arms protecting it.

B- The keeper turns one knee in towards his other leg and bends it; not allowing the knee to touch the ground. At the same time he is doing this he bends at the waist and extends his arms straight down toward the ground. He then allows the ball to roll up his hands and forearms, finishing with it safely in the bank.

C- Is a forward dive. That can be covered after they have mastered A and B.

Keys- Shuffle quickly to get yourself into a good position to receive the ball. ALWAYS, let me repeat; ALWAYS get some part of your body behind the ball. Lead with the hands and finish with the ball securely in the bank.

LOW SHOTS:

These are shots that are in the air and below the sternum. A basket catch is used for this save. Body is behind the ball. The keeper bends forward, extending his hands and arms outward to meet the ball. His hands are to form a reverse "W", with the pinkies almost touching. The ball again rolls up the hands and forearms, and is put safely into the bank. When done properly you will hear 3 distinctive slaps,

hands, forearms, and bank. Again lead with the hands, extend the fingers like tentacles to meet the ball.

MID RANGE SHOTS:

These are shots chest to face high. These shots are caught in the traditional “W”. Body behind the ball, with his arms extending outward, and the hands forming a “W”. The keeper leads with the hands to meet the ball and his arms are bent (never straight) to absorb the pace of the ball. The catch is finished by putting the ball in the “bank”.

HIGH SHOTS;

This will be taught after all of the above are mastered.

4- LOOSE BALLS IN THE BOX (NO PRESSURE):

The keeper is to meet the ball with one foot directly next to it and the other leg is directly behind it, bent at the knee. He leads with the hands and scoops the ball up and puts it in the bank.

5- PUNTING:

The ball is dropped from the opposite hand of the foot he kicks with. This allows him to open up his body and get all of it into the kick. His ankle is locked and he is to meet the ball, with the laces of his cleat, at about knee high. He is to drive through the ball and land on his kicking foot. Generally he should try to put the ball into the channels to the right or left of the center of the field.

