

GOALKEEPING MODULE

1st4Sport LEVEL TWO IN COACHING FOOTBALL



TECHNICAL PRACTICE CONTENTS

3. TECHNICAL PRACTICE

General handling

4. SKILL PRACTICE

Shot stopping

5. SKILL PRACTICE

Dealing with crosses

6. TECHNICAL PRACTICE

Coaching topics

8. TECHNICAL DETAIL

Goalkeeping specific warm up

Technical detail – goalkeeping specific

Step - dive

Side skip – step – dive

Jumping

9. GOALKEEPING SPECIFIC WARM UPS

13. GENERAL HANDLING

Technical detail

The starting position

The split step

The receiving position

The catch

Collapsing dive

Low/high diving save

14. GENERAL HANDLING

Side skip – step – dive

SHOT STOPPING

DEALING WITH CROSSES

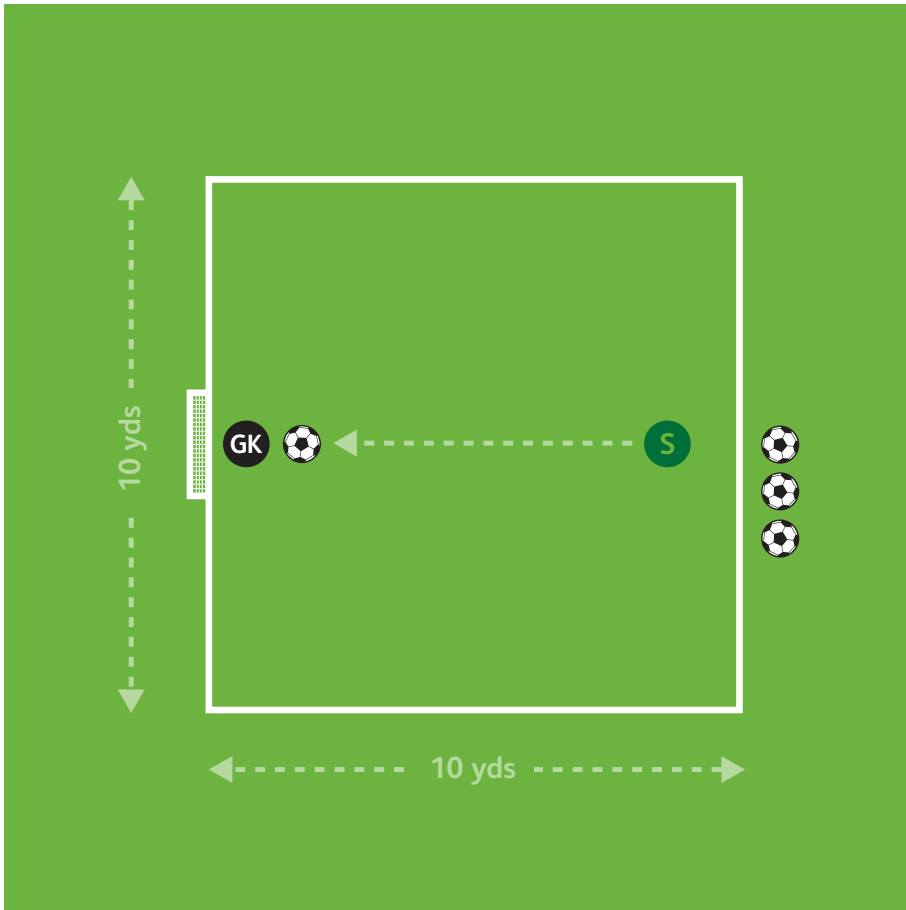
15. PASSING TECHNIQUES AND PRINCIPLES

SERVING TECHNIQUES

TECHNICAL PRACTICE

GENERAL HANDLING

30 minutes



ORGANISATION

- 1 Goalkeeper
- 1 Server
- 4 yard goal

PROGRESSIONS

- Scoop
- Cup
- “W” technique
- Collapsing save/low diving
- High diving save

VARIATION IN SERVICE

Volley, half volley, strike

SKILL PRACTICE

SHOT STOPPING

30 minutes

ORGANISATION (Age appropriate)

2 Goalkeepers either end of the practice (15 yards apart).

2 x 6 yard goals with parrying gates.

PROGRESSIONS

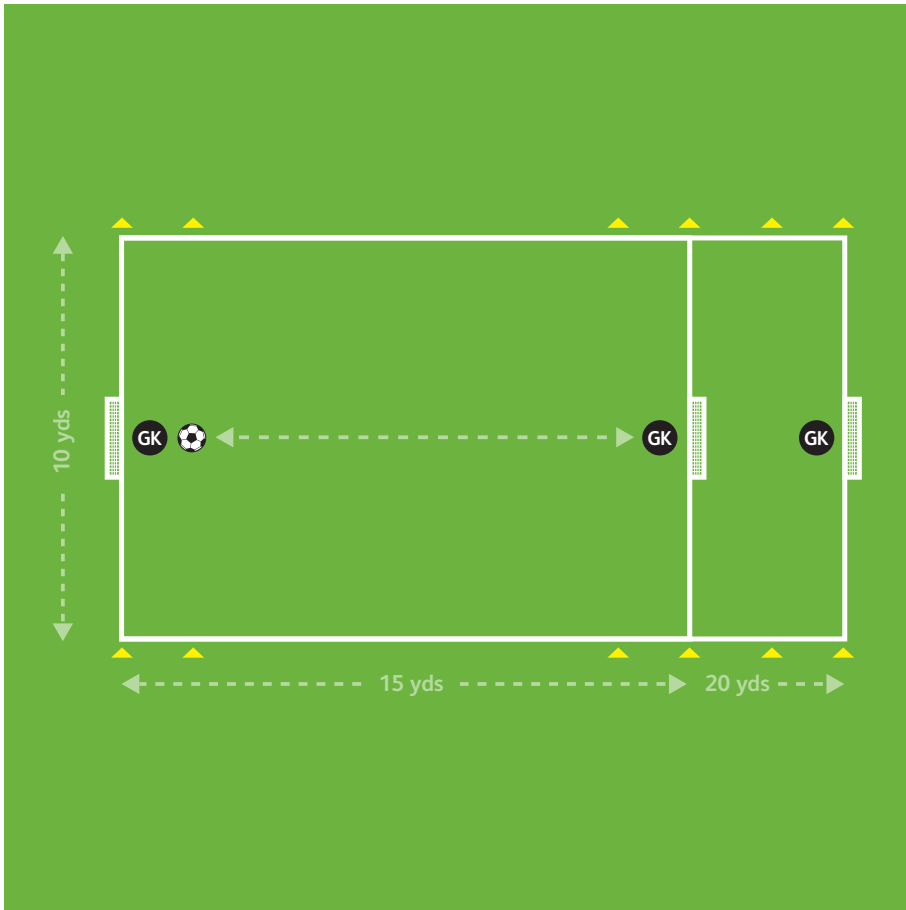
1. Varied service at one another:

- Striking stationary ball
- Striking moving ball.
- Volleys
- Half volleys

2. Increase the practice to 20 yards.

TECHNICAL INFORMATION

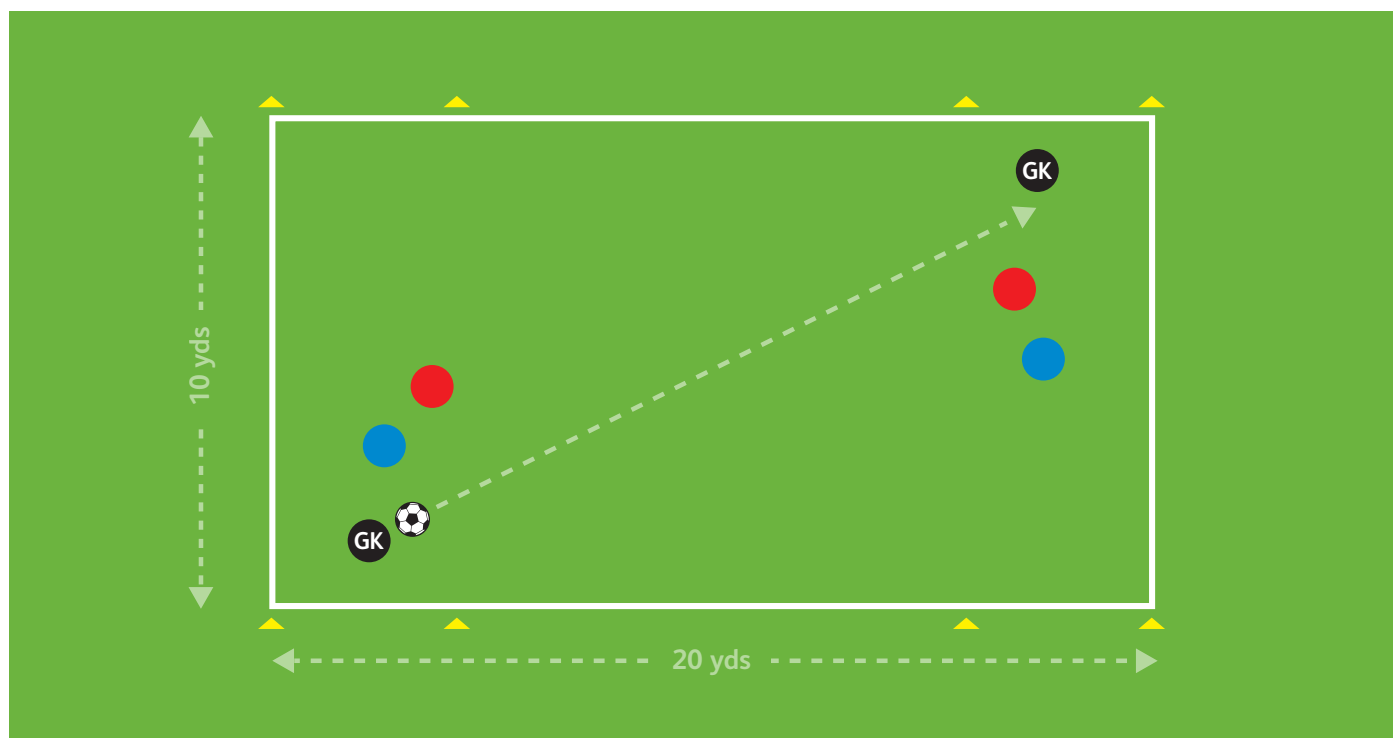
- Starting position in relation to the ball.
- Movement into the line of the ball.
- Movement down the line of the ball.
- Set Position.
- Assessment > decision.
- Catching techniques.
- Diving techniques.
- Recovery saves/recovery lines.



SKILL PRACTICE

DEALING WITH CROSSES

30 minutes



ORGANISATION (Age appropriate)

Practice played inside a 20 x 10 yard grid, progressing to a 44 x 18 yard grid (Penalty Area).

4 x 6 yard goals (8 discs).

2 Goalkeepers/4 players.

PROGRESSIONS

- 20 x 10 yard grid: Goalkeeper throws for partner to catch and return the service.
- GK's go to the opposite goal (they now have to take crosses from the opposite side).

PASSING TECHNIQUES & PRINCIPLES

Sidefoot, Drill, Wedge, Drive

- Progress to the Penalty Area (44 x 18 yards).
- Same organisation where the Goalkeepers/players now cross for one another. (By rotating the GK's they will get In-swingers and Out-swingers).
- Opposed practice: Introduce an attacker and a defender.

TECHNICAL

- Starting position in relation to the ball/ stance/body language.
- Assessment > Decision > Communication (Early, loud, clear and concise).

If the GK elects to go for the ball

- Angle of approach to the ball.
- Timing of take off: inside leg if possible.
- Techniques of catching (highest/safest point).
- Techniques of punching (height, distance and width).

If the GK elects not to go for the cross > AWAY! > a recovery line to defend the goal.

Role of the defender

- Depth/covering the Goalkeeper/ protecting the Goalkeeper/re-adjustment of position.

TECHNICAL PRACTICE COACHING TOPICS

Technical Practice

1. Coach the Goalkeeper when to use the Scoop and the Cup technique.
2. Coach the Goalkeeper when to use the Cup and “W” technique.
3. Coach the Goalkeeper on how to make a collapsing save, and a low diving save.
4. Coach the Goalkeeper on how to make a high diving save.

Skill Practice

5. Coach the Goalkeeper at shot stopping.

Skill Practice

6. Coach the Goalkeeper at dealing with crosses.

NOTES

GOALKEEPING MODULE TECHNICAL DETAIL



GOALKEEPING SPECIFIC WARM UP

To cover the following movement patterns:

Moving forwards

walking, jogging, side skipping, running, sprinting.

Moving backwards

walking, running, side skipping in crossing starting position, side skipping.

Moving sideways

side skipping, running.

In combination

running + skipping.

Diving

step-dive, shuffle-step-dive.

Jumping

one footed take off, double footed jumping.

TECHNICAL DETAIL – GOALKEEPING SPECIFIC

MOVEMENT

Side Skipping - Lateral

- Moving in a balanced receiving position.
- Be light on your feet.
- Feet slightly outside the shoulder line.
- Weight on the balls of the feet.
- Head forward and steady.
- Eyes firmly fixed on the ball.
- Hands in a catching position.
- Be balanced.
- Have a relaxed upper body, chest facing the ball.
- Feet travel sideways just above the turf, without touching each other.
- Top half of body and head, still and steady.
- Bottom half of the body, working hard to get into position.
- Prepare your hands early!
- Like a duck swimming on a pond!!
- Feet work to move the body into the line of the ball.

Side Skipping – Crossing Starting Position

- Body 'open' to the ball at 45 degrees to the goal line.
- Foot nearest the line forward.
- Moving in a balanced starting position.
- Be light on your feet.
- Feet shoulder width apart.
- Weight on the balls of the feet.
- Head forward and steady.
- Hands in a catching position.

- Be balanced.
- Have a relaxed upper body, chest facing the ball.
- Feet travel sideways just above the turf, without touching each other.
- Top half of body and head, still and steady.
- Eyes firmly fixed on the ball.
- Bottom half of the body, working hard to get into a position underneath the ball.

STEP - DIVE

Step

- Lead hands on to ball.
- Thumbs touching – W Shape.
- Forearms parallel.
- Elbows in front of body line.
- Head as far across as possible.
- Step with the foot nearest the ball.
- Place foot at 45 degrees in line with the end of the other foot.
- Width of step depends on how far away the ball is.

Dive

- Weight transfers through foot from heel to toe.
- Moving the knee over the top of the foot.
- This causes the calf, thigh and glutes to pre-load.
- The shin moves into a positive angle, allowing power generation.
- Push off other foot with inside studs on the ball of the foot.
- On catching the ball, take the ball onto the floor and secure, using the ground as a 'third hand'.

SIDE SKIP – STEP – DIVE

Side Skip

- Moving in a balanced receiving position.
- Be light on your feet.
- Feet slightly outside the shoulder line.
- Weight on the balls of the feet.
- Head forward and steady.
- Eyes firmly fixed on the ball.
- Hands in a catching position.
- Be balanced.
- Have a relaxed upper body, chest facing the ball.
- Feet travel sideways just above the turf, without touching each other.
- Top half of body and head, still and steady.
- Bottom half of the body, working hard to get into position.
- Prepare your hands early!

Step

- Lead hands on to ball.
- Thumbs touching – W Shape.
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Dive

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- Moving the knee over the top of the foot.
- This causes the calf, thigh and glutes to pre-load.
- The shin moves into a positive angle, allowing power generation.
- Push off other foot with inside studs on the ball of the foot.
- On catching the ball, take the ball onto the floor and secure, using the ground as a 'third hand'.

JUMPING

One Footed Take Off

- Jump off the foot nearest the goal.
- Drive the other knee up for lift and protection.
- Bring the hands and arms through the middle of the body.
- Extend the arms fully (highest point).
- Thumbs in 'W' shape, fingers forming a basket.
- Tip the head back to watch the ball all the way into the gloves.

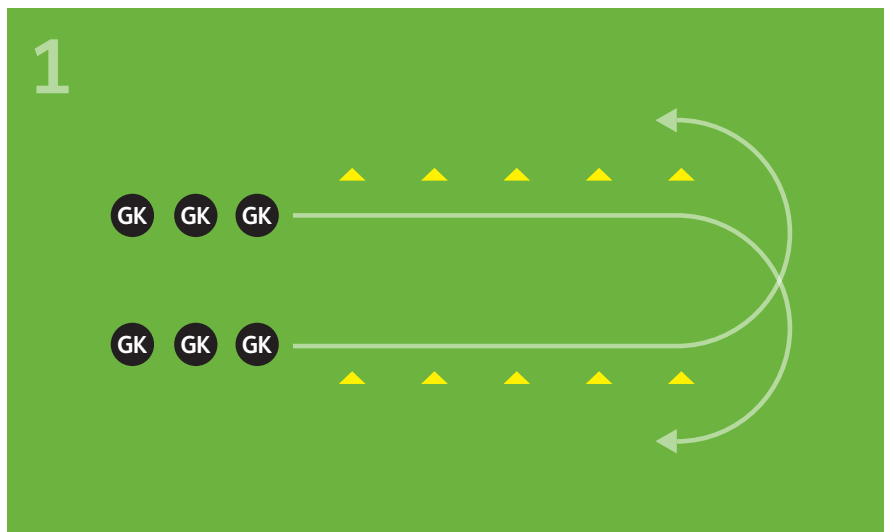
Double Footed Take Off

- Weight on the balls of the feet.
- Feet shoulder width apart.
- Bend knees.
- Jump off both feet.
- Drive the hands and arms through the middle of the body.
- Extend the arms fully (highest point).
- Thumbs in 'W' shape, fingers forming a basket.
- Tip the head back to watch the ball all the way into the gloves.

PRACTICES

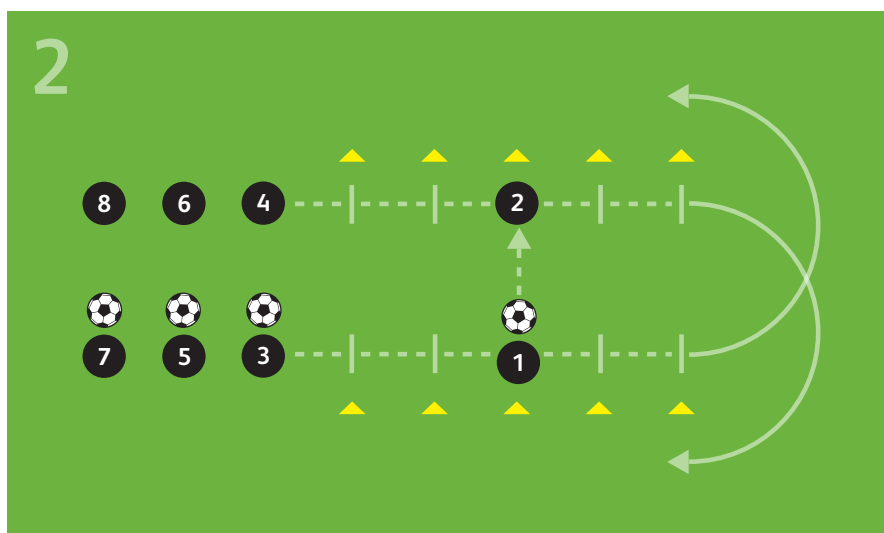
Practice Organisation

- 15 yards long x 6 yards wide.
- Goalkeepers work inside the markers performing an exercise.
- On reaching the top they cross over and jog back down the outside the markers.
- The next pair starts when the pair in front reaches the second marker.
- Two runs per exercise:
 - jogging
 - running forwards
 - running backwards
 - skipping forward
 - skipping backwards
 - side skipping in receiving position
 - side skipping in crossing starting position
 - ¾ sprinting



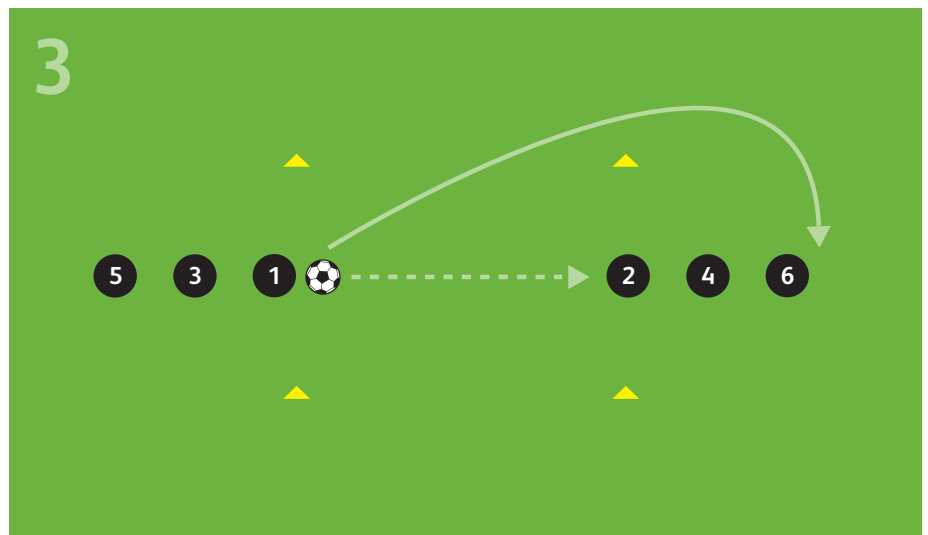
Practice Organisation

- 15 yards long x 6 yards wide.
- Goalkeepers work inside the markers performing an exercise.
- GK1 and GK2 face each other; GK1 has the ball.
- They side skip up the markers passing the ball to each other.
- On reaching the top GK1 picks up the ball and both GK's cross over and jog back on the outside of the markers to the start – to work again.
- The next pair starts when the first pair passes the third marker.
- Service:
 - Roll on the floor, throw at knee height, throw at waist height, throw at chest height, throw at head height, throw above head, side foot pass, roll on floor for a diving save, throw at waist height for a diving save, bounce throw for diving save.



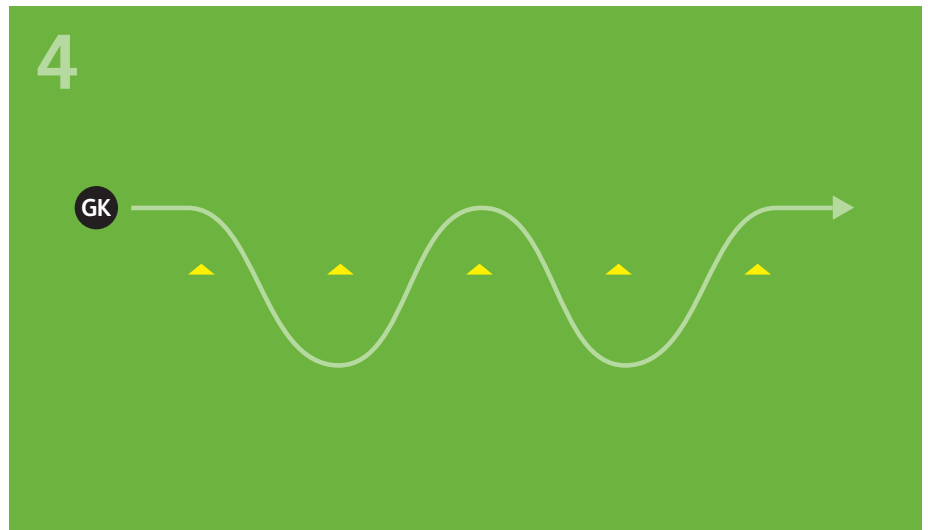
Practice Organisation

- GK1 serves the ball to GK2 who makes a save.
- GK1 follows his serve, going to the back of the opposite queue.
- GK2 serves the ball to GK3 and follows his serve... continue.
- Service – throw, bounce throw, throw above head, volley, $\frac{1}{2}$ volley, drill.



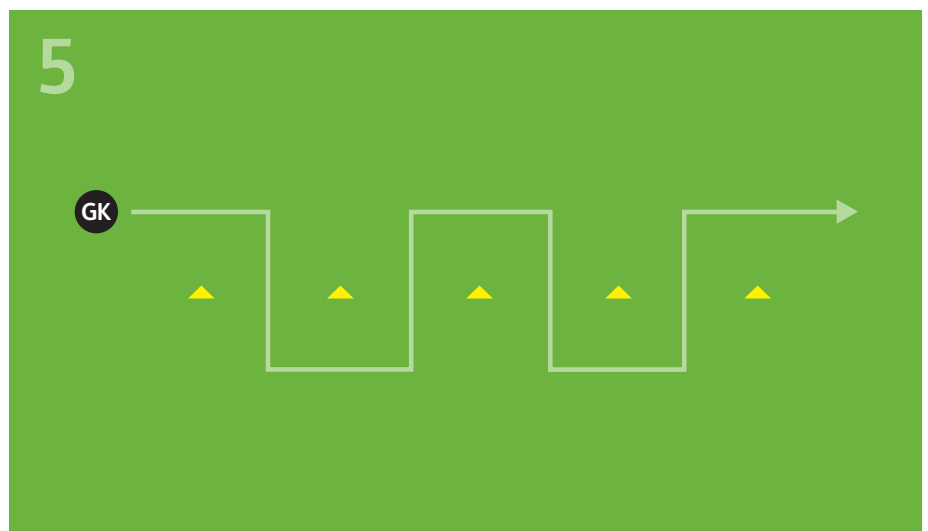
Practice Organisation

- 6 markers 1 yard apart.
- The goalkeeper side skips in the 'receiving' position in and out of the markers.
- The goalkeeper's movement should be balanced and fluid, feet travel sideways just above the turf, without touching each other.
- Repetitions x 4.
- Progression: Hold a ball in 'w' catching position.



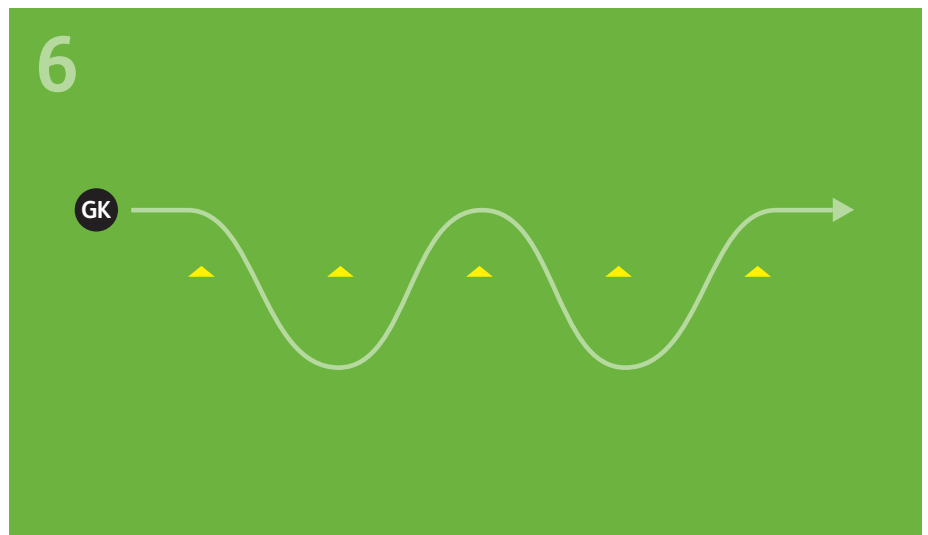
Practice Organisation

- 6 markers 1 yard apart.
- The goalkeeper stands side on to the markers in the 'receiving' position, keeping the chest parallel to the line of markers the goalkeeper runs backwards and forwards through the markers.
- Repetitions x 4.
- Progression: Hold a ball in 'w' catching position.



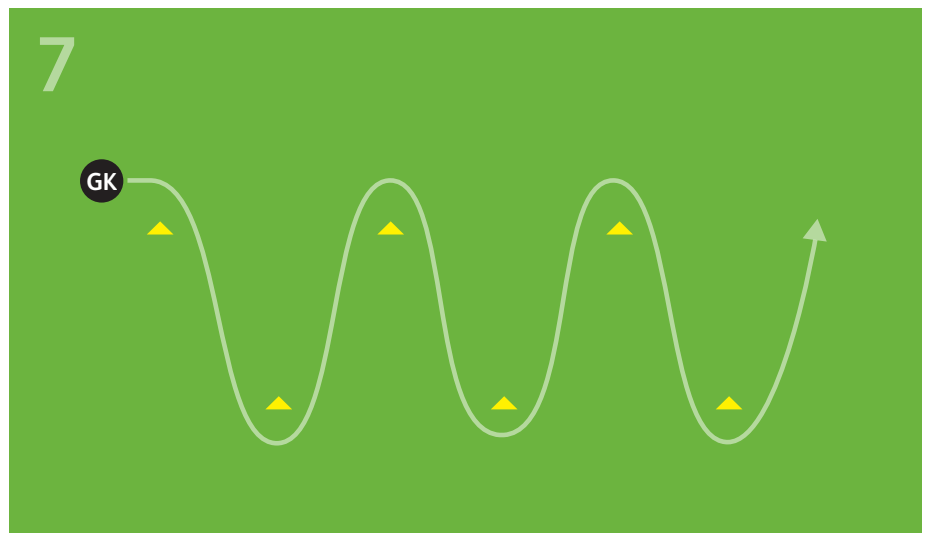
Practice Organisation

- 6 markers 1 yard apart.
- The goalkeeper side skips in the 'receiving' position backwards, in and out of the markers.
- The goalkeeper's movement should be balanced and fluid, feet travel sideways just above the turf, without touching each other.
- Repetitions x 4.
- Progression:
Hold a ball in 'w' catching position.



Practice Organisation

- 6 markers 2 yards apart, 2 yards wide.
- The goalkeeper side skips in the 'receiving' position round the markers.
- The goalkeeper's movement should be balanced and fluid, feet travel sideways just above the turf, without touching each other.
- Repetitions x 4.
- Progression:
Hold a ball in 'w' catching position.



Practice Organisation

- 6 markers 2 yards apart, 2 yards wide.
- The goalkeeper stands side on to the markers in the 'receiving' position, keeping the chest parallel to the line of markers the goalkeeper runs backwards and forwards through the markers.
- Repetitions x 4.
- Progression:
Hold a ball in 'w' catching position.



Practice Organisation

- 6 markers 2 yards apart, 2 yards wide.
- The goalkeeper side skips in the 'receiving' position backwards, in and out of the markers.
- The goalkeeper's movement should be balanced and fluid, feet travel sideways just above the turf, without touching each other.
- Repetitions x 4.
- Progression: Hold a ball in 'w' catching position.



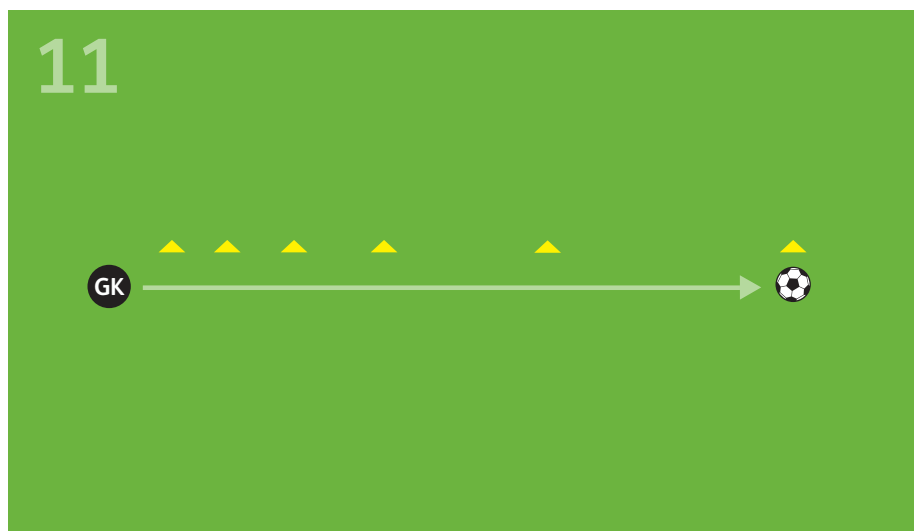
Practice Organisation

- 6 markers 2 yards apart, 2 yards wide with a ball on top of each marker.
- The goalkeeper side skips in the 'receiving' position to the ball placed on the marker, stops, presents his hands to the ball without actually touching it, then moves to the next one.
- The goalkeeper's movement should be balanced and fluid, feet travel sideways just above the turf, without touching each other.
- Repetitions x 4.



Practice Organisation

- 6 markers spaced ½ yard, 1 yard, 1 ½ yards and 2 yards and 1 ball 18 yards away.
- The goalkeeper increases their stride through the markers, then on approaching the ball on the end marker, slows down and picks up the ball from the marker.
- Repetitions x 4.



GENERAL HANDLING

TECHNICAL DETAIL

- **The starting position**
- **The split step**
- **The receiving position**
- **The catch**
- **Collapsing save**
- **Low diving/high diving save**

THE STARTING POSITION

- Feet shoulder width apart.
- Weight on the balls of the feet (front studs), ready to move.
- Knees bent.
- Pelvis tilted backwards.
- Chest forward, in line with the knees, facing the ball.
- Head tilted forward (nose in front of toes) and steady.
- Eyes firmly fixed on the ball.
- Elbows in front of the line of the body.
- Hands in front of feet, ball width apart.
- Fingers pointing towards the ball.
- 'Prepare the hands early'.

THE SPLIT STEP

- As the ball is struck, make a small jump to widen the stance.
- Keep upper body and arms and hands in the starting position.
- Keep your head steady and forward.
- Eyes firmly fixed on the ball.

THE RECEIVING POSITION

- Feet are now outside the line of the shoulders giving a solid base.
- Weight on the balls of the feet (front studs).
- Knees bent, slightly more than previous.
- Pelvis tilted backwards.
- Centre of gravity lower than in the starting position.
- Chest forward, in line with the knees, facing the ball.
- Head tilted forward (nose in front of toes) and steady.
- Eyes firmly fixed on the ball.
- Elbows in front of the line of the body.
- Hands in front of feet, ball width apart.
- Fingers pointing towards the ball.
- 'Prepare the hands early'
- Use side skipping from this position to move into the line of the ball.

THE CATCH

For balls below the waist height:

The Scoop technique, The Cup technique.

- Hands form a basket behind the ball, fingers pointing to the floor, little fingers together in a 'V' shape.
- Elbows shoulder width apart, in front of the line of the body.
- Get hands on the ball as early as possible, 12" in front of the feet, knees or waist.
- Body, leg, knee, foot behind the ball.
- Head steady and over hands.
- On 'contact' bring the head forward over the top of the ball, to keep the weight forward.
- Eyes firmly fixed on the ball.

For balls at waist height, when you are 'in line of flight' of the ball

- Follow the flight of the ball with hands.
- Get hands on to ball as early as possible.
- Fingers pointing towards the ball.
- Hands ball width apart, in front of the feet.
- Elbows over feet, forearms parallel.
- Body behind the ball.
- Head steady, eyes firmly fixed on the ball.

For balls above waist height:

The 'W' Technique.

- Follow the flight of the ball with hands.
- Get hands on to ball as early as possible.
- Hands form a basket behind the ball, fingers pointing upwards, thumbs in a 'W' shape.
- Elbows shoulder width apart, in front of the line of the body.
- Gap between ball and nose 12 inches.
- Use elbows as 'shock absorbers', 'soft hands - strong wrist'.
- Body behind the ball.
- Head steady, eyes firmly fixed on the ball.

For balls above head height:

The 'W' Technique.

- Assess the flight of the ball.
- Jump off the foot nearest the goal.
- Drive the other knee up for lift and protection.
- Bring the hands and arms through the middle of the body.
- Lead hands on to ball as soon as possible.
- Extend the arms fully (highest point).
- Thumbs in 'W' shape, fingers forming a basket.
- Tip the head back to watch the ball all the way into the gloves.

COLLAPSING DIVE

From the receiving position:

- Lead hands on to ball.
- Thumbs touching – W Shape.
- Forearms parallel.
- Elbows in front of body line.
- Shoulder nearest the floor follows.
- Head behind ball.
- Push hips to floor.
- Collapse side of nearest knee to the floor.
- End position should be your 'receiving' position turned on its side.
- One hand behind, one hand on top, ball secured on the floor.
- Elbows in front of body line.
- Head in behind.
- Lying on the shoulder, hip, side of the knee.
- One knee above the other.
- One foot above the other.

LOW / HIGH DIVING SAVE

STEP – DIVE

From the receiving position:

Step

- Lead hands on to ball.
- Thumbs touching – W Shape.
- Forearms parallel.
- Elbows in front of body line.
- Head as far across as possible.
- Step with the foot nearest the ball.
- Place foot at 45 degrees in line with the end of the other foot.
- Width of step depends on how far away the ball is.

Dive

- Weight transfers through foot from heel to toe.
- Moving the knee over the top of the foot.
- This causes the calf, thigh and glutes to pre-load.
- The shin moves into a positive angle, allowing power generation.
- Push off other foot with inside studs on the ball of the foot.
- On catching the ball, take the ball onto the floor and secure, using the ground as a 'third hand'.

SIDE SKIP – STEP – DIVE

From the receiving position:

Side Skip

- Moving in a balanced receiving position.
- Be light on your feet.
- Feet slightly outside the shoulder line.
- Weight on the balls of the feet.
- Head forward and steady.
- Eyes firmly fixed on the ball.
- Hands in a catching position.
- Be balanced.
- Have a relaxed upper body, chest facing the ball.
- Feet travel sideways just above the turf, without touching each other.
- Top half of body and head, still and steady.
- Bottom half of the body, working hard to get into position.
- Prepare your hands early!

Step

- Lead hands on to ball.
- Thumbs touching – W Shape.
- Forearms parallel.
- Elbows in front of body line.
- Head as far across as possible.
- Step with the foot nearest the ball.
- Place foot at 45 degrees in line with the end of the other foot.
- Width of step depends on how far away the ball is.

Dive

- Weight transfers through foot from heel to toe.
- Moving the knee over the top of the foot.
- This causes the calf, thigh and glutes to pre-load.
- The shin moves into a positive angle, allowing power generation.
- Push off other foot with inside studs on the ball of the foot.
- On catching the ball, take the ball onto the floor and secure, using the ground as a 'third hand'.

SHOT STOPPING

TECHNICAL DETAIL

Into line

- Getting your body into a position on a line between the centre of the goal and the position of the ball.

Moving into line

- If the ball is not coming straight to you, you must try to move your body behind the ball by using a side skip technique.
- Brush your feet across the turf.
- Feet are now outside the line of the shoulders.
- To stay balanced, as one foot comes in the other moves away, not touching.
- Keep the top half of your body and your head steady.
- Try to move in your receiving position.
- If it is not possible to move into the line of the ball by using your feet then you must make a diving save.
- Try to get your body as far across as possible by using your feet before diving.
- This will help you to cover a larger distance.

Two surfaces behind the Ball

- Try to get two surfaces behind the ball.
- Even with a diving save it is possible to get two surfaces behind the ball - head and hands/body and hands.
- When it is not possible to get two surfaces behind the ball, eg. when the ball is above your head and also balls which you cannot catch with two hands i.e. a parry – use one hand to deflect the ball to safety.

Down the line

- Once into line the goalkeeper must move down the line to 'narrow the angle' i.e. make the goal appear smaller.
- The distance and timing of this movement is vital.
- Too far down the line and you leave yourself open to the 'chip' shot.
- Not far enough down the line leaves you too much of the goal to cover.

Being set

- If you are still moving 'down the line' as the ball is struck and not in your receiving position, you may be unbalanced and not ready to make the save.

Making the save

- Assessing the flight and pace of the ball, catching techniques, diving techniques, recovery saves, recovery lines.

DEALING WITH CROSSES

TECHNICAL DETAIL

Dealing with Crosses

- Starting position in the six yard box – in relationship to the goal line and the ball.
- Body position – open 45 degrees – chest facing ball.
- Assess the flight of the ball.
- Decision – go or stay.
- Go...catch or punch.
- Stays...defend the goal.
- Communicate your decision, calm, clear, concise.

If 'Go'....

- Angle of approach to the ball.
- Assess the shortest, quickest route to the ball.
- Go late, go quickly, attack the ball
- Jump off the foot nearest the goal
- Drive the other knee up for lift and protection
- Bring the hands and arms through the middle of the body
- Extend the arms fully (highest point)
- Thumbs in 'W' shape, fingers forming a basket
- Tip the head back to watch the ball all the way into the gloves.

If 'Stay'....

- Square your body off to the line.
- Get your body in between the ball and the goal.

Role of Defenders

- Cover the goalkeeper.
- Protect of goalkeeper.
- Protect the goal.

PASSING TECHNIQUES AND PRINCIPLES

TECHNICAL DETAIL

- **The Side Foot**
- **The Drill**
- **The Wedge**
- **The Drive**

The Side Foot

- Used over short distances on the floor to the feet or space.

The Drill

- Used over distances 20-40 yards where ball is drilled arriving at receiver below shins.

The Wedge

- Used to by-pass players over 30- 40 yards, where ball needs to be lofted to arrive at receiver without bouncing.

The Drive

- Used to pass ball over longest distances: e.g. passing long diagonals, goal kicks etc.

SERVING TECHNIQUES

TECHNICAL DETAIL

- **The Volley**
- **The Half Volley**
- **The Drill**

The Volley

- Used to play over long distances.
- The ball should be held at arm's length and dropped from the hands onto the approaching kicking foot.
- The weight should be transferred forward in the direction of the kick, so that the goalkeeper will kick through the ball at not at it.

The Half Volley

- Used when passing long; especially when playing into a strong wind. Trajectory is lower than either the volley. Flight is true meaning greater speed and accuracy.
- Dropped from hands in front of the body.
- The ball is struck as it hits the ground.
- This technique requires good timing.

The Drill

- Used over distances 20-40 yards where ball is drilled arriving at receiver below shins.



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