

SPIKE'S GOALKEEPING

POINTS TO REMEMBER

Set Position -Make sure that you are set when the ball is struck towards the goal.

Positioning -Be aware of your location in the goal area in relation to where the ball is.

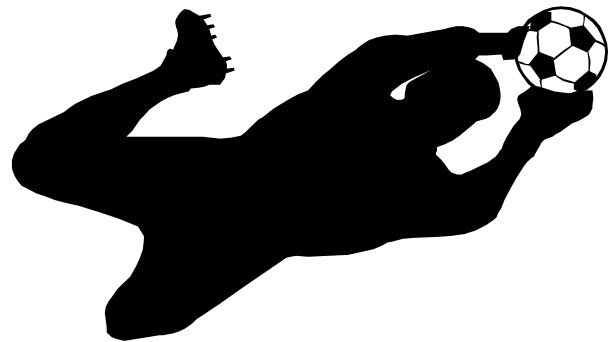
Short-sided goal -It is your primary responsibility to cover this.

Contour Catch -Practice your catching techniques so this is second nature. Hands should be at a 45 degree angle on balls above your head.

Relax -The game does not pivot on your performance. You're not the only player out there.

Players

"Go out there and have fun", "Relax", "Remember to blah, blah, blah". How many times have you heard that before a game? From your Coaches, Trainers, Parents, Teammates, or even your friends. Once you're on the field it all changes. Now it's, "You need to do this" or "Why didn't you do this" or "How could you of done that". It's tough out there, and it seems like you're all alone with everyone yelling at you. What you need to do is focus on what you are doing correctly, correcting your



mistakes, and only listening for the cheers, and compliments. They are out there, but we seem to only focus on the negative things. Generally, keepers know they made a mistake right away or realize it after the game. Sometimes it's because you haven't

been trained, or you just messed up. Everyone makes mistakes, its how you recover from them and continue on that makes you a better GK. The idea here is to keep your head in the game no matter what others may say to you. You're out there not them.

Coaches

How many times have you reflected back after a game to realize that you probably shouldn't have said something, or maybe you could have said something in a nicer

tone to player? A lot of times you are considered all knowing by the player, even if you're not. If you're not coaching your keeper on how to react to situations in the goal,

how can you expect them to know what they need to do? Kids are like sponges, but without training they have

The art of Goalkeeping

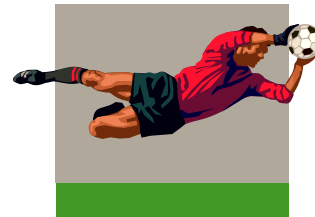
Coaches

nothing to absorb. We as coaches and trainers need to be proactive on how we treat our goal keepers.

We can't expect them to do what is required of them if they haven't trained, practiced, or used the skills needed to perform their job as a GK. What they do at practice is

what they will do in the game. Just shooting on the goal keeper does not constitute training.

Search for drills, talk to others, or contact me for other resources. In the long run improving your GK will improve your entire team.



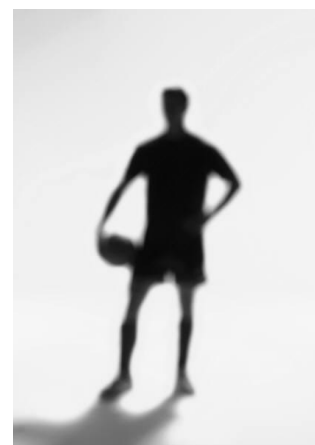
"If you're a goalkeeper, it doesn't matter what you save the ball with-if you keep it out, it's not a goal."

Parents

I've learned a few things over the years with my own kids as a coach, and I would like to give you a small piece of advice that I acquired from a seasoned dad/coach. I found this to work very well. Twenty-four hours **before and after** a game, I keep my criticisms, comments, and suggestions to myself. I don't even bring up anything to do with the game. At times they will bring it up, but still I keep my thoughts to myself and just provide positive non-suggestive comments. Like, "Dad, I really blew that goal, I was way out of

position". My response is "I guess you learned something", or "should I have been on my knees when I tried to stop it?" I say, "whatever works best for you". The keeper realizes that a mistake was made, they don't need to relive it again. They just need to know that you are still proud of them. Later I guarantee that the topic will come up again and you can make the corrections to prevent the same mistake. There is a process to learning, and self evaluating is a large part of it. This takes

time with the younger ones, so don't drill them as soon as they're in the car. Let them think about for awhile.



The art of Goalkeeping

Player's point of view

I have been a goal keeper for about 7 years now. I have been in AYSO, all-stars, tournament, club, and played a bit in high school. There are a few things that I think coaches, parents, and fellow keepers should realize. Many people don't understand how difficult the goal keeper position is. It is not just standing there. It takes great skill and like any other player there will be mistakes. Sometimes coaches,

parents, and others on the sidelines yell at GKs. It is not the keeper's fault. Try to keep it positive. When I am being yelled at it is hard for me to keep my head in the game. I feel like I am at fault for a goal or losing the game. Tell your keepers it is okay and that they tried hard. Saying positive things helps us intensely. Then after the game my parents make me relive my mistakes. They tell me what to do but it isn't

always what my coach wants. It's frustrating because I want to please my parents but I need to listen to my coach. Parents make sure you aren't going against the coach's orders. Keepers don't take all the blame. There are other players that let the ball get to you. It is NOT all your fault so don't beat yourselves up. Just have fun playing the game you love!

By: youth goal keeper



Player Tips

There are many methods to defending the goal on a penalty kick. Here is one tip that can help you. First of all, as a keeper you want to concentrate on the ball and not the upper body of the player. As the player plants their foot next to the ball just before they kick it, you want to look at the direction that the planted foot is pointed. A lot of times the kicker will kick the ball in that

direction. There are skilled players that will kick the ball in a different direction, but their accuracy will be hindered by such a move. If you're able to deflect the shot, get the ball cleared out of your area asap, and get your team cleared out too. This will give you more room in your area to protect the goal for another shot and may create an offside situation

for the attackers lingering around the goal area.

Just remember that the shooter has the advantage in this situation, they have about an 80% chance of making it, leaving you with only a 20% chance of stopping the shot. So don't get down on yourself if you're not able to stop the shot on a PK.

*"Fail to prepare,
prepare to fail."*

By Pele

Laws of the game for Goalkeepers

There are four offenses in Law 12 specifically aimed at the goalkeeper. An indirect free kick is awarded to the opposing team if the keeper, in the penalty area, commits one of the following:

- Takes more than six seconds, after controlling the ball with the hands, to release the ball into play.

Six seconds is not hard and fast; referees are instructed not to count or signal publicly, and first offenses are usually given verbal warnings. But six seconds is plenty of time to settle the ball, jog up to the edge of the penalty area and find an outlet. During this six seconds, the goalkeeper can move anywhere in their penalty area. Don't get caught by this Law - instead, use it as a reason to work on quick distribution to start the counterattack.

- Touches the ball again with the hands after releasing it into play, before the ball has been touched by another player.

Bouncing or softly tossing and catching the ball are not considered "releasing the ball into play", but why even risk it? Bouncing the soccer ball is a holdover from olden days where a goalkeeper was able to move in the penalty area if they bounced the ball (similar to a basketball dribble). That rule no longer applies, so once the keeper has the ball safely in their hands, they should hang on to it until they are ready to deliver it downfield.

- Touches the ball with the hands "*after it has been deliberately kicked to him by a teammate*".

The italicized above is a direct quote from the FIFA Laws, and is often misunderstood. Remember the intent of the Law, which is to prevent time wasting by the defense. As such, only a deliberate kick by a teammate, either to the goalkeeper or to a place where the goalkeeper can safely pick the ball up, should be penalized. An accidental deflection off a defender's foot, or a missed clearance that falls to the goalkeeper should not be penalized.

But as always, "deliberate" is in the opinion of the referee. So if in doubt, don't pick the ball up - **unless** the ball is at risk of going into the net if you don't use your hands! In that case, better to concede an indirect free kick than a goal.

- Touches the ball with the hands directly from a throw-in from a teammate.

The goalkeeper may still be used as a target for a throw-in, but they must handle the ball with their feet like any other player.