FAI Goalkeeping Fundamentals
Planning and Organising

Session Planning

- Age
- Abilities/Developmental level
- Keep the Players Active
- Appropriate training equipment
- Use the appropriate PDP sessions
- Session plan – pre-prepared (Theme)
- Time
- Make the training FUN
- Always end with a MATCH

Notes
The FUNdamental coach

- Enthusiastic
- Humorous
- Communication skills
- Adaptable
- Consistent
- Patient
- Pleasant
- Aware
- Organised
- Dress like a coach

- Open minded
- Fair
- Knowledge of the activity?
- A desire for the game
- Provide feedback
- Punctual
- Willing
- Listener
- Light the Fire …
Passing Wars

Warm up

Game Objective
A practice designed to improve player's TECHNIQUE when PASSING THE BALL

Organisation
- Grid is 30x20m
- Group players in pairs with one ball between them. Goals 1m apart
- Players score by passing through the gates. Play for 2/3 minutes get players to keep their scores. If the ball goes either side or hits any of the large cones no goal is given

Key Factors
- Eye on the ball
- Standing foot planted beside ball
- Lock kicking foot
- Strike through middle of ball
- Body weight over the ball
- Weight and accuracy of pass

Coaching Tips
- Coach can vary method of scoring pass with outside of foot, laces, back heel etc ...
- Consider shorter distance starting off

Notes
Score in the Goal

Warm up

Game Objective

A practice designed to encourage SHORT RANGE OF PASSING and MOVEMENT off the ball

Organisation

- Grid is 30x20m
- Group players in pairs with same coloured bib, one ball per pair
- Each goal will be the same colour, use different colours randomly in the grid
- Each team tries to score a goal by passing the ball through a goal and then moving on to another goal
- The game lasts for 30 seconds

Key Factors

- Players are encouraged to look around the area at all times to identify a free goal
- Encourage players to communicate with their partner

Coaching Tips

- Players with the ball must delay the pass to allow their partner to get into position to receive the pass
- Introduce defenders to test players
- A defending player cannot tackle, only block the goal

Notes
**Tag games**

**ABC Warm up**

**Game Objective**
A practice designed to **WARM PLAYERS** up with an emphasis on **AGILITY, BALANCE, COORDINATION** and **SPEED**

**Organisation**
- Grid size 25x20m

Coach can play various games
1. White players are on and must tag blue players, if you get tagged you are then on

2. White players must tag blue players, blue player must then freeze make a star shape and an untagged blue player must go through their legs to free them

3. White player has a ball and must head their ball off a blue player who then is on

**Coaching Tips**
- Vary tag games, make them fun and with lots of varying movements. This will always lead into some work with the ball

**Key Factors**
- Awareness, keep your head up
- Change of direction
- Change of pace
- Disguise

**Notes**
**The Set Position**

**Introduction**

As the game has developed over the years, speed of movement has become a key component. Players’ actions are quicker and so is the football. As a consequence of this development, one of the key guiding principles of goalkeeping which has emerged and become of the utmost importance is that the goalkeeper should be in a good set/ready position to either move or intercept the ball as quickly and efficiently as possible at any given moment during match play.

The goalkeeper’s set/ready position will change depending on the position and situation of the ball on the pitch. However, there are key components which remain common in almost all situations: the head, hands and feet.

Many young goalkeepers struggle with balance; they fall back onto their heels and their head sways from side to side, backwards and forwards, restricting their ability to move or dive effectively and efficiently as the ball is being played.

**Key Factors**

- Feet approximately shoulder width apart with weight on the front half of feet, ensuring a balanced set position
- Body weight slightly forward with knees slightly flexed & hips square to the ball
- Head keeps still with the nose in front of the toes
- Elbows narrow, with chest facing ball
- Hands in front of bodyline & approximately ball width apart
- Prepare the hands early
  - **Note*** Set position will alter slightly due to GK’s physical make up
  - Taller GK’s feet and hands will probably be slightly wider apart, but generally principles remain the same
Handling- W Shape

Organisation

- Grid size 10x10
- GK in 4yd goal marked with cones
- Server feeds GK with service of varying strengths and heights
- GK collects & returns to set position
- S varies service including:
  - Throwing the ball
  - Striking stationary ball
  - Striking moving ball
  - Striking dipping volley
  - Striking half-volley

Technical Practice

Key Factors

- The goalkeeper should have their arms apart (shoulder width) and have their weight slightly on their balls of their feet, they take the ball with arms stretched, elbows in, at head height (if the ball passes through the goalkeeper’s hands, the head will stop the ball going into the goal),
- The position of the hands and fingers is very important (see photo). The hands need to be brought from being in front of the line of the ball into the line of trajectory of the ball with chest square.
- The hands are prepared with the palms facing the ball with the fingers spread and the thumbs forming the ‘W’ shape.
- The elbows need to be slightly flexed to act as ‘shock absorbers’ when the contact of the hands is made with the ball.
- The contact with the ball needs to be made approximately ’15-18 inches’ in front of the body.

Coaching Tips

- ‘Soft hands- Strong Wrists’
- ‘Keep the eyes on the back of the ball’.
Handling- Cup Technique

Key Factors
- Once ball has been struck avoid body movement as much as possible
- Whilst in a balanced set position footwork may need to be adjusted slightly laterally as the ball travels towards GK
- Keeping chest square to the ball, hands need to be brought forward in front of bodyline
- Prepare the hands early
- Elbows tucked in with palms facing up and fingers spread
- Soft hands – strong wrists
- Feet now need to be planted solidly in preparation for the catch
- On impact the ball is taken into midriff with palms securing the ball

Organisation
- Grid size 10x10
- GK in 4yd goal marked with cones
- Server feeds GK with service of varying strengths & heights
- GK collects & returns to set position
- This practice is a simple progression from the set position and should be used in coordination with this & other basic handling technique practices described
Handling- Scoop Technique

Key Factors
- Collapse at knees to the “K” position and open palms to face ball with fingers spread
- Lead with hands to bring body weight forward
- Keep head still & eyes focused on ball
- Bring shoulders forward over hands, with elbows slightly flexed to cushion the impact of the ball
- “soft hands – strong wrists”
- On palms making contact with ball, scoop into chest whilst bringing body weight forward to complete the save

Coaching Tips
- ‘Soft hands- Strong Wrists’
- ‘Keep the eyes on the back of the ball’.

Organisation
- Grid size 10x10
- GK in 4yd goal marked with cones
- Server feeds GK with service of varying strengths & heights
- GK collects & returns to set position
- This practice is a simple progression from the set position and should be used in coordination with this & other basic handling technique practices described
The Low Diving Save

Key Factors
- GK needs to “step” towards the line of the ball with nearest foot
- Making initial step GK brings bodyweight slightly forward in preparation to make the save
- With leg slightly flexed & bodyweight transferred onto it, GK will now have the power to dive to side whilst bringing bodyweight forward
- As GK’s weight is transferred to leg the hands & bodyweight follow
- Hands should be approximately ball width apart (“in the handcuffs”) & move towards the line of the ball with fingers spread in the “W” formation
- If the ball arrives along ground the leading hand needs to go behind ball with other hand securing it on top
- All impact is taken on the side of the body & shoulders with head following in behind the hands

Coaching Tips
- ‘Soft hands- Strong Wrists’
- ‘Keep the eyes on the back of the ball’.

Organisation
- Grid size 10x10
- GK in 4yd goal marked with cones
- Server feeds GK with service of varying strengths & heights
- GK makes save & returns to set position
- This practice is a simple progression from the set position and should be used in coordination with this & other basic handling technique practices described
The Front Diving Save

Technical Practice

Key Factors

Preparation
- GK bends legs with the left leg diagonal to body (the save cannot be made if the leg is forward)
- the right leg forms a right angle
- position of the legs provides extra protection
- the shoulders are slightly forward
- the goalkeeper can do the same on the other side by reversing the roles of legs

Gathering the ball
- GK’s arms stretch out towards the ball,
- GK lifts the ball, brings hands in and gathers the ball to chest
- the chin offers further protection

Contact with the ground (not always necessary)
- GK pushes forward slightly and lands on elbows while grasping the ball
- this movement must be conducted carefully to make sure the ball is not spilled

Organisation
- Grid size 10x10
- GK in 4yd goal marked with cones
- Server feeds GK with service of varying strengths & heights
- GK makes save & returns to set position
- This practice is a simple progression from the set position and should be used in coordination with this & other basic handling technique practices described
Handling Above the Head  Technical Practice

Key Factors
- Assess the flight and pace of the ball
- Take off on one foot and drive the other knee upwards
- Catch the ball at Gk’s highest point
- W- Catch in front of the Gk’s eye-line
- Bring the ball back into the chest

Organisation
- Grid size 10x10
- GK in 4yd goal marked with cones
- Server feeds GK with service above the head
- GK makes catch & returns to set position
- Vary serves to left and right of Goalkeeper
- This practice is a simple progression from the set position and should be used in coordination with this & other basic handling technique practices described
1v1s

**Practice**

**Organisation**
- Grid size 20x10, half way line marked & end target zone 3yds inside
- 5 players (incl 2GK’s) with 3 attackers outfield, 3 balls
- Practice starts with A1 attempts to dribble round GK & keep controlled possession in 3 yd end zone to score a point
- Time condition to achieve this of 6 seconds applied
- Simple progressions for this practice are:
  - GK throws/rolls ball & moves down line of ball to threaten A’s first touch
  - 2A’s combine to take ball forward, but A in possession must dribble past GK to end zone

**Key Factors**
- Start position in line of ball
- Assessment: advance or hold position
- Put onus on attacker & make forward movements only when ball is out of A’s feet
- Delay, stay big (remain on feet) & force A wide if possible
- 2 techniques to focus on-
  - diving at feet and smothing
- GK will normally dive at feet when slightly favourite & ball is wide of body
- As in the low diving save- GK leads with hands, taking bodyweight forwards & tucking head in behind hands
- A smothing save is used when there is a 50/50 or better chance, in favour of GK with ball being between GK & A
- When this is the case- GK needs to form a long barrier
- Crucial aspect of this technique is GK’s bravery
1v1 Dribbling to Goal

Practice

Game Objective
A practice designed to DEVELOP PERCEPTION, AWARENESS and DECISION MAKING in 1v1 situations

Organisation
• Area 25x20m
• Blue players pass the ball to yellow players and defend, yellow players can score in either goal
• If blue player or goalkeeper wins the ball back, they must attack opposite goal to the one yellow was attacking (Transitions)

Key Factors
• Positive first touch towards goal (Back Foot)
• Accelerate away from defender
• If defender recovers, change of direction
• Look at goalkeeper's position, quality finish

Coaching Tips
• Make sure that players play until goal is scored or ball goes out of play and are aware of the transitions

Notes
Passing - Width and Depth

Practice

Game Objective
A practice designed to encourage **PASSING** and **ROTATION** of players in game related situations

**Organisation**
- Area: 25x30m

**Key Factors**
- Width and depth
- Player rotation
- Passing pace and accuracy
- Players form a diamond and aim to achieve 5-10 passes
- After achieving 5-10 passes players 1, 2, 3, 4 aim to pass through gated goals
- If opposition player wins ball back they try score at the opposite end

**Coaching Tip**
- Progress to include another opposition player

**Notes**
Shooting with Recovery

Game Objective
A practice designed to improve decision making on **SHOOTING** and **RECOVERY RUN**

Organisation
- 40x30m grid
- A square to the right or left of each goal in the corner of the pitch
- Players divided in 2 teams
- Supply of footballs in each goal
- 1 - Orange team start off by dribbling towards the blue goal and can shoot at any time
- 2 - Orange player runs back to tag his teammate
- 3 - Blue player tries to save the ball and then attack the orange goal
- 4 - Next orange player attempts to save
- Players keep this going until one team reaches 10 goals

Coaching Tips
- Rotate groups after each game so players are shooting on their opposite side
- Observe technique

Key Factors
- Encourage players to shoot early so they don’t have too far to run back
- Accuracy before power
- Aim for the corner of the goals
- Awareness of what to do after shooting

Notes

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Shooting Partners

Game Objective
A practice designed to improve **SHOOTING** accuracy

Organisation
- 20x20m grid (red) with 8x8m grid inside (yellow)
- Players divided in 2 groups
- Players work in pairs
- Balls with one group
- Blue player dribbles ball into grid and stops ball
- Red player follows the run and shoots at goal
- Both players to be aware of rebound opportunities

Key Factors
- Assess goalkeepers position
- Keep shots low by encouraging players to strike the ball with their instep
- Accuracy before power
- Aim for the corner of the goals

Coaching Tips
- Rotate groups AND goalkeepers
- Observe technique

Notes
Shooting and Combinations Practice

Game Objective
A practice designed to IMPROVE SHOOTING and COMBINATIONS

Organisation
- 30x20m grid
- 3 cones 25m from goal
- Players divided in 3 groups
- Balls with each group
- 1 – Red player dribble towards goal and red shoots
- 2 – Blue player and red player play a wall pass and Blue shoots
- 3 – Yellow player dribbles in and combines with red player in 2v1 against blue player
- Players return to their own group

Coaching Tips
- Rotate groups AND goalkeepers if required
- Observe technique

Key Factors
- Keep shots low by encouraging players to strike the ball with their instep
- Accuracy before power
- Aim for the corner of the goals
- Awareness of what to do after shooting

Notes
**Attackers and Defenders**

**Mini Game**

**Game Objective**
A practice designed to improve the player’s **SHOOTING** in 1v1 situation

**Organisation**
- 2 teams, 4 players per team
- 4 attackers in an area with a ball each dribbling inside the area
- 4 defenders in the other area, passing a ball to each other, 1 goalkeeper in the goal
- Attacker moves out of the back of their area to try to score
- Defender leaves their area through the cones nearest the goals and tries to prevent the attacker scoring
- The attacker can shoot as soon as they feel they can score
- When defending, players must stay on their feet
- Rotate teams as required
- Rotate the goalkeeper after 3 goals have been scored

**Coaching Tips**
- Shots must be taken using both feet
- Remember to keep the head steady and eyes fixed firmly on the ball when shooting

**Key Factors**
- Ensure all the shots are on target and the players concentrate on accuracy and not power
- Ensure attackers follow up on rebounds

**Notes**
Olympic Handball

Mini Game

Game Objective
A practice designed to encourage the players to **MOVE** and **SUPPORT**
their team mate when they have **POSSESSION** of the ball

Organisation
- Split players into 2 teams of 5
- The playing area is 30x25m
- The players in possession of the ball cannot run with the ball
- Possession can only be gained by interceptions or when the ball touches the ground
- There is to be no tackling or physical contact
- Use different size and shaped footballs where possible
- The players can pass the ball using a variety of throws – overhead, under arm, bowling, etc.

Coaching Tips
- Adjust the pitch size depending on the player’s age and ability
- Consider variety of passes ie, volley, header

Key Factors
- Encourage the players to support the player on the ball
- Encourage the players to keep possession at all times
- When the players are moving encourage them to move into space in order to receive a pass

Notes
Shooting Game

Game Objective
A game designed to improve a player’s SHOOTING

Organisation
- Pitch 40x30m
- Have balls placed beside the goals
- No Offside
- When ball goes out of play, restart options, Pass into play, Throw in to play, Dribble into play

Key Factors
- Try keep Diamond shape (Width & Depth)
- Team in possession tries to score by taking as many shots as possible
- If defending team win possession they attack opposite goal
- If there are rebounds the attackers can shoot at goal

Coaching Tips
- Extend pitch dimensions
- Play 3v2 in each half
- If a player dribbles past another, shoots and scores, they keep possession

Notes

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