

2017 SPORTSDIRECT.COM FAI Summer Soccer Schools Head Coaches Training Day May 27th 2017

The Role Of The Goalkeeper



How do we include our Goalkeepers ?





Fun Warm up
games with
the group

Goalkeeping
Technical
Practices

SSG's with the
group





The Role of the GK Coach



- Design and deliver age specific technical practices
- Ensure groups are evenly matched in relation to age & ability
- Discuss with coaches on a daily basis regarding use of Gk's
- Observe Gk's in games & offer some feedback where appropriate
- Ensure that if a GK wants to play out field he has the chance
- Ensure all Gk's have a fun & enjoyable week!



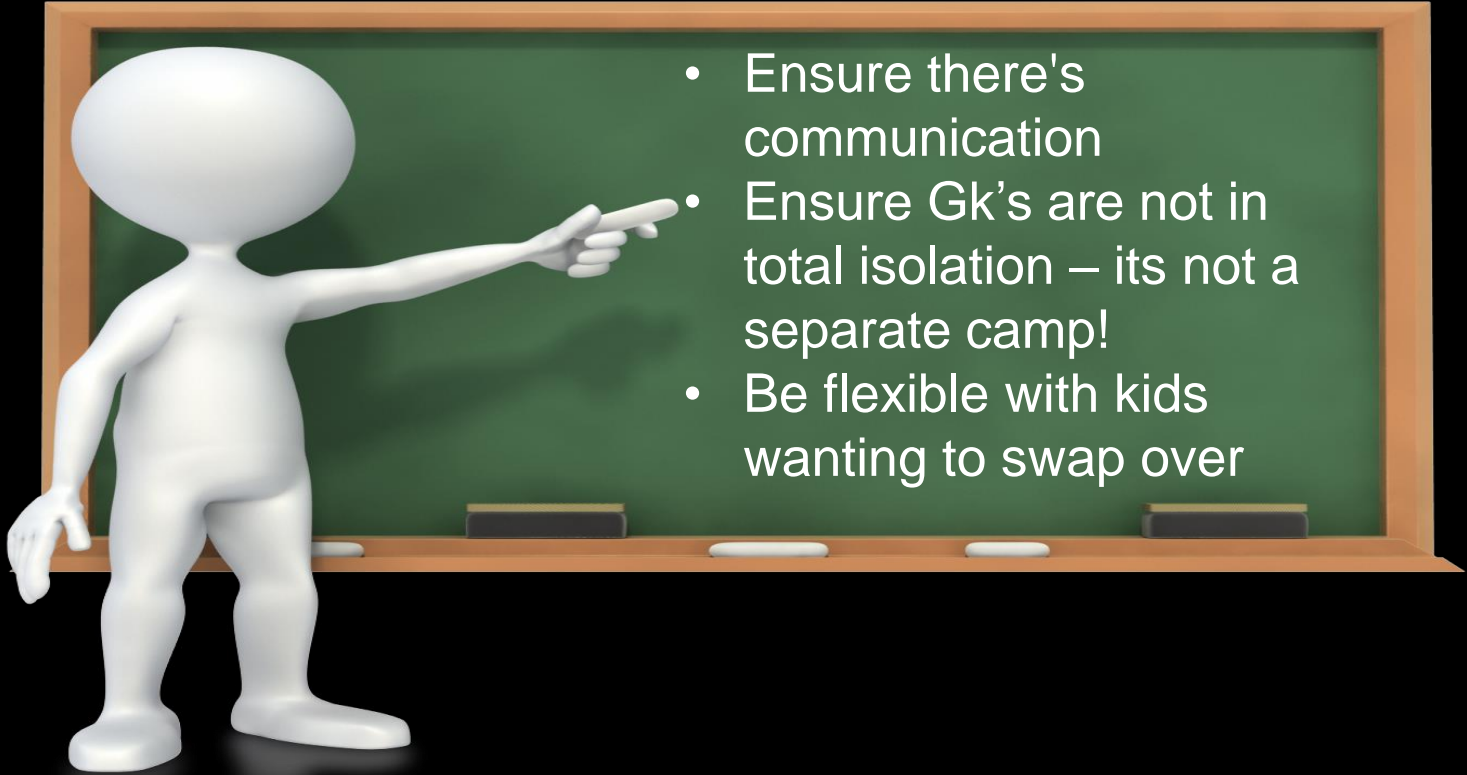
Coaching Syllabus

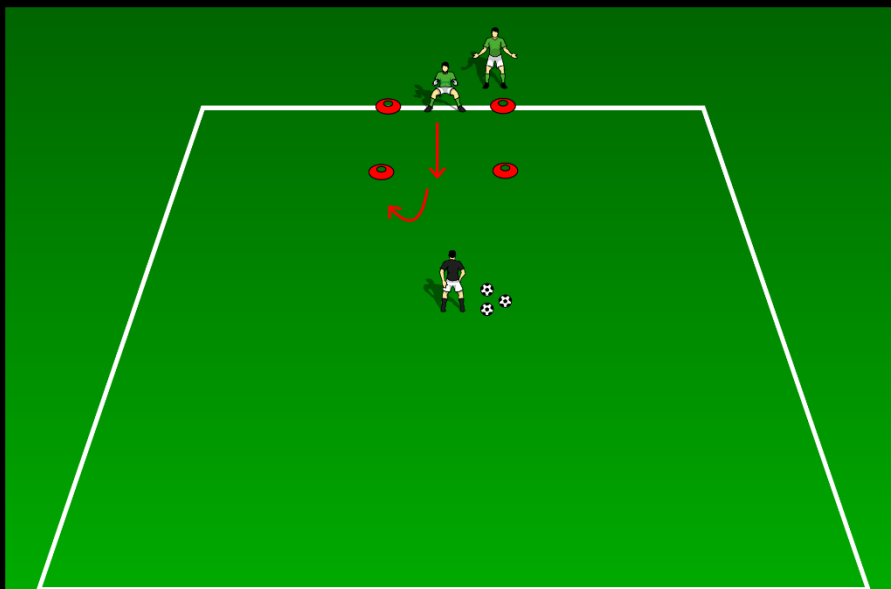
- Introduction to Goalkeeping & Social Interaction
- Set Position & Basic Handling
- Shot Stopping
- Reaction Work
- Ball Mastery as the Goalkeeper
- Footwork Technique
- Diving Technique
- Distribution – Throwing and Kicking Technique
- 1v1 Situations
- Fun Games to incorporate all aspects of the modern Goalkeeper
- **Game situations**





The Role of The Head Coach

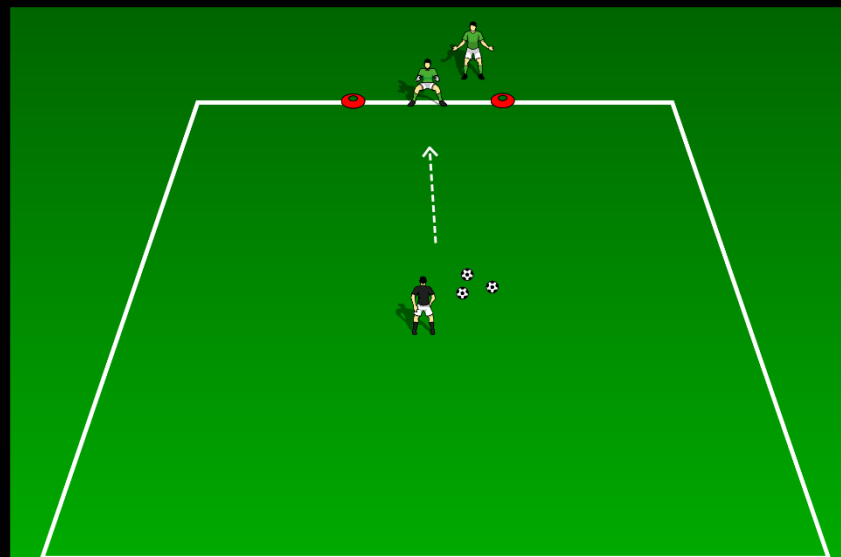




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Set Position

- Feet shoulder width apart with weight on front half of feet (Balls of feet)
- Body weight slightly forward, with knees slightly flexed & hips square to the ball
- Nose in front of toes
- Elbows tucked in
- Hands in front of body
- Head up with eyes on the ball



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Handling Techniques

Organisation:

4 yard goal

Server feeds Gk with a variety of different serves

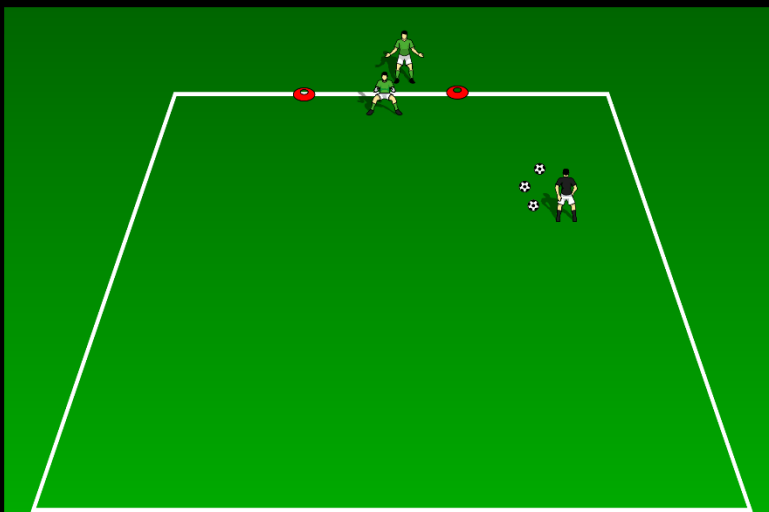
Gk collects and returns to server before back peddling around cones

Serves can include: throwing, striking stationary ball, striking moving ball, striking dipping volley, striking half volley

Scoop Technique

- Gk must get in the line of the ball
- Collapse at knees to the 'K' position & open palms to face ball
- Lead with hands to bring body weight forward
- Keep head still and eyes focused on the ball
- Bring shoulders forward over hands, with elbows slightly flexed to cushion the impact of the ball
- On contact with ball, scoop into chest whilst bringing body weight forward to complete save





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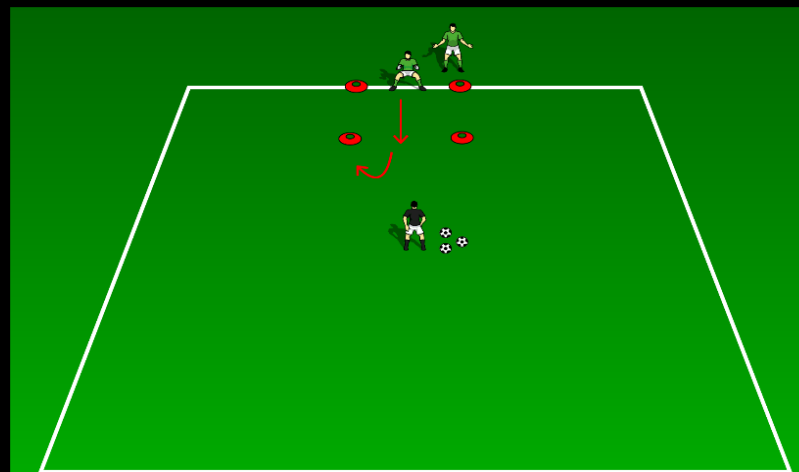
Dealing with High balls

Organisation

5 yard goal
Server feeds a variety of serves
Gk makes save and returns to set position

Key Factors:

- Gk starting position is open
- Gk assess the flight & pace of ball
- GK Communicates
- Take off on one foot and drive the other knee upwards - Standing leg is always goal side
- Catch the ball at highest point
- 'W' Catch in front of Gks eye line
- Bring the ball back into the chest



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Handling Techniques

Organisation:

Server feeds Gk with a variety of different serves
Gk collects and returns to server before back peddling around cones
Serves can include: throwing, striking stationary ball, striking moving ball, striking dipping volley, striking half volley

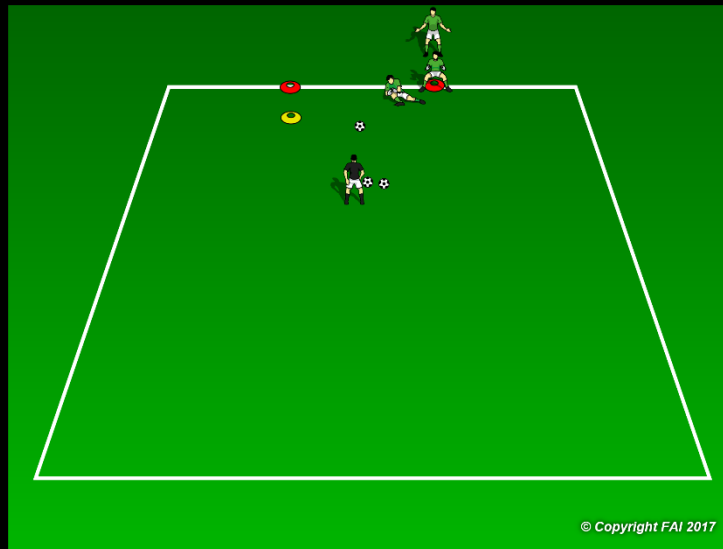
W-Catch

- Goalkeeper begins in set position
- They take the ball with arms stretched, elbows in at head height
- The hands are brought into the line of the ball
- The hands are prepared forming a 'W' Shape
- The elbows are slightly flexed to act as 'Shock absorbers' when contact of the hands is made with the ball
- The contact needs to be made in front of the body

Cup Technique

- Gk gets in line of the ball
- Keeping chest square to the ball, hands need to be brought forward in front of body line
- Prepare the hands early
- Elbows are tucked in with palms facing up and fingers spread
- Soft hands, strong wrists
- Feet now need to be planted solidly in preparation for catch
- On impact the ball is taken into midriff with palms securing the ball





Diving Techniques

Organisation

5 yard goal

Server feeds a variety of serves

Gk makes save and returns to set position

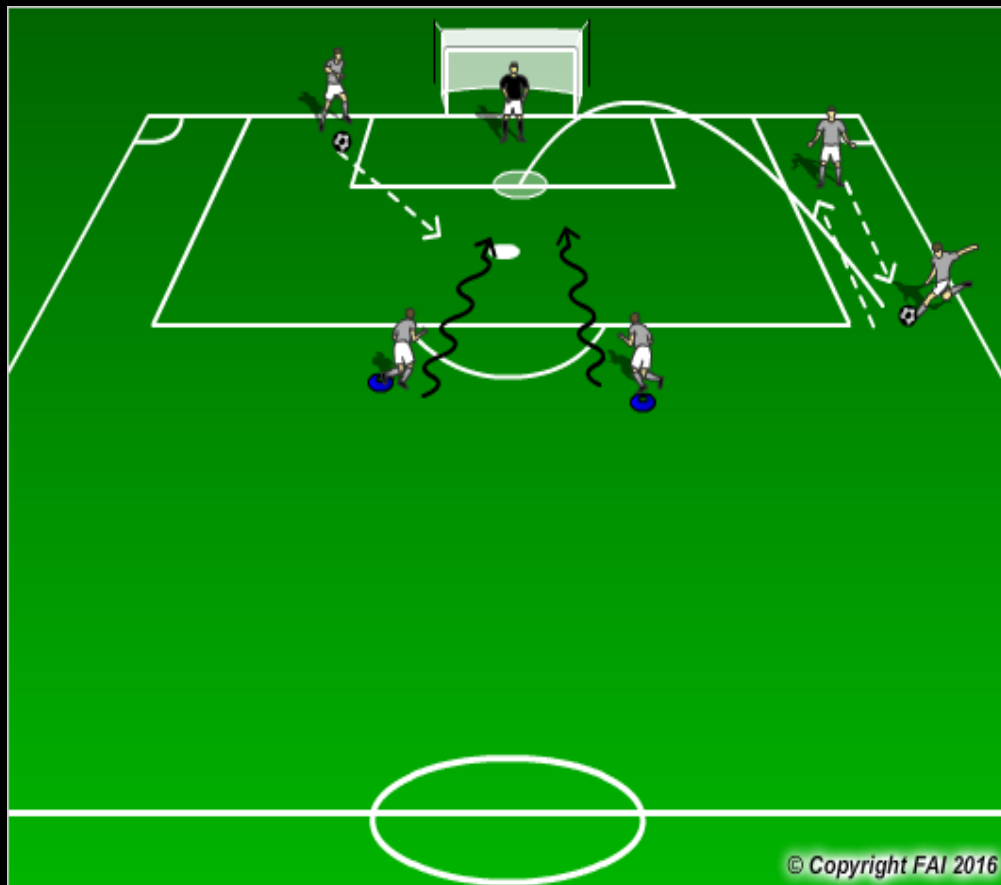
Low Diving Save

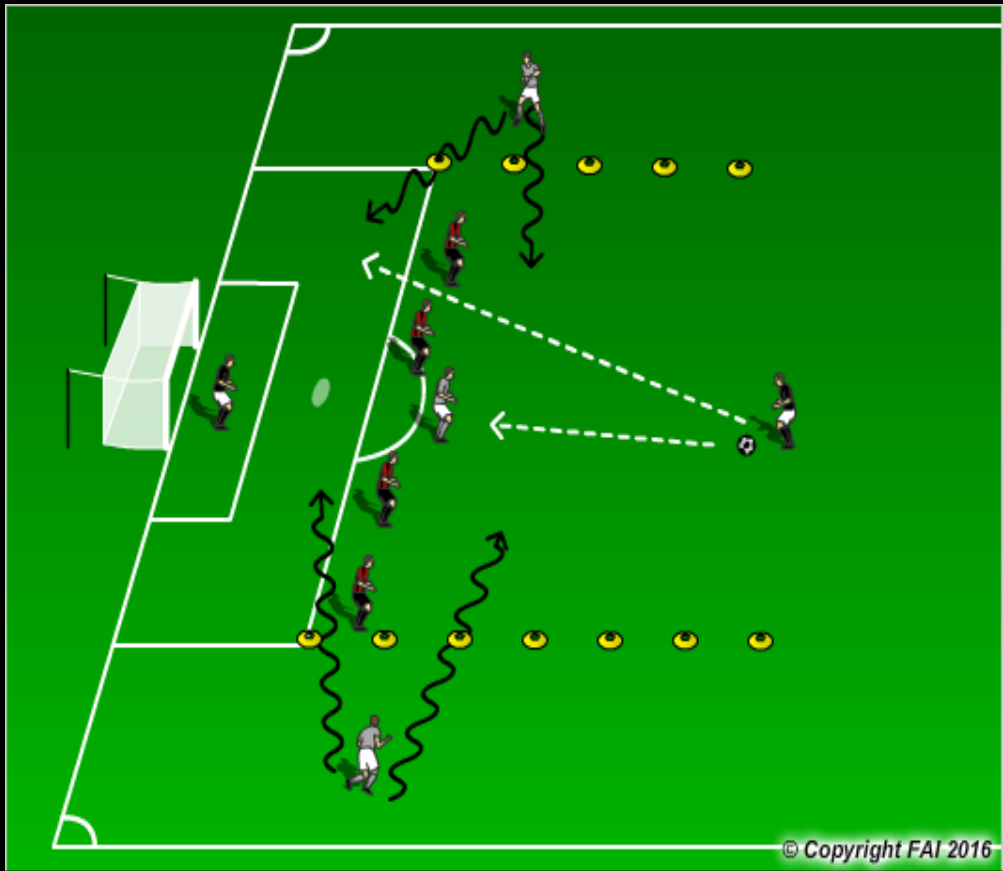
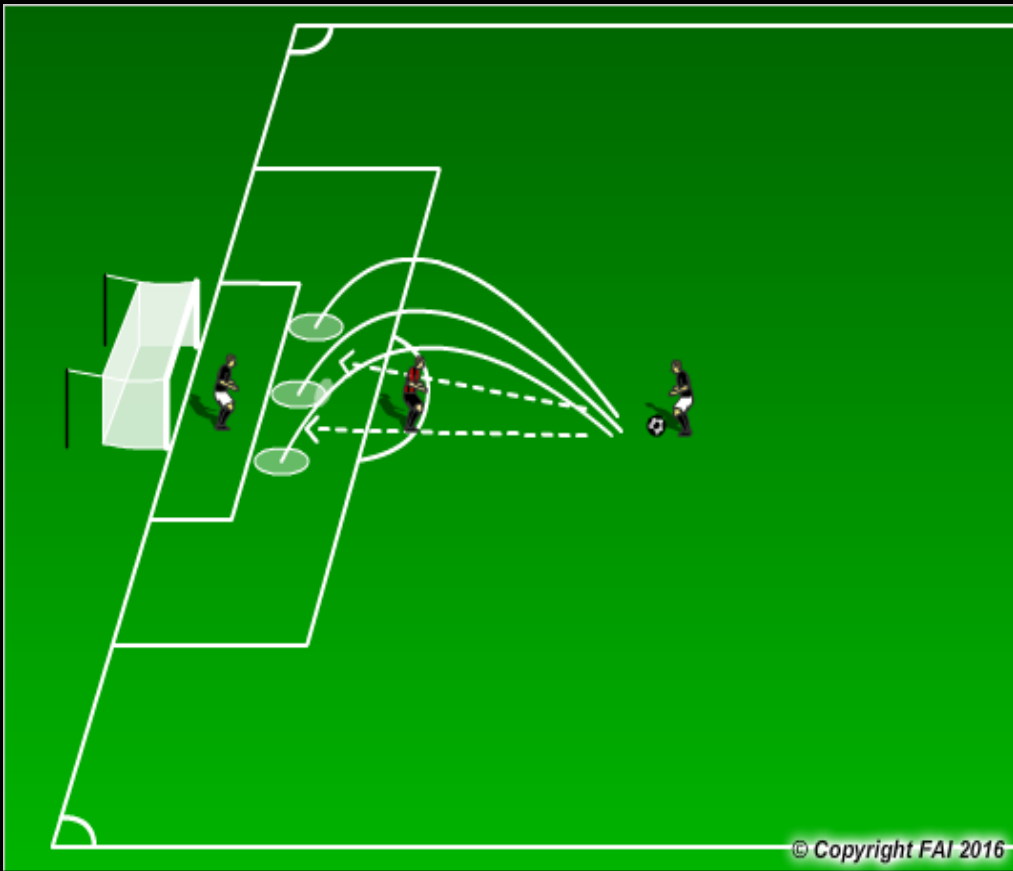
- Gk steps towards the line of the ball with nearest foot
- Making initial step Gk brings bodyweight slightly forward in preparation to make save
- With leg slightly flexed & body weight transferred onto it, Gk can do power off standing foot
- Hands should be ball width apart and move towards the line of the ball in 'W' formation
- As ball travels along the ground, leading hand needs to go behind the ball with other hand securing it on top
- All impact is taking on the side of the body & shoulders with head following in behind the hands

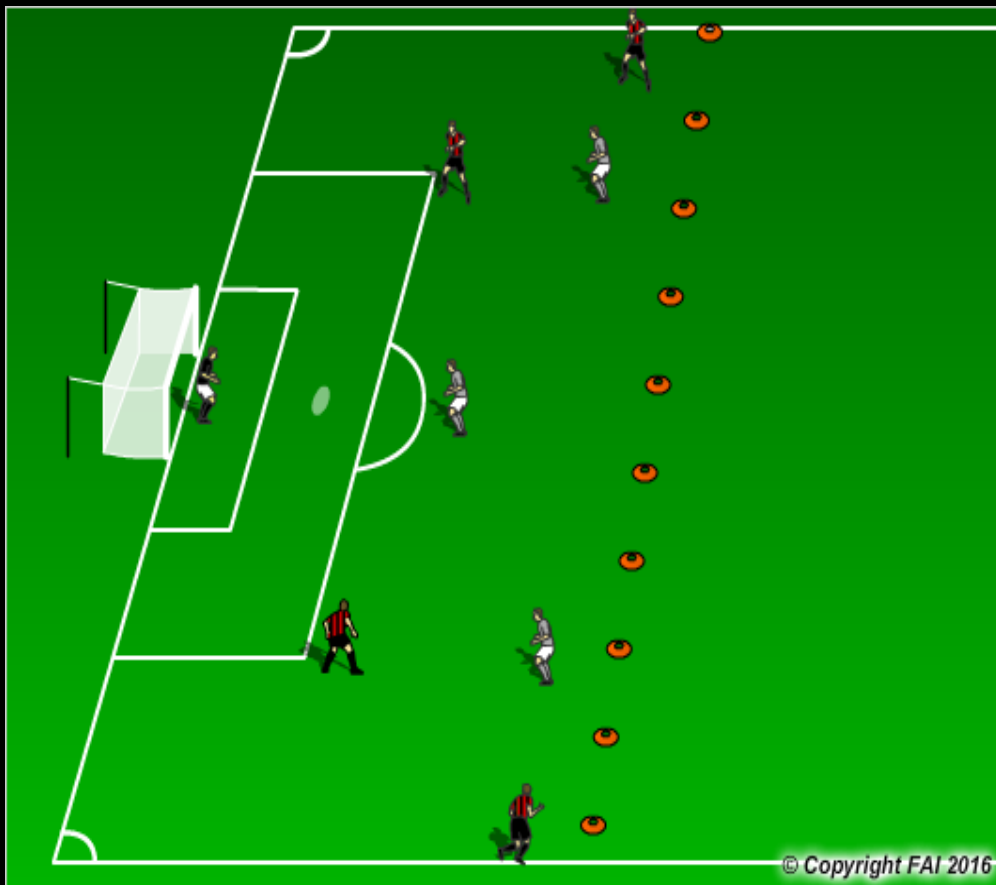
Diving Save

- Gk steps towards the line of the ball with nearest foot
- Making initial step Gk brings bodyweight slightly forward in preparation to make save
- With leg slightly flexed & body weight transferred onto it, Gk can do power off standing foot
- Hands should be ball width apart and move towards the line of the ball in 'W' formation
- As ball travels in the air, Gks arms stretch out towards the ball to gather in
- Once in the hands the GK twists the wrists to ensure ball hits ground with two hands securing it, using ground as third hand
- All impact is taking on the side of the body & shoulders with head following in behind the hands













Thank you!

