

# **Goalkeeper Coach Education Workshop**

Basic Goalkeeping techniques that we will be covering in the session

## **Catching above the head**

- Moving in line of the ball
- Taking the ball above the eyes
- Pushing off on one foot
- Bringing the knee up on the opposite leg
- Hands to make a 'W' over the ball

## **Catching at chest height**

- Moving in line early
- Arms should be underneath the ball and bring towards the body

## **Catching on the ground**

### **Long barrier**

- Both feet should be pointing left or right
- Ensure the lower body makes a barrier behind the hands
- Think 'Robert Green' England world cup

### **Stoop**

- Both feet should be pointing forward
- Bend at the hips and scoop the ball up
- Legs together to make a barrier if the ball goes through the hands

### **Diving**

- Players should move across the goal with short steps
- Soft hips and elbows when landing
- Legs clearing out of the way
- Hands out in front of the body
- The GK should dive forward and attack the ball

### **Distribution**

- Under arm throw
- Over arm throw
- Kicking off the ground
- Kicking out of the hands

# **Goalkeeping Session Layout**

## **1. GK Specific Warm-Up**

- All players have a ball each and move freely around the area
- Players perform basic ball manipulation exercises with their hands
- Add in turning and diving

### **Coaching**

- Emphasis is on getting the players mentally and physically prepared for a goalkeeper coaching session

## **2. Donkey or Dog**

- 50 – 50 ball ratio
- Players move freely around the area throwing the ball to each other
- If a player drops the ball they add a letter to they score
- When they spell out the chosen word that player is out of the game
- Players on the side practice throwing and catching technique

### **Coaching**

- Moving in-line of the ball
- Catching technique

## **3. Diving Game**

- Coach shouts right or left
- First player down with correct technique scores a point
  - Last player loses a point
- First to player to score 5 points wins
- Start without the ball then progress to add in the ball

### **Coaching**

- Diving technique
- Eyes stay open
- Reaction speed

## **4. Basic quick feet exercises with diving**

- Split group into 2 or 3
- Players move through the cones, ladders or agility poles performing several quick feet exercises
- Coach or another player throws the ball at various heights for the GK to save after they have passed through the ladders etc....

## **Coaching**

- Emphasis is on quick movement of the feet
- Diving Technique

## **5. Newcome**

- 2 V 2, 3 V 3 or 4 V 4
- Size of area to suit age group
- Teams throw the ball across the central divide
- If the opposition drop the ball the other team score a point

## **Coaching**

- Catching technique
- Communication
  - Players lose a point if they don't shout keepers

## **5. Distribution**

- Throwing
  - Under arm
  - Over arm
  - Have a goal as a target
  - Start close to the goal and work way backwards when the players have success

## **6. Kicking**

- In pairs
- Players kick the ball to each other from their hands to starts
- Players start close together and work their way backwards when they have success
- Can do the same off the ground

## **7. Small Sided Game**

- Short and narrow pitch to suit age groups
- Lots of footballs in the goals and on sidelines
- Rotate Goalkeepers every 5 minutes

## **Coaching**

- Encourage players to take lots of shots especially when near the goal