2017 SPORSDIRECT.COM FAI Summer Soccer Schools
Head Coaches Training Day
May 27th 2017

The Role Of The Goalkeeper
How do we include our Goalkeepers?
Fun Warm up games with the group

Goalkeeping Technical Practices

SSG’s with the group
The Role of the GK Coach

- Design and deliver age specific technical practices
- Ensure groups are evenly matched in relation to age & ability
- Discuss with coaches on a daily basis regarding use of Gk’s
- Observe Gk’s in games & offer some feedback where appropriate
- Ensure that if a GK wants to play out field he has the chance
- Ensure all Gk’s have a fun & enjoyable week!
Coaching Syllabus

- Introduction to Goalkeeping & Social Interaction
- Set Position & Basic Handling
- Shot Stopping
- Reaction Work
- Ball Mastery as the Goalkeeper
- Footwork Technique
- Diving Technique
- Distribution – Throwing and Kicking Technique
- 1v1 Situations
- Fun Games to incorporate all aspects of the modern Goalkeeper
- Game situations
The Role of The Head Coach

- Ensure there's communication
- Ensure Gk's are not in total isolation – it's not a separate camp!
- Be flexible with kids wanting to swap over
**Set Position**

- Feet shoulder width apart with weight on front half of feet (Balls of feet)
- Body weight slightly forward, with knees slightly flexed & hips square to the ball
- Nose in front of toes
- Elbows tucked in
- Hands in front of body
- Head up with eyes on the ball

**Handling Techniques**

- Organisation:
  - 4 yard goal
  - Server feeds Gk with a variety of different serves
  - Gk collects and returns to server before back peddling around cones
  - Servers can include: throwing, striking stationary ball, striking moving ball, striking clipping volley, striking half volley

- **Scoop Technique**
  - Gk must get in the line of the ball
  - Collapse at knees to the 'V' position & open palms to face ball
  - Lead with hands to bring body weight forward
  - Keep head still and eyes focused on the ball
  - Bring shoulders forward over hands, with elbows slightly flexed to cushion the impact of the ball
  - On contact with ball, scoop into chest whilst bringing body weight forward to complete save
Dealing with High Balls

**Organisation**
- 5 yard goal
- Server feeds a variety of serves
- GK makes save and returns to set position

**Key Factors:**
- GK starting position is open
- GK assesses the height & pace of ball
- GK Communicates
- Take off with one foot and drive the other knee upwards • Standing leg is always bent side
- Catch the ball at highest point
- ‘W’ Catch in front of GK’s eyes line
- Bring the ball back into the shot

**Handling Techniques**

**Organisation:**
- Server feeds GK with a variety of different serves
- GK collects and returns to server before back pedalling around cones
- Serves can include: throwing, striking stationary ball, striking moving ball, striking sliding volley, striking half volley

**W-Catch**
- Goalkeeper begins in set position
- They take the ball with arms stretched, elbows in at head height
- The hands are brought into the line of the ball
- The hands are prepared forming a W shape
- The elbows are slightly flexed to act as ' Shock absorbers' when contact of the hands is made with the ball
- The contact needs to be made in front of the body

**Cup Technique**
- GK gets in line of the ball
- Keeping chest square to the ball, hands need to be brought forward in front of body line
- Prepare the hands wisely
- Elbows are locked in with palms facing up and fingers spread
- Soft hands, strong wrists
- Feet now need to be planted solidly in preparation for catch
- On impact the ball is taken into midair with palms securing the ball
Diving Techniques

Organisation:
- 5 yard goal
  - Server feeds a variety of servers
  - GK makes save and returns to set position

Low Diving Save:
- GK steps towards the line of the ball with several foot
- Making initial step, GK brings bodyweight slightly forward in preparation to make save
- With leg slightly forward & body weight transferred onto it, GK can do power off standing tool
- Hands should be ball width apart and move towards the line of the ball in ‘Y’ formation
- As ball travels along the ground, leading hand needs to go behind the ball with other hand securing it on top
- All should be taking on the side of the body & shoulders with head following in behind the hands

Diving Save:
- GK steps towards the line of the ball with several foot
- Making initial step, GK brings bodyweight slightly forward in preparation to make save
- With leg slightly forward & body weight transferred onto it, GK can do power off standing tool
- Hands should be ball width apart and move towards the line of the ball in ‘Y’ formation
- As ball travels in the air, GK arms stretch out towards the ball to gather in
- Once in the hand(s) the GK holds the wrists to ensure ball sticks ground with two hands securing it, using ground as third hand
- All respect is taken on the side of the body & shoulders with head following in behind the hands

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Implementing The GK
Defending Wide Crosses
Implementing The GK
Defending The Space Behind
Implementing The GK Playing Out From The Back
Thank you!