

Goalkeeper Training

1) Goal Keeper Stance

- Relaxed
- Bouncing
- Bounces forward towards shot
- On balls of feet
- Weight Forward
- Eyes Focused on the ball
- Hands at mid-level

2) Goalkeeper Footwork – Feet Shuffle and Mini-Shuffle

Drills for 2 keepers - Standing

- 1) Toss back in forth (moving side to side)
Shuffle Step (Low and High)
- 2) Cross over steps (drop high and low)
- 3) Quick mini shuffle (reach & secure) stand up
- 4) Quick mini shuffle (reach & secure) diving

3) Basic Catching Technique

- **Basic Catch or Basket Catch**

- 1) Toss Up & allow it to hit the ground & secure **(By himself)**
- 2) **Coach** tosses ball into chest up close **(1 keeper)**
- 3) **Coach** tosses ball on bounce & secure **(2 keepers)**

- **Contour “W” catch**

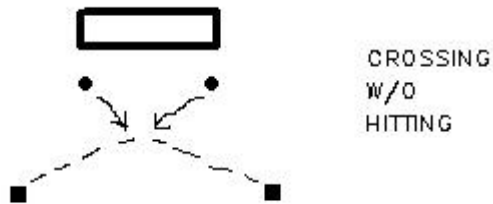
- 1) Keeper bounces with fist & secure **(By himself)**
- 2) **Coach** tosses ball straight & secure
- 3) While keeper is sitting, **Coach** tosses straight & secure
- 4) While keeper is sitting, **Coach** tosses on one bounce & secure

- **Side Contour Catch**

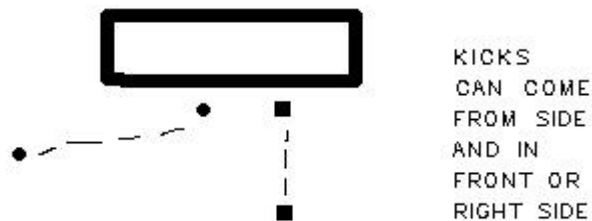
- 1) Keeper Bounces ball & grabs it in a side bounce **(By himself)**
- 2) **Coach** has a ball in each hand and keeper grabs in as **Coach** releases ball back and forth
- 3) **Coach** has a ball in each hand using **(2 keepers)** switching in & out catching the ball standing
- 4) **Same drill only Keepers are falling and securing ball**
- 5) **Coach** at penalty area shooting, keepers alternating putting all the effort altogether
- 6) **Coach** on penalty spot, keeper lying down & has to pop-up & make the save
- 7) **Coach** up close punches the ball to the keeper who makes the save standing up. **Fast Repetition Drill**

- **High Contour Save**

- 1) **Coach** is holding the ball up high above his head & keeper comes in and grabs it.
- 2) **Group of keepers** is tossing the ball up (like volleyball) & catching it in a High Contour Save, constant rotation **yelling KEEPER!**
- 3) **2 keepers** in Criss-Cross drill



- 4) **Coach** is kicking the ball from side with the keeper catching and rotating, can do **2 keepers** at once from both sides.



4) Basic Catching Technique - Related Techniques

- **Front Smother**

- 1) Dead Ball - Goalie dived forward & smothers ball
- 2) **Coach** kicks the ball - Goalie dived forward & smothers ball

- **Boxing**

- 1) **Keepers** by themselves juggles the ball with there fists
- 2) **Keepers** juggle the ball in a group with there fists
- 3) **Keepers** juggling in a group after hitting ball, lie down and bounce back up
- 4) Crosses from sides & keepers box out

- **Tipping**

- 1) **Keepers** by themselves juggling the ball with their fingers
- 2) **Keepers** in a group juggle the ball with their fingers
- 3) Coach tosses the ball & keeper pushes ball over cross bar
- 4) Coach tosses the ball while keeper lies down and pushes ball over cross bar

- **Breakaway Save**

- 1) Dead Ball - **Keeper** goes & dives forward through the ball by themselves
- 2) **2 Keepers** going back and forth switching
- 3) **2 or 3 keepers** with 6 balls on floor alternating
- 4) Coach tosses ball up and another **Keeper** jumps over the keeper making the save

- **Collapse Dive Save**

- 1) **Keeper** goes and dives forward in a side contour save with the ball by themselves.
- 2) **2 Keepers** lying down start tossing the ball up to make the save, juggling and diving for the ball.
- 3) **1 Keeper**, self serve, tosses ball back and forth, left and right in a side contour dive.
- 4) **3 Keepers**, alternating as the **Coach** tosses them the ball to make a diving save.

- **Ball Line**

- 1) This definition means the **Keeper** is in a Straight Line with the Ball before its travel.

- **Vertical Positioning**

- **Hand Distribution**

- 1) Sling Throw
- 2) The “Underhand” Bowl
- 3) Baseball Side Arm Throw
- 4) 3 v 3 or 2 v 2 Drill Game or Keep Away. Set up a small grid area with small goals, and the game is to score on each other using the Sling Throw, Bowl Throw, or Baseball Side Arm throw.

- **Foot Distribution**

- 1) Goal Kick – Against a Net. Then practice back and Forth to Keepers on each side of discs about 30 yards away. Keep score for good kicks.
- 2) Punt– Against a Net. Then practice back and Forth to Keepers on each side of discs about 30 yards away. Keep score for good kicks.
- 3) Drop Kick– Against a Net. Then practice back and Forth to Keepers on each side of discs about 30 yards away. Keep score for good kicks.

- **Back Pass Play** – Practice with players heading the ball back, **Keepers** kicking the ball up on a pass back, and coming forward to cover the ball.

4) The diving progression

5) Basic Positioning

6) Hand & Foot Distribution

7) Back Pass Organization

8) The Psychology of Goalkeepers