



Goalkeeping Concepts

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

Coaching Modern Goalkeeping Concepts

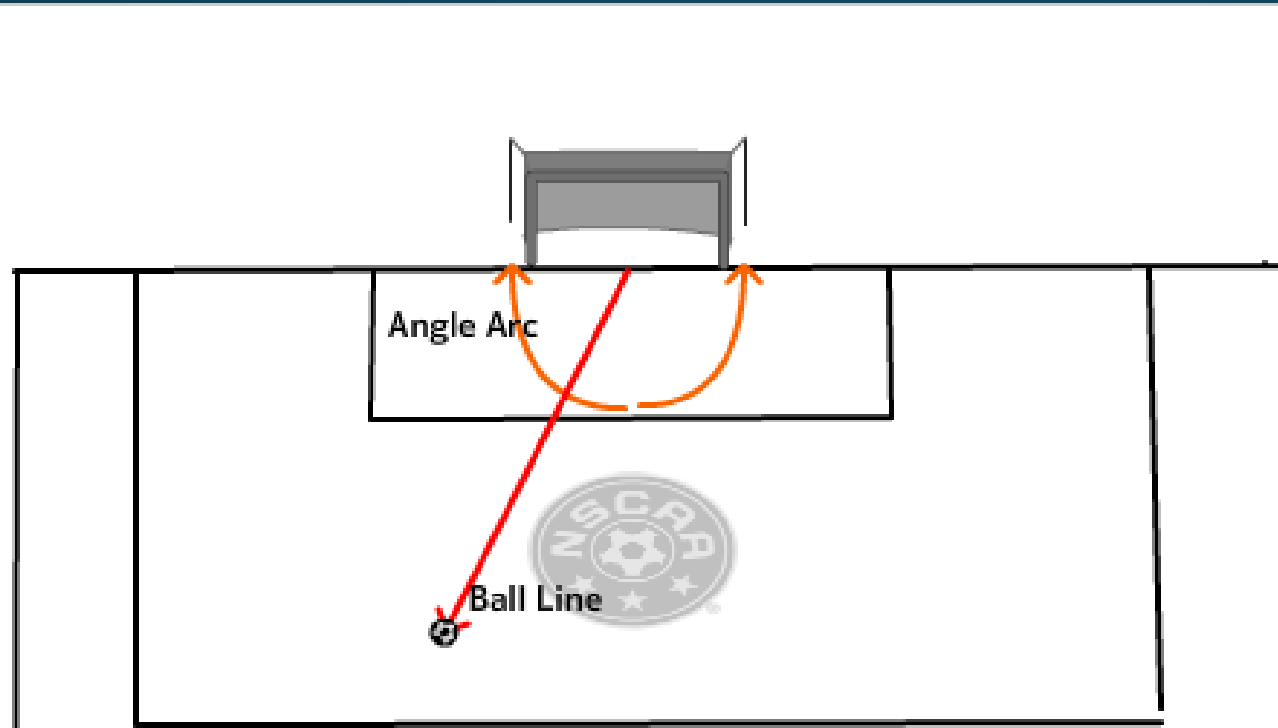
- Dynamic Stance
- Basic Positioning Concepts for Shot Handling
- Situational Tactics Recognition
- The Breakaway Save
- Full Field Positioning for the GK
- Advanced Positioning Concepts
 - 3-Goal
- Dealing with Balls played in Behind the Defense

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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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

