

# The Components of Modern Goalkeeping

*“How Will They Impact Your Goalkeeper?”*



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# Background

- The following lecture was presented on Thursday, January 19, 2006 at the 59<sup>th</sup> Annual NSCAA Coaches Convention in Philadelphia, PA.

# Overview

- ❑ A comprehensive look at the technical, tactical, physical, and psychological components of soccer as they relate specifically to the modern goalkeeper. An in-depth technical analysis on the strengths and weaknesses of the goalkeeper, the role of the goalkeeper within the entire team, and how coaches can begin to identify and prioritize areas for development.

# Goalkeeper Components

## Technical

- Catching balls on the ground and in the air
- Punching and deflecting high balls
- Jumping, diving, and landing
- Winning the ball from an attacker (i.e., 1v1's)
- Punting, kicking, passing, and throwing (distribution)

## Tactical

- Positional play on shots from various angles and distances
- Positional play on crosses
- Positional play on set plays
- Organizing and/or directing the defensive unit
- Thinking and becoming the “first attacker”

# Goalkeeper Components Cont.

## Physical

- Mobility, agility, and range
- Speed of reaction and recovery
- Basic core endurance
- Strength and power
- Physical Fitness (i.e., flexibility)

## Psychological

- Motivate and maintain a positive attitude
- Willingness to get involved
- Mental focus and concentration
- Courage to take risks
- Assertiveness and self confidence

# Role of the Goalkeeper

## Through Balls

- In various angles and distances
- With or without a teammate's help

## Shot Stopping

- From various angles and distances
- On set plays (i.e., penalty kicks and other direct and indirect free kicks)

# Role of the Goalkeeper Cont.

## Crosses

- High crosses in the air, medium to long distance
- Low crosses (i.e., crosses on the ground), short, and medium distances

## Match Management

- Big picture – regardless of which team is in possession of the ball

# Role of the Goalkeeper Cont.

## Organization

- Directing the defensive unit in various situations
- On set plays (i.e., corner kicks and free kicks)

## Building the Attack

- In various situations (i.e., after crosses, shots, back passes, and time of game)
- On set plays (i.e., free kicks – and kicks away from goal)

# Prioritizing Goalkeeper Training

## Foundation

- ❖ Technical
- ❖ Tactical
- ❖ Physical
- ❖ Psychological

## Structure

- ❖ Age Appropriate
- ❖ Game Environments
- ❖ Functional
- ❖ Goal Oriented

# Prioritizing Goalkeeper Training Cont.

## Individual Training

- ✓ Exercises to address technique and tactics
- ✓ Exercises for conditioning
- ✓ Train before or after team sessions or personal training
- ✓ Functional training with field players (i.e., forwards)

## Group Training

- ✓ Specialized training topics
- ✓ Teach by example (i.e., video analysis)
- ✓ Specialized goalkeeper trainer and/or coach
- ✓ Regular training schedule

# Prioritizing Goalkeeper Training Cont.

## Combined Training

- ✓ Training combined with the rest of the team (i.e., building from the back)
- ✓ Team warm-up to often include the goalkeeper

## Goalkeeper Games

- ✓ Exercises to challenge and motivate (i.e., goalkeepers vs. field players)
- ✓ Restrictions to help develop the goalkeeper
- ✓ Small sided games to reinforce components and decision-making

# Age Appropriate Goalkeeper Training

## “Youth” / 6-10 Year-Olds

- Balance and coordination exercises with and without the ball
- Very basic techniques and technical-tactical skills
- No specific goalkeepers – rotate players often during training and games
- Various ball training to enhance basic goalkeeping techniques (i.e., catching, falling, and kicking)

# Age Appropriate Goalkeeper Training Cont.

## “Intermediate” / 10-14 Year-Olds

- Systematic learning of all basic goalkeeper techniques
- Applying skills in a variety of situations based on the demands of the game
- Tactics of building the attack and set plays
- Conditioning exercises to increase speed and power
- Beginning of identifying players to specialize in goalkeeping
- Goalkeeping training should be challenging and fun in this “golden age of learning”

# Age Appropriate Goalkeeper Training Cont.

## “Advanced” / 14-18+ Year-Olds

- Refinement of all goalkeeper techniques and elements
- Greater focus on the mental demands and focus of the game
- Expanded role and responsibility of managing the game
- Motivation to succeed and play at another level is a factor
- Training often includes opponents to create realism
- Practices are often more intense, but maintain quality over quantity
- Goalkeepers must be involved in every aspect of the training process

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