Goalkeeping Concepts

Teaching Youth Goalkeepers...How to Read the Game!
Coaching Modern Goalkeeping Concepts

- Dynamic Stance
- Basic Positioning Concepts for Shot Handling
- Situational Tactics Recognition
- The Breakaway Save
- Full Field Positioning for the GK
- Advanced Positioning Concepts
  - 3-Goal
- Dealing with Balls played in Behind the Defense
Dynamic Stance & “Pre-stretch”

• Dynamic stance for a GK means balance and movement – like a coiled spring!
  • Body relaxed; feet shoulder width apart; flexion at knee and waist; chin in front of feet; hands forward so that elbows are in front of chest

• Pre-stretch Concept to improve mechanical advantage of the levers of the body
Basic Positioning Concepts

• “Ball Line” and “Angle Arc” – Guidelines for Shot Saving!
“Situational Tactics Recognition” (STR)

• Developing Goalkeeper Anticipation
  • Understanding the 2 or 3 best opponent’s attacking actions leads to:
    • Defensive ORGANIZATION
    • ANTICIPATION

• Full-Field positioning for the Goalkeeper
  • Ball is attacking third
  • Ball is middle third; attacking half of midfield
  • Ball is middle third; defensive half of midfield
  • Ball is in defensive third
    • Central position
    • Wide position
Understanding the “Breakaway” Situation

• Once breakaway is recognized...what is the goalkeeper looking for?
• How does a GK increase their ability to be successful
• How do we teach safe goalkeeping in a breakaway situation
Full Field Positioning for the Goalkeeper

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    - Wide position
3-Goal Situation

• 3-Goal Inside the Penalty Area (getting to the end line)
  • Positioning; anticipation; resolution
    • Saving implication: Point Blank
    • Cut-backs; re-establishing positioning to close shooter

• 3-Goal Outside the Penalty
  • Early serve bent behind the defense
  • Attackers and Defenders are making vertical runs to the goal
  • Late arriving back post runners are on because of the bent shape of pass

• ORGANIZING BACK POST IS CRITICAL.
Understanding Decisions when Ball are Played in Behind the Defense

• Positioning
• Communication options
  • Verbal and Body Language

Training for success!
Questions and Answers

• NSCAA Goalkeeping Academy
  • 85 hours of GK Instruction

• NSCAA Goalkeeper Courses
  • Level 1 – 5 hours (soon to be an on-line course)
  • Level 2 – 12 hours
  • Level 3 – 18 hours
    • Above course have no testing at this time!
  • Advanced National GK Diploma Course – 50 hours + pre-course assignment