

GOALKEEPING

Guam Football Association Goalkeeping Coaching Handbook



The GFA Goalkeeping Coaching Handbook is for goalkeeper coaches within GFA's recreational youth football league. As a goalkeeping coach you are at the foundation in developing Guam's young goalkeepers.

The goalkeeper position in youth football on Guam is introduced in the U10 division, allowing coaches to create a learning environment for their players when playing the position as the goalkeeper. Playing the position in a game and emphasizing fun, will allow players to discover one's (im)possibilities is a more natural way to develop their hand-eye coordination. "Who wants to be a goalkeeper?"



Football is now faster and more fluid and the goalkeeper's individual technique must be on par with that of the outfield players. Goalkeeper coaches must develop modern goalkeepers and the best way to do that is by selecting goalkeepers after the golden age and not to identify them as a goalkeeper when they are at the golden age (U10). This will provide the young goalkeepers a better understanding of football techniques and skill, various playing positions and team play.

Goalkeeper coaches will be provided with the basic knowledge to coach goalkeeper techniques, basic handling, footwork, coordination, and other key topics relative to youth goalkeeping development.

The goalkeeper should be a good football player!

The Role of the Goalkeeper Coach

The goalkeeping coach is a specialist in a coaching team, and must have knowledge in the position of the Goalkeeper. In **player development**, the goalkeeping coach must address the following in:

Technically

- To observe and diagnose key faults.
- To set up realistic practices to help eliminate these faults.
- To understand the needs and demands of the goalkeeper(s)
- To set up relevant coaching program.
- To BALANCE: Fun | Enjoyment | Encouragement
- To have a ratio of: Coaching | Practicing | Playing

Tactically

- Liaise with group coaches with regard to defensive and attacking strategies.
- Ensure that the goalkeepers understand these strategies.
- Ensure that the goalkeeper is involved in team practices, as this helps in the “Decision Making Process”.
- Involvement in coaching the goalkeeper within these practical sessions.

Physically: Goalkeeping Specific

Liaise with the fitness coach on all aspects of the goalkeeper's physical development.

- Stretching
- Flexibility and mobility
- Balance and coordination
- Agility
- Speed / Reactions
- Strength

Physiologically

- Liaise with the club physiotherapist / physiologists as to the potential growth of the goalkeepers
- Regularly monitor the heights and weights of the club goalkeepers.
- Physically developing
- Injury Prevention. I.e. Growth spurts etc.

Psychologically

The following aspect need to be addressed:

- Building of confidence
- Improving concentration
- Dealing with competition
- Dealing with mistakes
- Dealing with criticism
- The use of "Goal Setting"
- The use of "Imagery"

Qualities of the Goalkeeper Coach

- Knowledge of the role.
- Understand how goalkeepers learn.
- Plan, prepares, conducts and evaluates coaching sessions.
- Good observation skills.
- Diagnose key faults.
- The ability to demonstrate – credibility!
- Good coaching manner.
- Various and relevant coaching style.
- Ability to inspire and motivate.
- Organized! Reliable! Enthusiastic!



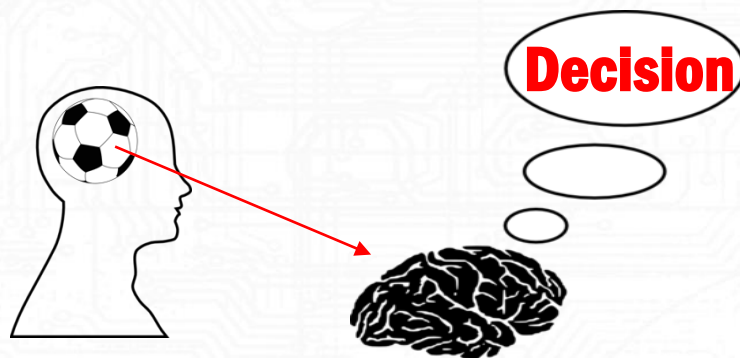
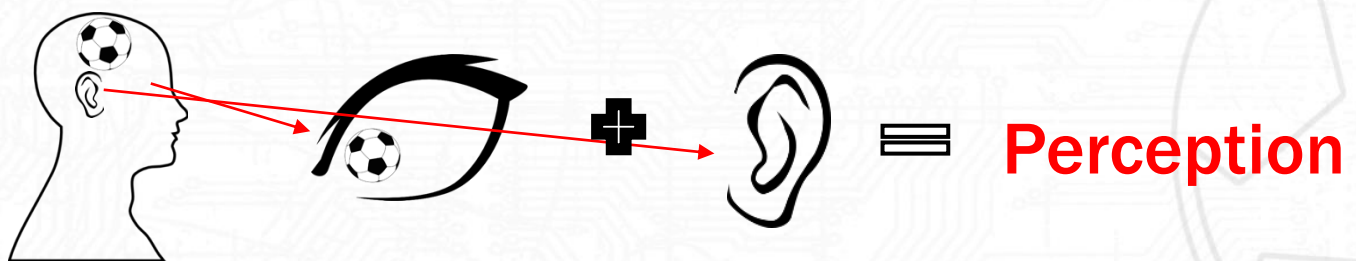
The Coaching Process of an Intervention

1. Identify the problem
 - a. Stop the practice as soon as you have identified the problem.
 - b. Keep all the players and the ball in the same position.
2. Explanation (Describe what you want to happen)
 - a. A short explanation as to what the problem is.
3. Demonstration (Ensure it is a live demo)
 - a. Demonstrate to show a clear picture.
 - b. Ideally demonstrate at match tempo.
 - c. Ensure the service is the same as the goalkeeper had to deal with –
have the ball thrown for you to recreate the same service if need be.
4. GK Rehearsal (Same as original situation)
 - a. Now recreate with the goalkeeper using the same service.
 - b. Ensure all the players play “Live” when you recreate.
5. Evaluate
6. Play Live

“Football Skill”

Consistent ability to quickly select and execute the correct football action for the situation perfectly.

During a game or in training, the young goalkeeper sees the ball and hears teammates providing supportive instructions. The goalkeeper perceives what he / she will do with the ball or the situation from what he / she sees and hears. The goalkeeper makes a decision, he/she may have made the right or wrong decision during that situation. From the decision the goalkeeper had a result, and with the result the goalkeeper now gains personal experience and knowledge. When the goalkeeper is in the same situation, he / she will know what to do and begin to execute the right technique every time. The goalkeeper has begun to acquire the football skill for the technique used.



EXECUTION!!





Counter-attack

- Distribution
- Chase the game
- Support position in relation to play

DF to AT

Prevent Goals

- Preparing for the ball.
- Movement to the ball.
- Dealing with the ball.

DF

Score Goals

- Distribution
- Chases the game.
- Support the team.

AT

AT to DF

Counter the Counter

- Communication
- Play a high line

Goalkeeper Objectives in
the 4 Main Moments



The Art of Goalkeeping

Set Position

Keep the head still and keep "the nose in front of the toes".

The body weight needs to be slightly forward.

The elbows need to be narrow with the chest facing the ball.

The knees need to be slightly flexed with the hips square to the ball.

The hands need to be in front of the bodyline, thumbs up. "Prepare the hands early"

The feet should be approximately shoulder width apart.

The weight should be on the front half of the feet ensuring a balanced position.





The Art of Goalkeeping

Scoop Technique

Keep the head still and the eyes focused on the ball.

Bring the shoulders forward over the hands.

The elbows need to be slightly flexed to cushion the impact of the ball.

Collapse at the knees to the 'K' position.

As the palms make contact with the ball, scoop the ball into the chest whilst bringing the bodyweight forward and if required "Complete the save"

Soft hands – Strong wrists"

Open the palms up to face the ball with the fingers spread.

Lead with the hands, which brings the bodyweight forward.

- ⊗ "Recovery Saves" to gather the ball if the ball comes off the goalkeeper.
- ⊗ "Recovery Lines" to defend the goal if that is the better option.



The Art of Goalkeeping

Cup Technique

Keeping the chest square to the ball the hands need to be brought forward in front of the bodyline.

Whilst in a balanced “Set Position”, the footwork may need to be adjusted slightly laterally as the ball travels towards the goalkeeper.

Once the ball has been struck avoid as little body movement as possible.

The elbows need to be tucked in with the palms facing up and the fingers spread towards the ball.

Soft hands – Strong wrists”

“Prepare the hands early”

On impact the ball is taken into the midriff with the palms securing the ball.

The feet now need to be planted solidly in preparation for the catch.

Common Problems: The goalkeeper jumping up as the catch is made or the goalkeepers’ bodyweight going backwards therefore, he / she is unbalanced as the catch is made.



The Art of Goalkeeping

“W” Technique

The hands are prepared with the palms facing the ball with the fingers spread and the thumbs forming the “W” shape.

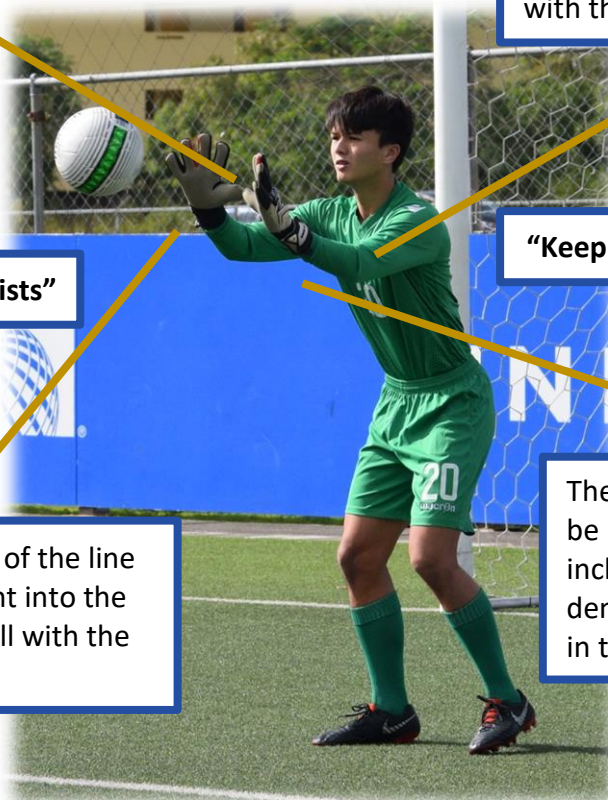
The elbows need to be slightly flexed to act as “shock absorbers” when the contact of the hands is made with the ball.

Soft hands – Strong wrists

The hands from being in front of the line of the body need to be brought into the line of the trajectory of the ball with the chest square.

“Keep the eyes on the back of the ball”

The contact with the ball needs to be made approximately “15 - 18 inches” in front of the body, as demonstrated by Alexander Stenson in the photograph.



Common Problems:

- ⊗ The goalkeepers' head is not still and the head retracts as the catch is made, thus making the goalkeeper unbalanced.
- ⊗ The goalkeepers' elbows are not flexed enough, which “flattens” the hand shape, which often leads to the ball catching the end of the goalkeepers' fingers.



The Art of Goalkeeping

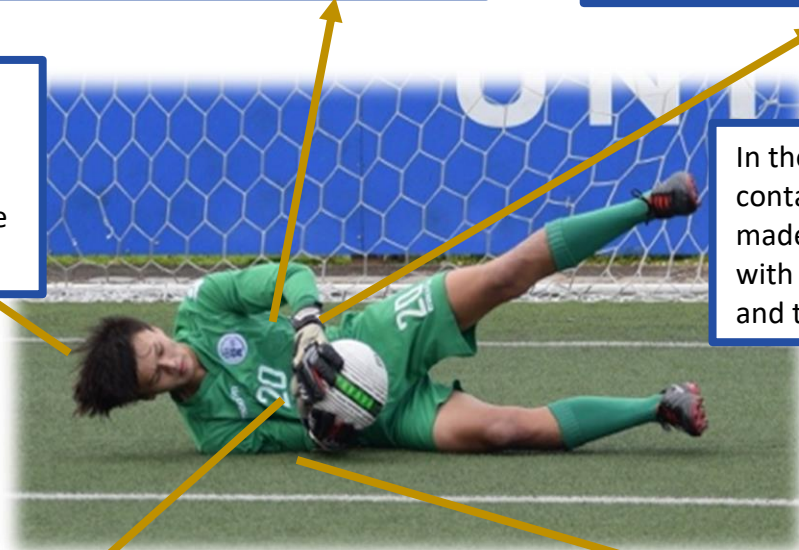
Collapsing Save

The goalkeeper needs to collapse at the knees at the same time as ensuring that the nearest or leading hand goes behind the line of the ball. (Pictured, is the example of the nearest hand or leading hand would be the right hand)

The left hand would follow the right hand ensuring that the bodyweight comes forward in preparation for contact with the ball.

The head is then placed in behind the ball with the eyes focused to ensure the ball is secured.

In the ideal situation the contact with the ball would be made in front of the body with the elbows slightly flexed and tucked in.



As pictured – The right hand goes behind the ball with the left hand securing the top – **“Soft hands – Strong wrists”**.

The bodyweight now follows naturally in behind the ball to make a second barrier.

⊗ In the event of the ball coming off the goalkeeper is there a “recovery save” or the goalkeeper making a “recovery line” to defend the goal.



The Art of Goalkeeping

Low Diving Save

Once it is determined that the ball is struck wide of the goalkeeper the decision needs to be made as to whether the goalkeeper has the opportunity to move his /her feet to get into the line of the ball. If it is not possible then this technique needs to be implemented.

The hands should be approx. ball width apart ("**Handcuffs**") with the fingers spread and move together towards the line of the ball with the fingers spread in the W formation.

As the weight is transferred to the leg, the hands and body follow.

The elbow needs to be tucked in to ensure that the ball is secured safely and to avoid injury.



By making the initial step it brings the bodyweight slightly forward in preparation to make the save.

If the ball arrives along the ground, the leading hand, in this case the right hand, needs to go behind the ball with the left hand securing it on top.

The Goalkeeper needs to "step" towards the line of the ball with the nearest foot.

With the leg slightly flexed and the bodyweight transferred onto it, the goalkeeper will now have the power to dive to his / her side whilst bringing the bodyweight forward.

- ⊗ All impact is taken on the side of the body and the shoulders.
- ⊗ The head then follows in behind the hands.
- ⊗ Deflecting to safe areas – **Strong wrists / Big palm.**
- ⊗ Recovery saves to gather the loose ball / Recovery lines to defend the goal.



The Art of Goalkeeping

High Diving Save

Once it is determined that the ball is struck wide of the goalkeeper the decision needs to be made as to whether the goalkeeper has the opportunity to move his /her feet to get into the line of the ball. If it is not possible then this technique needs to be implemented.

Hand position is the “W” technique.

The hands should be approx. ball width apart (“**Handcuffs**”)

As the weight is transferred to the leg, the hands and body follow.

Elbows are now flexed as in the photograph.

By making the initial step it brings the bodyweight slightly forward in preparation to make the save.

The eyes are focused on the ball between the flexed elbows.

The Goalkeeper needs to “step” towards the line of the ball with the nearest foot.

With the leg slightly flexed and the bodyweight transferred onto it, the goalkeeper will now have the power to dive to his / her side whilst bringing the bodyweight forward.

- ⊗ Securing the ball on impact as the body hits the floor.
- ⊗ The technique of “Deflecting” to safe areas – **Strong wrists / Big palm.**
- ⊗ The techniques of “Parrying” to safe areas.
- ⊗ Recovery saves to gather the loose ball / Recovery lines to defend the goal.



The Art of Goalkeeping

Balls over the Defense / One v One

- ⊗ Goalkeepers starting position in relation to the ball.
 - Priority 1 is to defend the goal
 - Priority 2 is to defend the space between the goalkeeper and the defenders.
- ⊗ Is there pressure on the ball?
- ⊗ The goalkeepers' stance in anticipation of the through ball – being on the front foot.
- ⊗ Assessment of the through ball – Advance or defend the goal?
- ⊗ If the decision is to advance – **Be Positive – Safety First – Clear the Lines.**



If staying to defend the goal.

- ⊗ Put onus on the attacker.
- ⊗ Make forward movements only when the ball is out of the attackers' feet.
- ⊗ “Delay and Stay Big”.
- ⊗ Communication – role of recovering defender.

The Techniques of “Smothering” or Diving at feet”.

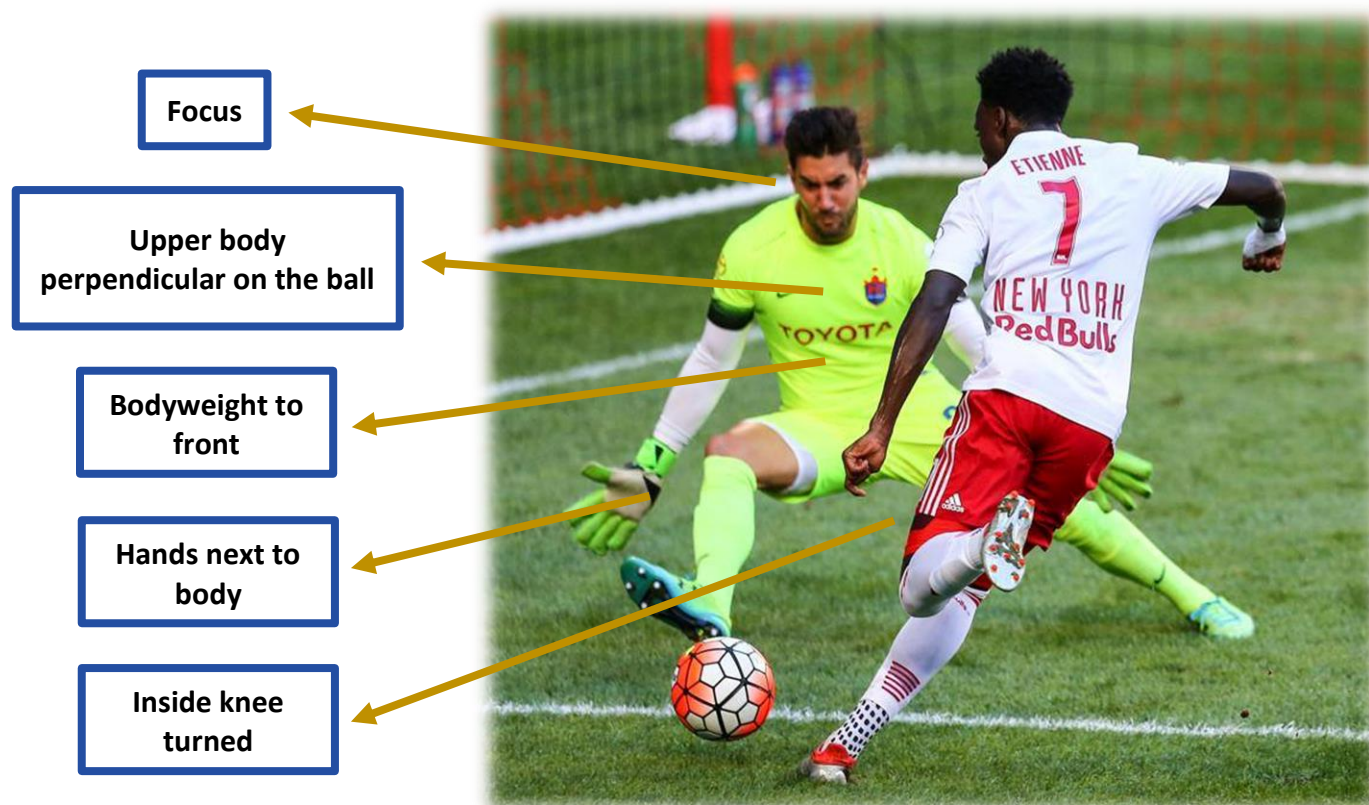
- ⊗ Lead with the hands taking the bodyweight forward.
- ⊗ Tuck the head in behind the hands.
- ⊗ Big barrier – “Physical Courage”.



The Art of Goalkeeping

Techniques of 5-point block (X-Block)

- ⊗ Focus on the ball
- ⊗ Control the situation, be patient
- ⊗ Body is perpendicular in relation to the ball
- ⊗ Bodyweight to the front
- ⊗ Hands next to body
- ⊗ Arm and hand always the lowest at the same side as bent knee
- ⊗ Inside knee turns





The Art of Goalkeeping

Dealing with Crosses

- ⊗ Goalkeepers starting position in relation to the ball.
 - Priority 1 is to defend the goal
 - Priority 2 is to defend the space between the goalkeeper and the defenders.
- ⊗ Stance and body language of the goalkeeper needs to “Positive”.
- ⊗ Assessment of the flight of the ball.
- ⊗ Decision of whether to come for the ball or let the defenders deal with it.
- ⊗ Communication of the goalkeeper’s decision – “Loud, clear, calm and concise”.



AWAY!

- ⊗ Goalkeeper recovers to defend the goal.
- ⊗ Communication to defenders – Pushing out / marking positions.

KEEPER!

- ⊗ Angle and speed of the goalkeepers’ approach – quickest and shortest route.
- ⊗ Timing and angle of the goalkeepers take off – take off inside leg if possible.
- ⊗ Technique of catching at the highest and safest point – “**elbows slightly flexed** and **see the ball into the hands**”
- ⊗ If the goalkeeper needs to punch the ball – “height, distance and width”.
- ⊗ Two fisted or one fisted – “**through the bottom and the middle of the ball**”
- ⊗ Recovery lines to defend the goal – appropriate footwork.
- ⊗ The roles of the defenders: “**Communication, Protection and Covering the goal.**”



The Art of Goalkeeping

Distribution – Throwing



Standardization of Terminology

Roll:

- ⊗ Used over short distances.
- ⊗ Lower the body, and with the arm extended roll the ball underarm at a low trajectory.
- ⊗ It ensures that the ball arrives quickly and accurately and easier to control the receiver.

Javelin:

- ⊗ Used over medium distances and very effective at getting to the receiver quickly.
- ⊗ Wide base ensures that the throw arrives with good pace.
- ⊗ Good upper body strength is needed to use this technique effectively.
- ⊗ The ball is thrown from the chest with the elbow flexed and then extended quickly.

Side-arm:

- ⊗ Often used when throwing into wide areas over longer distances.
- ⊗ Uses a wide stance with the ball travelling at a lower trajectory than the javelin throw.
- ⊗ Often used to throw to the space in front of players.

Over-arm:

- ⊗ Used to by-pass players i.e. to throw over midfield players and into the strikers.
- ⊗ Used over longer distances to exploit spaces behind and down the side of the defenders.
- ⊗ A wider stance is now needed to give you the “base” to propel the ball over long distances.
- ⊗ Lead with opposite hand and with a bowling technique release the ball at the top of the follow through.



The Art of Goalkeeping

Distribution – Passing



Standardization of Terminology

Drill

- ⊗ Used to pass the ball over distances between 20 and 40 yards.
- ⊗ The ball is drilled just off the ground arriving at the receiver below the shins.

Wedge

- ⊗ Used to by-pass players over the same distances.
- ⊗ Ideally the ball now needs to be lofted so arriving at the receiver without bouncing.

Drive

- ⊗ Used to pass the ball over longest distances e.g. passing long diagonals.
- ⊗ Goal kicks etc.

Volley

- ⊗ When the ball is thrown from the hands and struck in front of the body prior to hitting the floor.
- ⊗ Used to play over long distances but lacks accuracy.

Side-volley

- ⊗ Volleyed from outside the lone of the body similar to how an outfield player would volley the ball.
- ⊗ Goes at a flatter trajectory and easier for the receiver to control when played over the longer distances.

Half-volley

- ⊗ Delivered from the hands and the ball is struck as it “hits the floor”.
- ⊗ Often used when passing long especially when playing into a strong wind.
- ⊗ An accurate technique and the flight is true therefore easier to control for the receiver.

Dribble and Drive

- ⊗ The goalkeeper once in possession and decides to dribble the ball out of the penalty area and drive the ball over longer distances.

Fly kick

- ⊗ Playing the moving ball first time and long, as when clearing a back pass or when advancing off the line to clear a through ball played over the defense.

Practical Sessions



How do Goalkeeper's learn?

- Watching good players live or on video.
- Seeing good demonstrations.
- The coaches detailed instructions.
- Good coaching practice – structured and progressive.
- Positive and regular encouragement.
- Formal and informal discussions.
- Listening to other goalkeepers.
- Listening to other coaches.
- Having feedback on your sessions.
- Having role models.
- Correct and frequent practice.
- Results – seeing improvement in their performance.
- Being challenged – harder tasks and targets.
- Playing with and against better players.
- Making mistakes and learning from them.
- Asking questions and by reading.
- Problem solving.

The Football Coaching Process

Planning and Organizing a Training Session

- How do you plan a training session?
- What determines what you do in a training session?

Goalkeeper Coaches will need to think about the following when preparing their training sessions:

- What time do I have available?
- What are the weather conditions?
- What surface am I coaching on?
- Who am I coaching? Age | Ability | Fitness...etc.
- What topic am I coaching – What will be my progressions?
- Am I coaching an individual, a group of Goalkeepers, a unit or a team?
- What style of coaching will be most appropriate?
- How many players will I require for the session?
- Which players are required for specific roles?
- Is the session to be opposed/unopposed or conditioned?
- Do I need offside lines or target areas?
- What is the size of the coaching area I need to use?
- What area of the pitch do I need to use?
- Are there any distractions?
- What equipment do I need? Goals, balls, bibs and markers.
- Where is the best “Coaching Position” to observe the session?

The Key Factors of a Coaching Session

Goalkeeper Problem – The reason that you are doing it.

Session Objective – What are you trying to achieve?

Components of a Session – Coaching in a logical order.

Plan – The 5 W's

1. What is the problem?
2. Who are the key players involved?
3. Where on the field?
4. When does the problem occur?
5. Why does the problem occur?

Prepare – Focus on the problem.

Conduct – Use of the script.

Evaluate – Did teaching occur?

Technical Practices

Provided in the GFA Goalkeeping Coaching Handbook are a few of the technical practices to support the development of Guam's Youth Goalkeepers. They are isolated practices that work on a specific goalkeeping technique.

Note: To further develop your coaching as a Goalkeeper coach, it is recommended to take the following GFA D License Course and GFA Goalkeeping Coaching Level 1 Certification Course. Functional Practices are game related practices that work on a specific aspect of the goalkeepers' performance and these training sessions are introduced in the GFA Goalkeeping Coaching Level 1 Certification Course.

In place...

- ⊗ GK will bounce the ball firmly in front with the right hand only. Then he/she will bounce the ball with the left hand only. The GK will progress to alternate from right hand to left hand when bouncing the ball.
- ⊗ GK will hold the ball firmly with both hands, then bounce it with control to have the ball bounce above the head. The GK will then look to catch the ball at the highest point while staying grounded.
- ⊗ GK will toss the ball up at least two feet above and slightly in front of their head and catch the ball with both hands.
- ⊗ GK will toss the ball up at least two feet above and slightly in front of their head, GK will turn right (full 360) before catching the ball. GK will then perform the same action and turn left (full 360) before catching the ball.
- ⊗ GK will hold the ball with the right hand as their arm is extended to the side, the GK will then toss the ball above their head as the ball travels to the left side. The GK will catch the ball with their left hand, assessing the flight of the ball. GK will perform the same action starting with the opposite hand and transferring the ball to the other side.

Moving forward/sideways...

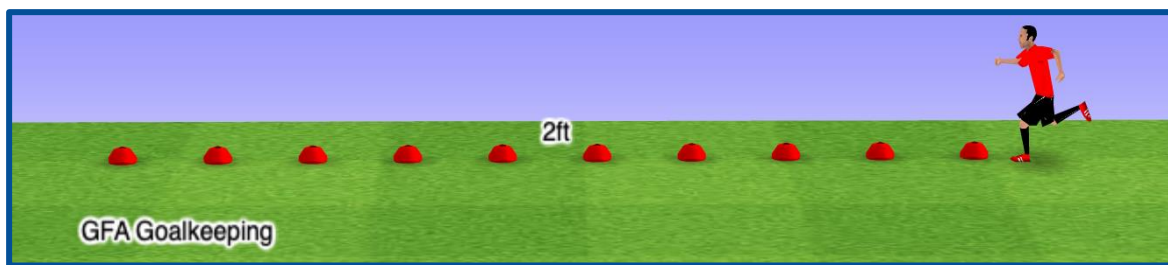
- ⊗ GK will go forward/sideways bouncing the ball firmly in front of them with their right hand only. Then he/she will bounce the ball with the left hand only. After the GK will look to alternate from right hand to left hand.
- ⊗ GK will hold the ball firmly with both hands, then bounce it with control to have the ball go slightly in front pass the head. The GK will then look to catch the ball as he/she goes forward.
- ⊗ GK will toss the ball up at least two feet slightly in front of them and above head height and then catch the ball with both hands.
- ⊗ GK will pair up with one ball as a pair, they will stand about 4 meters apart facing each other. GK holding the ball, will toss the ball to the side of the receiver, who will move to get in line and catch the ball. Alternating sides. *Introduction of the*

SET POSITION.

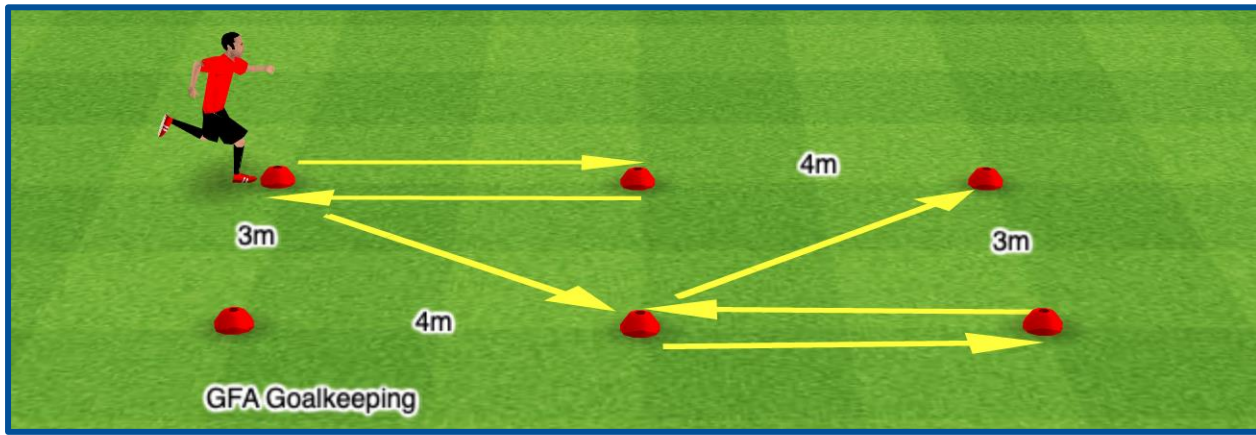
- See **SET POSITION** coaching points.
- Goalkeeper Coach will control when to progress.



Exceptional footwork is the foundation of solid goalkeeping and is often the sign of top goalkeepers in the modern game. It benefits in increasing the goalkeepers' range, sideways and vertically. If a goalkeeper has quick feet, he can easily get himself into a position to make the easy catch, whether it is from a shot on goal or from a cross. By getting quickly into position and taking that extra step, top-level goalkeepers make every save look easy. With sound footwork, a goalkeeper will be able to execute the fundamental foot movements from the ready or set position.

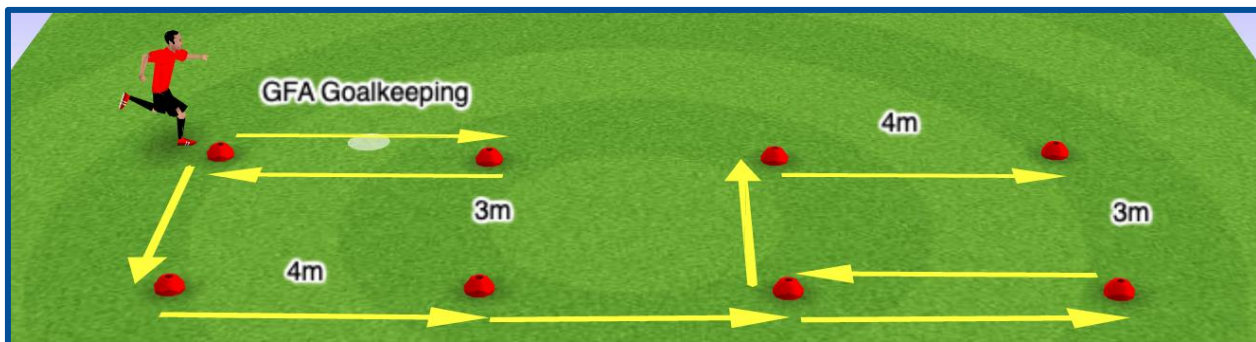


- ⊗ Alternate left-right leg movement forward over the markers with high knees.
- ⊗ Lift the left foot over the markers with high knee with the right foot in normal forward movement. Do the same for the right foot.
- ⊗ Shuffle side-ways by lifting the right foot over the first marker then followed by the left foot, then right foot over the second marker followed by the left foot, until the tenth marker. Do the same for the left side.
- ⊗ Alternate left-right leg side-movement over the markers with the left crossing-over the right leg. Do the same for the other side with the right leg crossing-over the left leg.
- ⊗ Hop over the markers with one foot. Do the same for the other foot. Then, jump over the cones with both feet.
- ⊗ Use 2 feet jump. Jump forward over two markers, and then jump backward over one marker. Continue with the sequence till end of line.



Run forward, backwards and forward diagonally. After every diagonal run, rest 2 seconds before continuing with the sequence. Continue sequence till end of line.

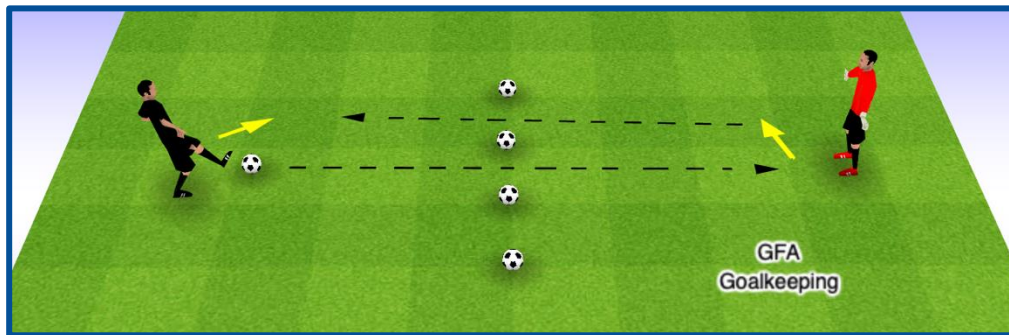
Reminder: Make sure hands are well positioned in front of the body while running.



Run forward, backwards, side-step and forward. Then, walk to the next marker (*recovery time*).

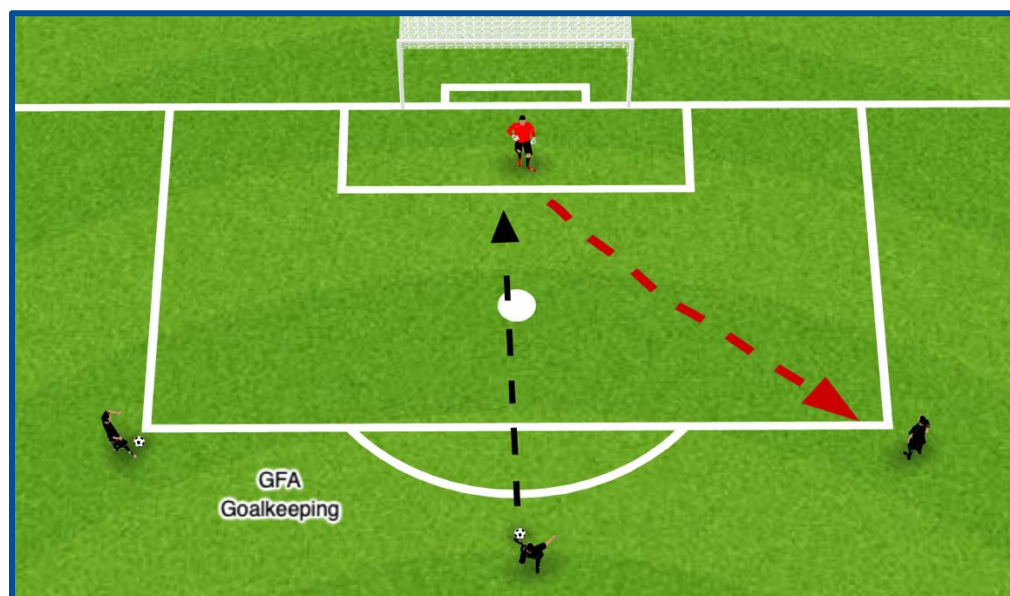
Reminder: Side-step must be done quickly. Imagine side-stepping across the goal. It is not rest/recovery time. GK must always be ready to make a save.

Passing and Receiving



Four balls set up about 2m apart as illustrated.
1-2 Goalkeeper(s) and 1 server (Coach)

Server will look to pass the ball between one of the gates. At the receiving end, the GK will look to receive the ball and control the ball towards one of the other gates that the ball did not go through. The GK will then pass the ball between the gate and the receiver must perform the same sequence as the previous receiver.



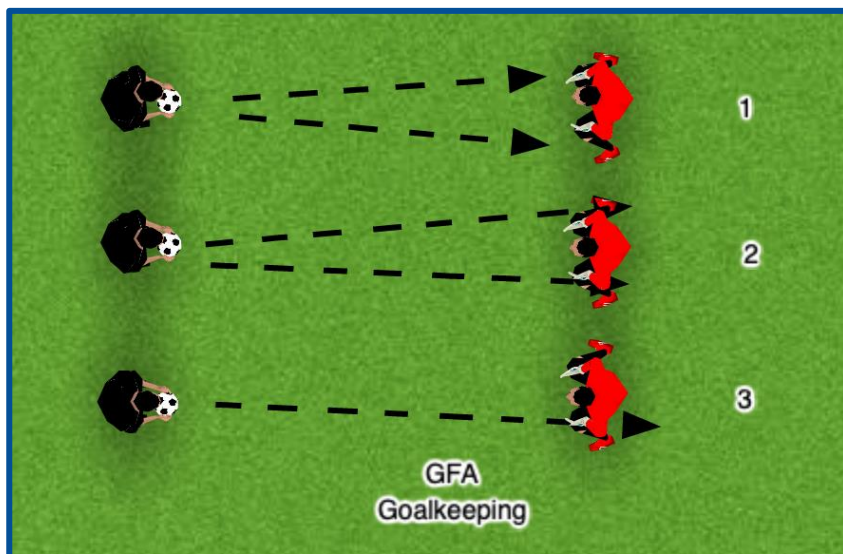
Two balls
Minimum 4 Goalkeepers or supporting players and /or Server (Coach)

Two servers will have a ball and the other without the ball. One server will look to play the ball to the GK, the GK will receive the ball and look to pass it to the open player. Sequence will continue from Server – GK – Open Player.

Key Factors

- Distance and angle when receiving the ball/support
- First touch
- Communication – direction when receiving the ball
- Accuracy of pass from the GK to the receiver

GK coach will decide on the distance and progression of the session.
Gauge the ability of the Goalkeeper and Players

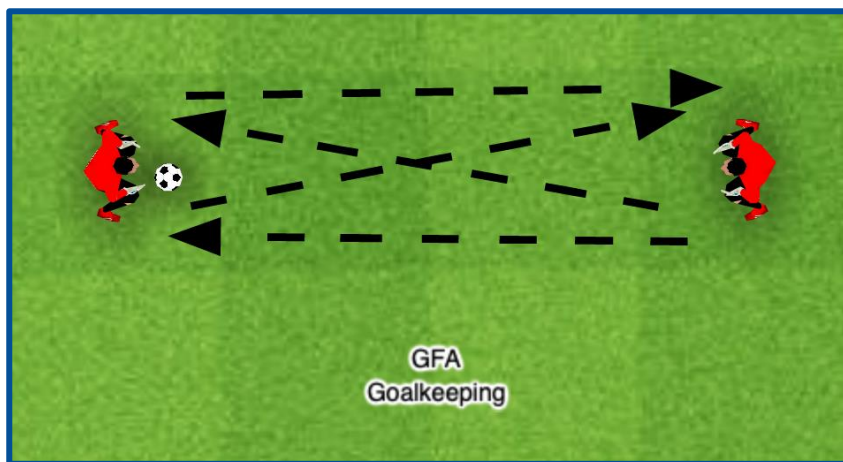


1 – GK sitting down with legs straight, side to side

2 -GK sitting down with legs straight, over the shoulder

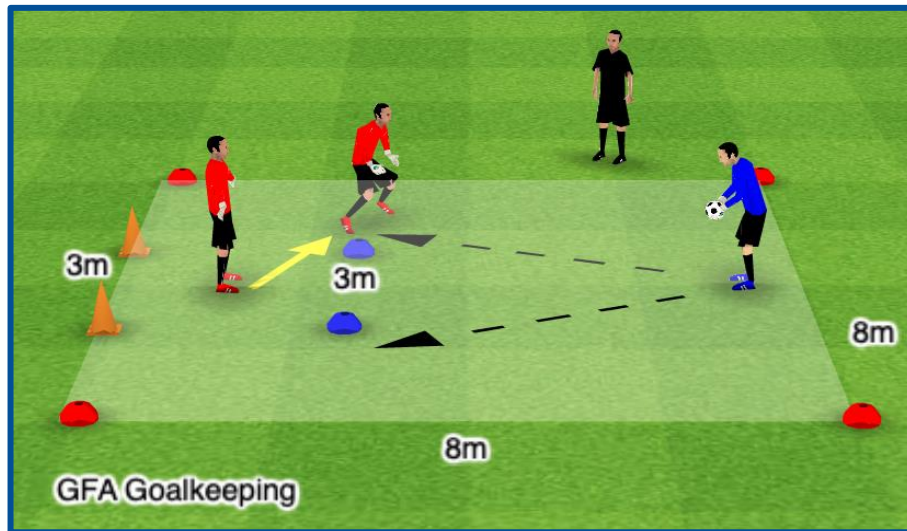
3 – GK sitting down with legs straight, over head

GK must maintain vision of the ball whenever they are handling the ball.



- ⊗ GK sitting down with the legs straight
 - GK will roll/throw the ball diagonal/down the side
- ⊗ Set position to Collapsing Save
 - GK will roll the ball diagonal/down the side

GK must maintain vision of the ball whenever they are handling the ball.



Set Position

8-meter grid | 3-meter goal
1-2 Goalkeeper(s) and 1 Server
Balls

Progressions:

- Server throws the ball to the GK varying heights.
- Server strikes stationary ball varying heights.
- Server strikes moving ball.
- Server moves the ball laterally to either marker, GK moves to towards the marker to set and receive the ball.
- Server hits dipping volley.
- Server strikes half-volley.

Key Factors

- Feet are approximately shoulder width apart.
- Weight on the balls of feet, this will ensure a balanced position.
- Body weight slightly forward.
- Knees slightly flex, with hips square to the ball.
- Keep head still "nose in front of toes"
- Elbows need to be narrow, with chest facing the ball.
- The hands/arms need to be parallel and in front of the body line, and approximately ball width apart.
- Hand position "thumbs facing upwards"
- Remain still when the ball is kicked.



Scoop Technique

8-meter grid | 3-meter goal

1-2 Goalkeeper(s) and 1 Server

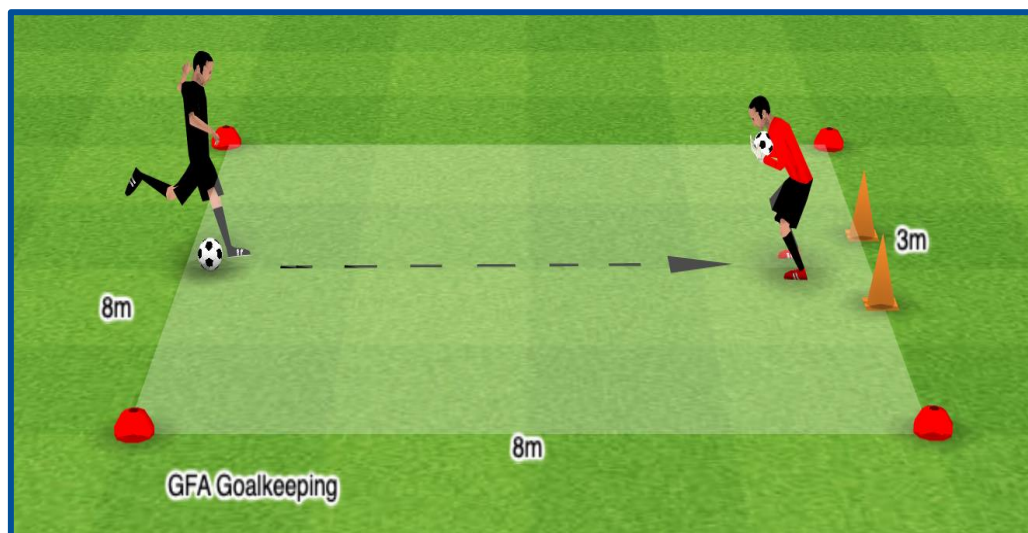
Balls

Progressions:

- Server rolls the ball, while GK is in a low hunched position.
- Server rolls the ball, while GK in ready/standing position.
- Server strikes stationary ball firmly with inside of foot, while GK is on knees.
- Server strikes stationary ball firmly with inside of foot, while GK is in a low hunched position.
- Server strikes stationary ball firmly with inside of foot, while GK is in ready/standing position.
- Server strikes moving ball, while GK is in ready/standing position.
- Server hits dipping volley, while GK is in ready/standing position.
- Server strikes half-volley, while GK is in ready /standing position.

Key Factors

- Still and set when the ball is shot.
- Move early into line with the ball.
- Bend from knee and hip
- Rotate with the foot furthest from the ball to tuck knee into 'K' position.
- Lead with hands palm up.
- Head still and eyes on the ball.
- Elbows are slightly bent for cushioning.



Cup Technique

8-meter grid | 3-meter goal

1-2 Goalkeeper(s) and 1 Server

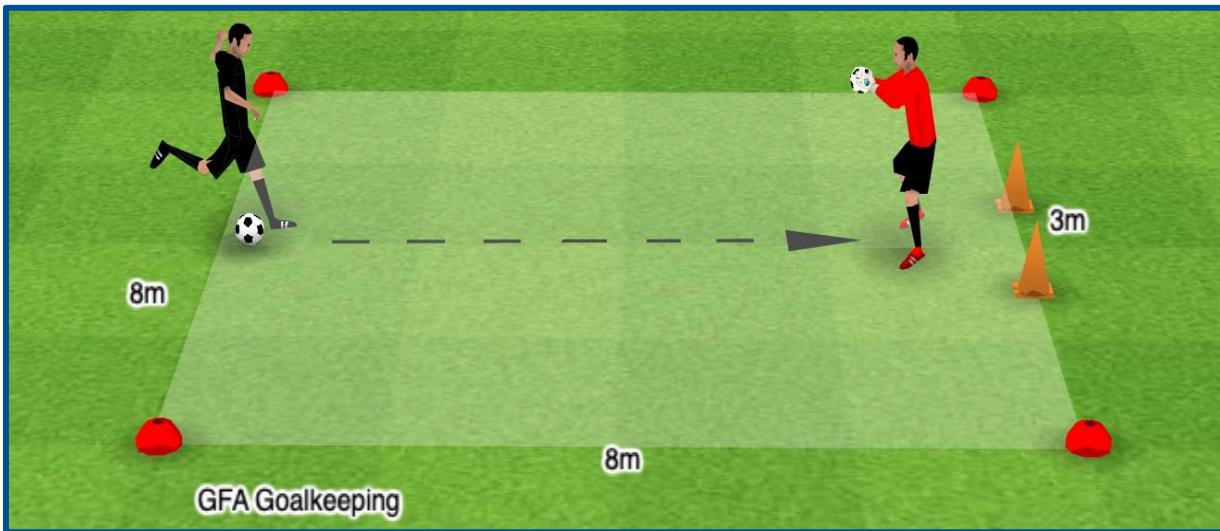
Balls

Progressions:

- Server underarm throw towards GK waist,
- Server throws overhead bounced ball towards GK waist.
- Server strikes stationary ball towards GK waist while GK is in ready/standing position.
- Server strikes moving ball towards GK waist, while GK is in ready/standing position.
- Server hits dipping volley towards GK waist, while GK is in ready/standing position.
- Server strikes half-volley towards GK waist, while GK is in ready /standing position.

Key Factors

- Still and set when the ball is shot.
- Move early into line with the ball.
- Bend from knee and hip
- Rotate with the foot furthest from the ball to tuck knee into 'K' position.
- Lead with hands palm up.
- Head still and eyes on the ball.
- Elbows are slightly bent for cushioning.



"W" Technique

8-meter grid | 3-meter goal

1-2 Goalkeeper(s) and 1 Server

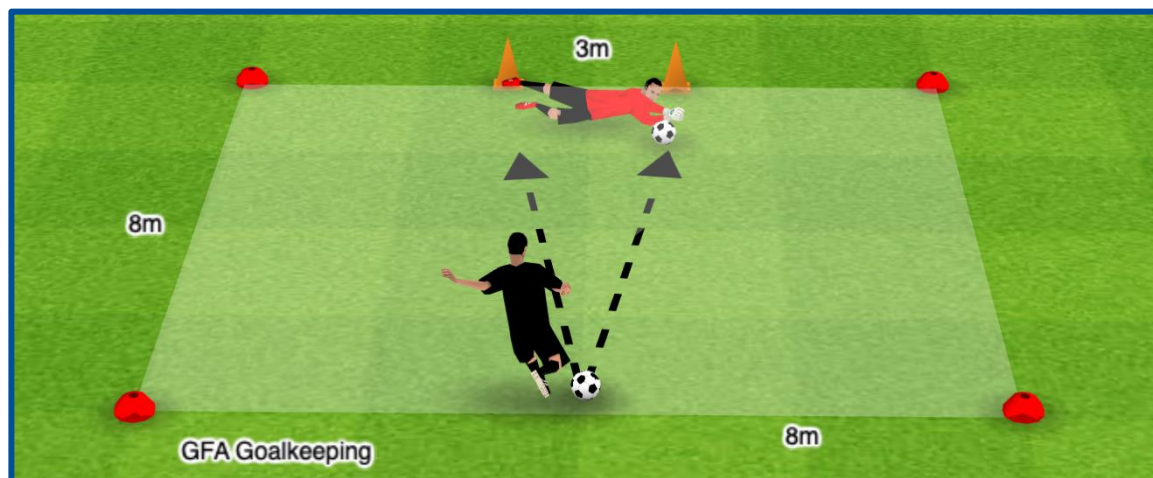
Balls

Progressions:

- Server underarm throw towards GK head, while GK is on knees.
- Server underarm throw towards GK head, while GK is in ready/standing position.
- Server strikes stationary ball towards GK head while GK is in ready/standing position.
- Server strikes moving ball towards GK head, while GK is in ready/standing position.
- Server hits dipping volley towards GK head, while GK is in ready/standing position.
- Server strikes half-volley towards GK head, while GK is in ready /standing position.

Key Factors

- Still and set when the ball is shot.
- Move early into line with the ball.
- Keep chest square to the ball.
- Bring hands forward early in line with the ball.
- Prepare hands, fingers spread, and thumbs in W shape.
- Elbows flexed to act as shock absorbers.
- Head still, eyes on back off ball.
- Contact approximately 15 inches in front of the body.
- Hold finished position until the ball is secure.



Collapsing Save

8-meter grid | 3-meter goal

1-2 Goalkeeper(s) and 1 Server

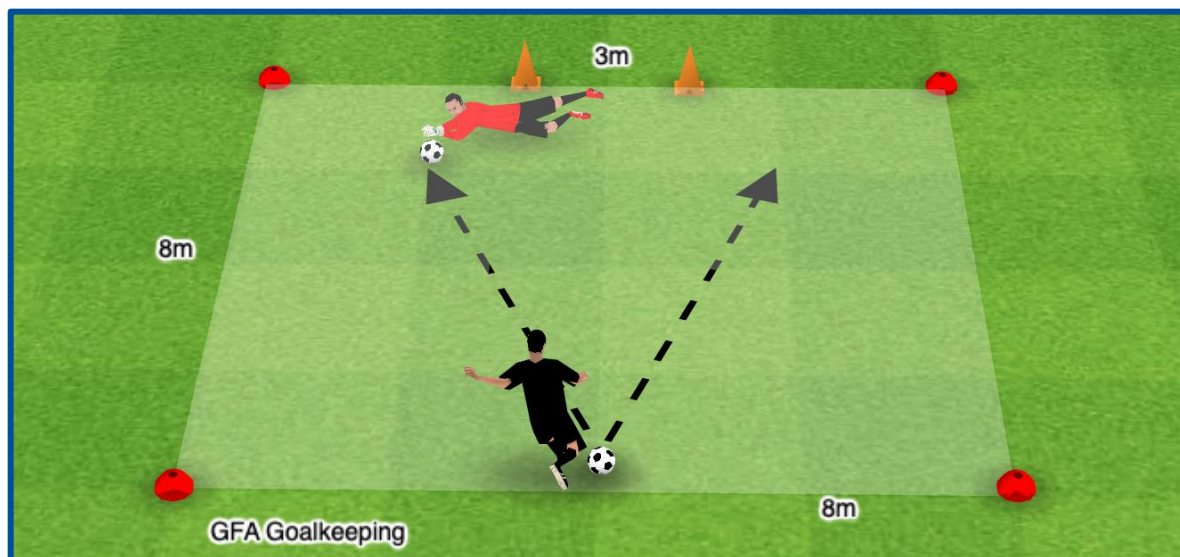
Balls

Progressions:

- Server rolls the ball to the side while GK is in a sitting down position. (Alternate sides)
- Server rolls the ball to the side while GK is on knees. (Alternate sides)
- Server strikes stationary ball firmly with inside of the foot to the side while GK is in a sitting down position. (Alternate sides)
- Server strikes stationary ball firmly with inside of the foot to the side while GK is on knees. (Alternate sides)
- Server strikes stationary ball firmly with inside of the foot to the side of the GK where the knee is brought up, while GK is on the other knee. (Alternate sides)
- Server strikes stationary ball firmly with inside of the foot to the side while GK is in ready/standing position. (Alternate sides)
- Server strikes moving ball firmly with inside of the foot to the side while GK is in ready/standing position. (Alternate sides)
- Server hits dipping volley ball to the side while GK is in ready/standing position. (Alternate sides)
- Server strikes half-volley to the side while GK is in ready/standing position. (Alternate sides)

Key Factors

- Technique is used when the ball is played down the side of the body but close to the feet.
- Technique is used if the GK does not have time to move into the line of the ball and use the Scoop technique.



Low Diving Save

8-meter grid | 3-meter goal

1-2 Goalkeeper(s) and 1 Server

Balls

Progressions:

- Server rolls the ball about 3 feet further to the side of the GK where the knee is brought up, while GK is on the other knee. (Alternate sides)
- Server throws overhead bounced ball about 3 feet further to the side of the GK where the knee is brought up, while GK is on the other knee. (Alternate sides)
- Server rolls the ball about 3 feet further to the side of the GK, while GK is in ready/standing position. (Alternate sides)
- Server throws overhead bounced ball about 3 feet further to the side of the GK, while GK is in ready/standing position. (Alternate sides)
- Server strikes stationary ball firmly with inside of the foot about 3 feet further to the side while GK is on knees. (Alternate sides)
- Server strikes stationary ball firmly with inside of the foot about 3 feet further to the side of the GK where the knee is brought up, while GK is on the other knee. (Alternate sides)
- Server strikes stationary ball firmly with inside of the foot about 3 feet further to the side while GK is in ready/standing position. (Alternate sides)
- Server strikes moving ball firmly with inside of the foot about 3 feet further to the side while GK is in ready/standing position. (Alternate sides)
- Server hits dipping volley ball about 3 feet further to the side while GK is in ready/standing position. (Alternate sides)
- Server strikes half-volley about 3 feet further to the side while GK is in ready/standing position. (Alternate sides)

Key Factors

- Technique is used when the GK has to make a dive to get to the ball at below knee height.

Managing the Expectations of Young Goalkeepers

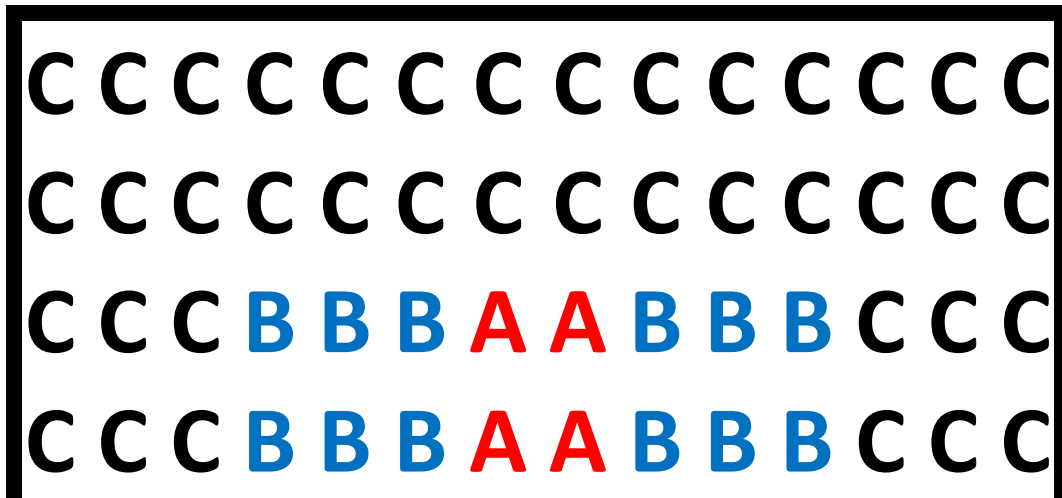
As young goalkeepers develop, it is vital that they are provided with opportunities to train and play in a learning environment without any pressure upon their performance. Unfortunately, too often young keepers face criticism and even ridicule when goals are conceded. This criticism comes from coaches, players and parents alike.

However, the reality is that in most cases the size of the goal is far too big for the child to effectively protect.

The diagrams are designed to provide a more realistic expectation of Guam's young goalkeepers; clear visual reference points are given in order to allow coaches, and others, to accurately assess the areas within the goal where saves should be made. By using the correct age group guide, a coach can empower the goalkeeper to identify during games in which area of the goal they have conceded goals, and understand whether a save could have or should have been made.

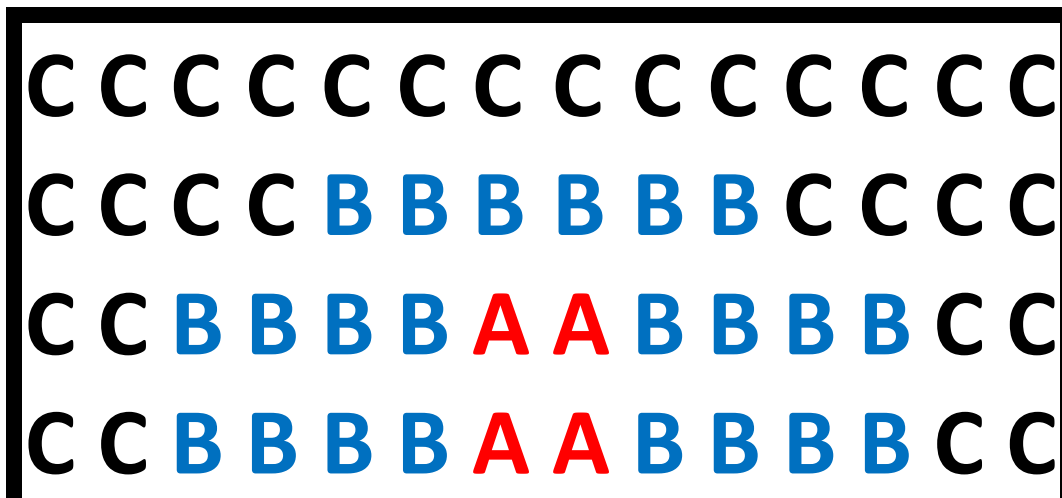
Example: A U12 team has lost 4-1. Teammates and parents alike may blame the goalkeeper for conceding four goals. But using this guide, it is identified that three of the goals were conceded in area **C**, so in the mind of that young goalkeeper the score would really be 1-1. Additionally, the keeper may have made a great save in area **B** which the Coach can highlight, and therefore have a positive psychological effect on that young goalkeeper.

Goalkeepers 8-10 Years old







At this age, the goalkeeper will demonstrate the desire to make saves in area **A** and some saves in area **B** with improving technique and motor skills. No expectation for attempts or saves in area **C**.

Goalkeepers 10-12 Years old



At this age, the goalkeeper must be consistent in making saves in area **A**. Clean saves in area **B** should be successful, demonstrating good technique and good motor skills, leading with the hands, and stepping into the saves. Improved agility and quick feet will assist in occasional, but not expected successful saves to be observed in area **C**.

Acknowledgements

-  GFA Technical Department
-  GFA Coach Education Department
-  GFA Goalkeeping Coaching Development
-  Member Associations



Coach Education
Guam Football Association
P.O. Box 20008 | Barrigada Guam 96921

Phone: +1 671 637 4321
Email: technical@theguamfa.com
Web: www.guamfa.com