

OSA  
GOALKEEPING  
COURSE:

December 17

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Basic to intermediate techniques and how to fix them. Methodology and integration into the team setting.

“How to train your GK’s without ignoring your team and how to train your team without ignoring your GK’s!”

Coaching the  
goalkeeper as  
a team coach.

# OSA GOALKEEPING COURSE:

## Outline of topics and Coaching Points

1. Basic Catching
  - a. Hand Position (High/Med/Low)
    - i. High: Diamond: strong thumb/index finger. "Close the TOP DOOR"
    - ii. Mid-level: Pinkies together, elbows together, Hands to the ball first, but JUST GUIDE IT IN AND SECURE IT.
    - iii. Low: Get SOMETHING behind the ball besides Hands. Feet, knee, different schools of thought here, but as long as they are using similar technique as midlevel, AND getting body behind ball as well. (DON'T OPEN THE LEGS AND DON'T REACH OVER AND KEEP BUTT HIGH AND DON'T GO TO THE KNEES)
  - b. Hands-Eyes-Head
    - i. Head MUST lead! All three must be in line and follow flight of ball. (Shoulders will "roll" if they are doing it right.)
    - ii. Don't just REACH with the hands. (Shoulders will stay basically level.)
  - c. Body Shape
    - i. Arms, legs and back ALL involved in the catching process.
    - ii. Head just forward of feet
    - iii. MEET the ball as far in FRONT of body as possible, then absorb.

## 2. Basic Diving

### a. Set Position

- i. Must be balanced and athletic. (NO GUESSING!)
- ii. Feet Underneath, not outside body.
- iii. Hands must be in a "Useful" position. Directly in front of elbows is a good basic starting point.

### b. Collapse/"SAFE" Dive

#### i. Head

1. Must go WITH hands.
2. NOT left behind...

#### ii. Hips

1. Must go WITH HANDS/HEAD
2. Must "agree with the ball".
  - a. If the ball is low, hips must start, stay low.
  - b. If ball is high, hips must get high quickly, then drop when hands drop.

#### iii. Feet

1. Attack the ball (toward ball, forward)
2. DON'T TURN/TWIST plant foot. (It will rotate the hips=superman dive!)

### c. Power/Extension Dive

#### i. Head: MUST attack with first step.

1. We want the head to be OUTSIDE THE KNEE at "take-off"

#### ii. Hips

1. Must ROLL the hips! (This will not likely be possible with younger kids, or underdeveloped gks. Only solution is to work on plyometrics/strength training so physical can catch up with technical demands.)
2. Must Drive the trail leg! (everyone can do this!! Even an 8 year old!)
3. Hips must agree with the ball. If ball is low, start low, roll them THERE and drive. If ball is high, must engage them with first step, then drive high/roll them.

#### iii. FEET

1. No extra steps! (What about "cheater" steps? Advanced...depends on how far away, what type of shot, etc.)
  - a. This is a relatively new concept. Ball in or near the 18, must attack the ball with first step.
  - b. If the ball (depends on age and ability of shooters) is "far" from goal, use that time to get to line of flight of the ball. (Crossover steps are ok!)
  - c. WATCH THE FEET: If the ball is left, does GK pick up his right foot, plant it again to push off, then step left? Very common...and very inefficient and time consuming.
2. Must keep hips facing target, foot position in step is important. (don't twist it...)

### 3. Dealing with the Chipped Ball

#### a. FOOTWORK

- i. DROPSTEP. (Must go BACK, "outside of circle")
- ii. NO EXTRA STEPS: HUGELY important with flighted balls.

#### b. HANDS

- i. CLOSEST HAND. (If I am dropping back to my right, this will usually be my LEFT HAND.)
- ii. Help it UP not BACK.

#### c. HIPS

- i. Must get them turned with drop step and not square them back up UNLESS GK can plant and catch
- ii. Roll the hips UP
- iii. Drive the trail leg!

- 4. Dealing with Crosses
  - a. Starting Position (reading the game)
  - b. Address the ball to catch
    - i. Square the hips, shoulders to the ball at the last moment to show the catching surface to the ball.
  - c. Boxing vs Catching vs. Parry
    - i. Two Handed Boxing
    - ii. One Handed Boxing
    - iii. Parry (deflect, help on past the far post)
  - d. Near/Central/Far:
    - i. Reading the game, and TYPES of crosses...(What kinds are there? Where do they come from? Why?)
    - ii. Flight of the ball and bend. (Must pick up spin of ball ASAP! Always train with a ball that has MARKINGS.)
      - 1. Lofted/Driven
      - 2. In-swinger/out-swinger

- 5. One v. Ones:
  - a. Cues, Recognition (Is defender really beaten?)
  - b. Closing down
  - c. Stalking: closer we get to the ball...
    - i. Steps she shorter
    - ii. Hips get lower
    - iii. Hands get lower and slightly in front of knees
    - iv. When ball separates from foot, ATTACK. (you must show a young goalkeeper their STRIKING RANGE)
  - d. Attacking the ball/going down on ball: HANDS TO THE BALL!!!
    - i. Before attacker gets to the ball.
    - ii. Just as Attacker gets to the ball.
      - 1. Get belly inline with ball.
      - 2. Curl fingers toward toes a bit
      - 3. Still HANDS FIRST
    - iii. Just after: Same as above, just make sure hands to ball and go down hands to ball and stay inline with ball, don't run around the line of the ball to go down
    - iv. Shoots EARLY
      - 1. Must get set when see the shooting cues
    - v. Tries to dribble
      - 1. Attack. (Attack the space they are going to, not where they ARE NOW.)
      - 2. Retreat=beat.

## 6. Distribution

- a. Roll (body position/shape)
  - i. Depending on age/ability/surface, 20 yards and in.
  - ii. Hips and Head start and stay low and deliver hands low and in front of body.  
Give a "friendly ball."
- b. Baseball throw (ONLY OLDER/PHYSICALLY DEVELOPED KIDS!)
  - i. Hips/Head stay low.
  - ii. Step forward toward target.
  - iii. Nice for turf or indoor or wet grass. Any surface that is smooth and ball skips.
- c. Overhand throw
  - i. Push off from back foot and attack the target.
  - ii. Follow through LOW and keep ball down.
  - iii. No Grenades!
  - iv. Just like with your field players, they should be smart about watch foot they play to, or into space.
- d. Dropkick/Half-volley
  - i. Good surface is required.
  - ii. Body more INLINE than with PUNT.
  - iii. Follow through forward through the ball and not up.
  - iv. TIMING AND RHYTHM
- e. Punt
  - i. Consistent release point. Do not TOSS UP.
  - ii. Full extension, through the ball. DON'T STOP THE MOTION.
- f. Goalkick
  - i. Approach: (should plant slightly away from ball to allow full extension)
  - ii. Follow through LOW.
  - iii. Strike through the bottom half of ball. Don't TRY to lift it.

7. Training with the Team:

- a. GK Warmups:
  - i. Practices
  - ii. Games
- b. Integration of GK with Team in GK topics
- c. Integration of GK with Team in No-GK specific topics
- d. Tactical Considerations of a GK and how our basic choices of Systems of Play must keep in mind the qualities of our GK (or TRAIN THEM ACCORDINGLY!)

## METHODOLOGY NOTES:

Any Functional training:

Must address the role you are training, obviously.

However, you must also address those who

- immediately support this role on all sides (2<sup>nd</sup> attackers/defenders)
- are off the ball a bit more, but will still take tactical cues from this role. (3<sup>rd</sup> attackers/defenders)

SO, how does this apply to training the GK?

WHERE does coach stand? Behind goal is best, usually...

WHO'S directly connected to the GK? Defenders. (though, you can turn this around and coach your F's to take cues from the opposing GK)

Indirectly? Midfielders, then F's

Make sure you start simple and go to complex. Start with training the GK and what that role should be looking for *from* others. Then start coaching the OTHERS and they can take their cues from the GK.

### **Example: Shot stopping: Angle Play**

An attacker is dribbling from the PK spot toward the Near post. A defender is hot in his heels on the inside, putting pressure on that side (essentially taking away any ball played back to the far post).

Goalkeeper slides and stays in a perfectly central angle when the shot is taken (to the near post) and gets a fingertip on the ball, but it still goes in on the near post. As an insightful coach, you recognize this as a teachable moment.

Coaching The GK: Couldn't the GK "cheat" toward the near post a bit since the Defender has closed down the far post option? Instead of narrowly missing a circus save, the GK could have had the ball struck into his hands without moving much.

2<sup>nd</sup> Defenders: Then, you can turn that around to the Defender: Instruct them that the GK is going to cheat near post on this type of play, knowing that you are recovering/pressuring from that farpost side. If the defender overplays and dives in, the attacker can now, cutback, and go to a wide open farpost (and really tick off the GK)

3<sup>rd</sup> Defenders: How would you coach the OTHER'S? Well if an attacker is in the situation and see he now has no angle to see the goal, what might they now be tempted to do? Step on the ball and attempt to lay the ball back/wide to supporting players...(now the number of options/coaching points get too complex write out here...but you hopefully see where we can go from here.)