



# Goalkeeping Concepts

Teaching Youth Goalkeepers...How to Read the Game!

# Coaching Modern Goalkeeping Concepts

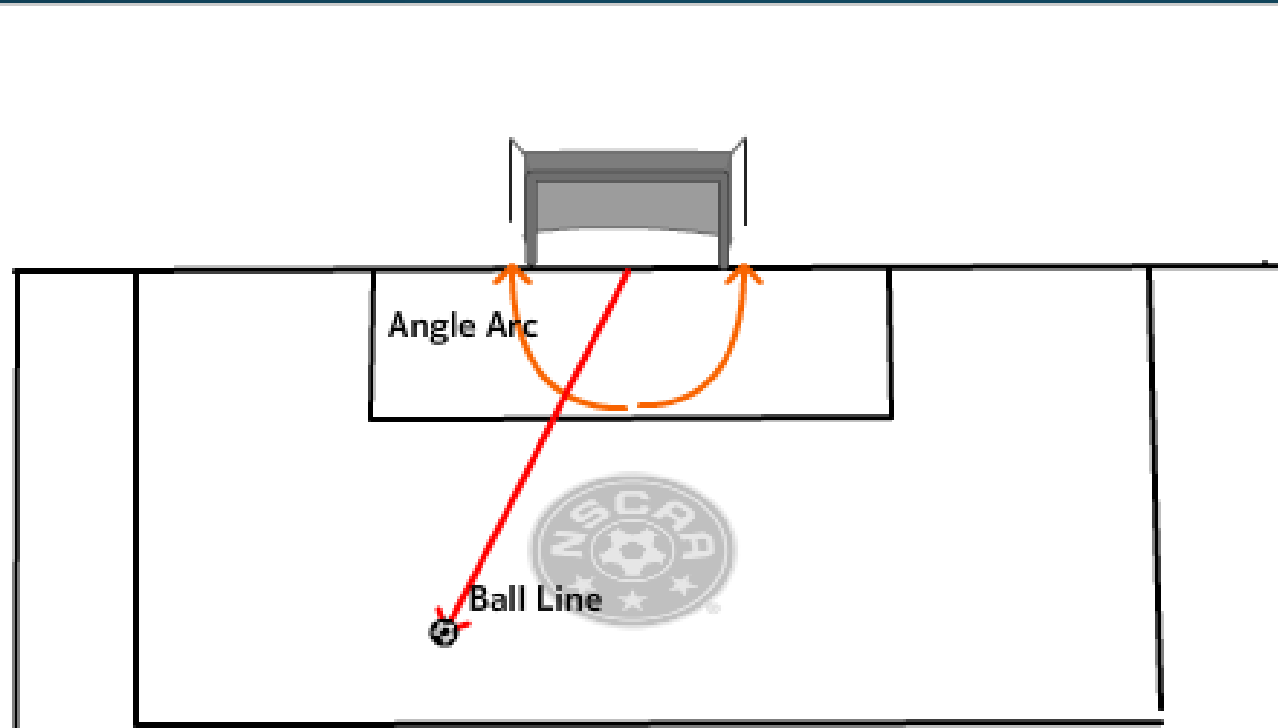
- Dynamic Stance
- Basic Positioning Concepts for Shot Handling
- Situational Tactics Recognition
- The Breakaway Save
- Full Field Positioning for the GK
- Advanced Positioning Concepts
  - 3-Goal
- Dealing with Balls played in Behind the Defense

# 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

- 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

# 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

