



AMERICAN YOUTH
SOCCER ORGANIZATION

AYSO Goalkeeping (Golden Gate Camp Pre-Course)

AYSO National Coaching Program

The World of Goalkeeping

- The Goalkeeper is an integral part of any team, but often, limited time is dedicated to their development.
- The Goalkeeper is the least coached and the most misunderstood position on the field.
- The Goalkeeper is typically the only position that has his/her own coach at the collegiate or professional level.

Common Challenges with GK Training

What are they?

- No specific Goalkeeper coach.
- Only 1 Goalkeeper, or maybe none.
- Lack of Goalkeeper training knowledge.
- Unable to challenge the Goalkeeper.
- Varied ability amongst pool of Goalkeepers.
- Lack of field space.
- Don't know what to teach.



The Role of the Goalkeeper

What exactly does a Goalkeeper do?

- Decision Making.
- Awareness.
- Break Up & Start Attacks.
- Support.
- Maintain Possession.
- Organization.
- Distribution.
- Communication.

MAKE SAVES!

Characteristics of a Goalkeeper

Confidence

- Wants the ball even when team is losing, or under pressure.
- Always maintains positive body language, even after mistakes.
- Plays creatively rather than cautiously.

Control

- Emotional control is key for a Goalkeeper.
- Energetic, yet composed.
- Calm under pressure.
- Quickly recovers from mistakes or setbacks by putting energy into the next save.
- Doesn't dwell on disappointing performances.

Commitment

- Consistently gives maximum effort at all training sessions and games.
- Believes that hard work leads to improvement.
- Takes on difficult challenges to become a better player.

Concentration

- Not easily distracted from their role on the field.
- Focused on the task at hand.
- Aware of the movements of teammates and use of space.
- Quick to refocus after a mistake.

Communication

- Encourages, motivates and composes teammates.
- Listens to coaches and teammates' instructions.
- Shows respectful body language to coach, teammates and officials.

The Birth of the Modern Goalkeeper

Q. Can you think of a singular event that lead to a dramatic change in the skillset of a modern Goalkeeper?

A. The introduction of the back pass regulation in 1992.

- Change made after a very negative World Cup 90 and Euro 92.

Footwork ABCs's

- It is important for young goalkeepers to practice footwork drills to help them develop their ABC's,

Agility

Balance

Coordination

- The footwork drills used should replicate the movements encountered when playing in goal.
- It's also a great opportunity to learn the importance of the 'set position' after movement into the line of the ball.
- Introduce basic handling techniques at the end of each sequence of footwork.

Foundation of Footwork

Footwork is the foundation of good goalkeeping. Good goalkeepers make every save look easy, and the key to that is good footwork.

- Movement before the save.
 - Move toward the ball to reduce angle and stay in line with the ball.
- Movement as part of the save.
 - If a shot is out of reach, these are the 1 or 2 steps needed before a dive.
- Movement after the save to get back into position.
 - Motion to get back into position if GK does not manage to secure ball.

Set Position

For a goalkeeper to be successful, they need to be correctly positioned.

Not only does this relate to the area of the goal in which they are standing, but also their stance, or Set Position.

Set Position

What do you see?



Set Position – Coaching Points

- Knees flexed and hips square to the ball
- Head still and 'nose in front of your toes'
- Elbows in and chest facing the ball
- Hands in front of the body and prepared to receive the ball
- Feet should be shoulder width apart.
- Weight on the front half of your feet.
- Body weight slightly forward.
- Hands forward.



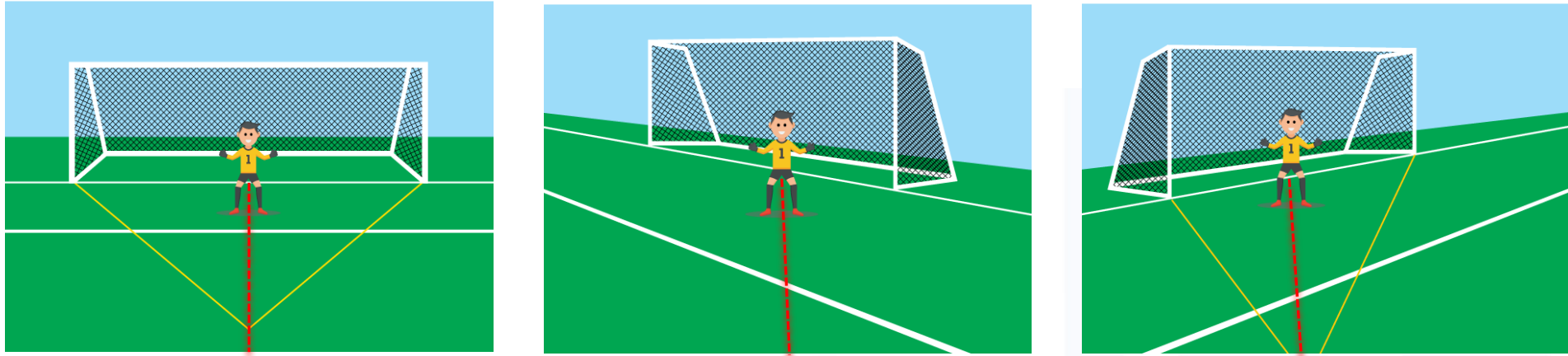
Positioning

When narrowing the angle, the Goalkeeper should be in line with the center of the goal to give them the best chance of making the save.

The Goalkeeper also needs to understand how far to come down the line of the ball to maximize their chances of success.

The Goalkeeper should be in the set position as the attacker is about to strike the ball, minimizing as much movement as possible.

Ball-Line



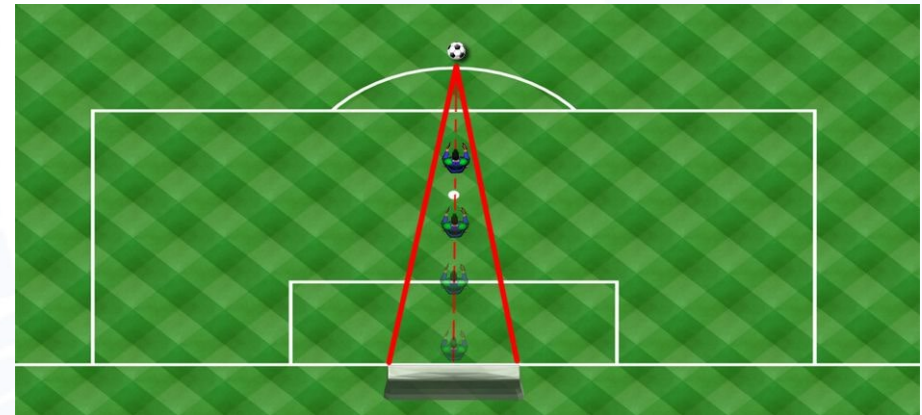
The ball line is an imaginary line that runs from the center of the goal to the ball. This puts the Goalkeeper in a position to cover either post equally well.

The ball line determines a Goalkeeper's side to side positioning.

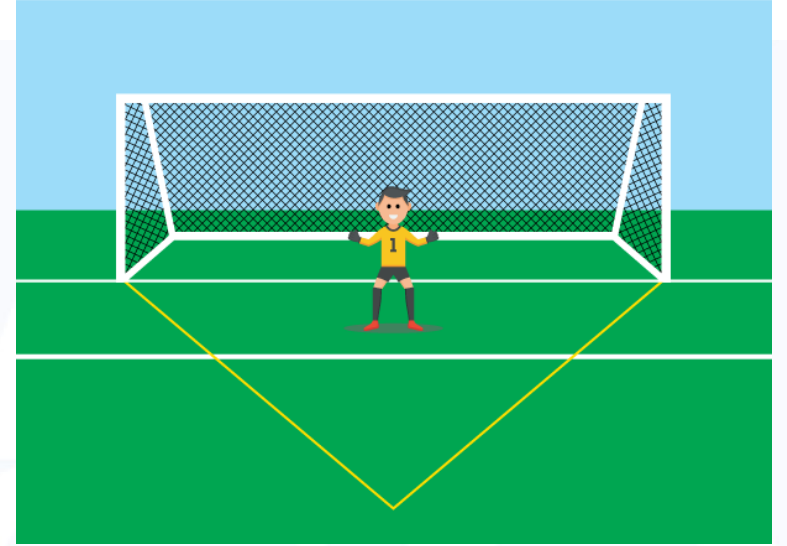
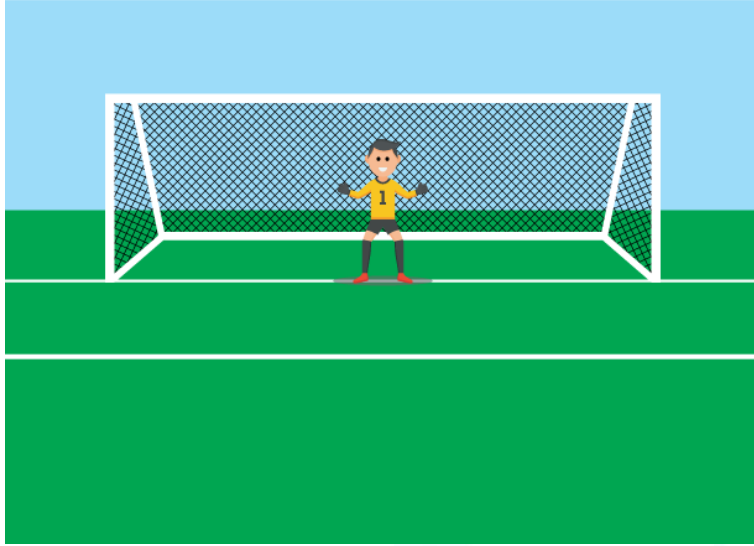
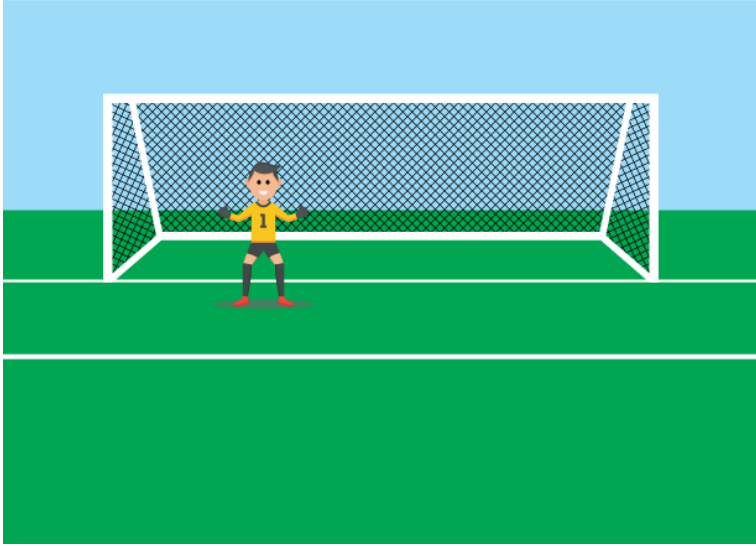
Angles

A Goalkeeper then needs to determine how far from their goal line they should be to effectively narrow the angle of a shot. Go too far and you'll leave yourself exposed to the chip. Go too far back and you'll not be able to cover both posts.

How far to come out will greatly depend upon a Goalkeepers size and agility. If correctly positioned, a couple of quick steps and a dive (if necessary) should be enough to cover both posts, or a simple catch or drop step to avoid being chipped.

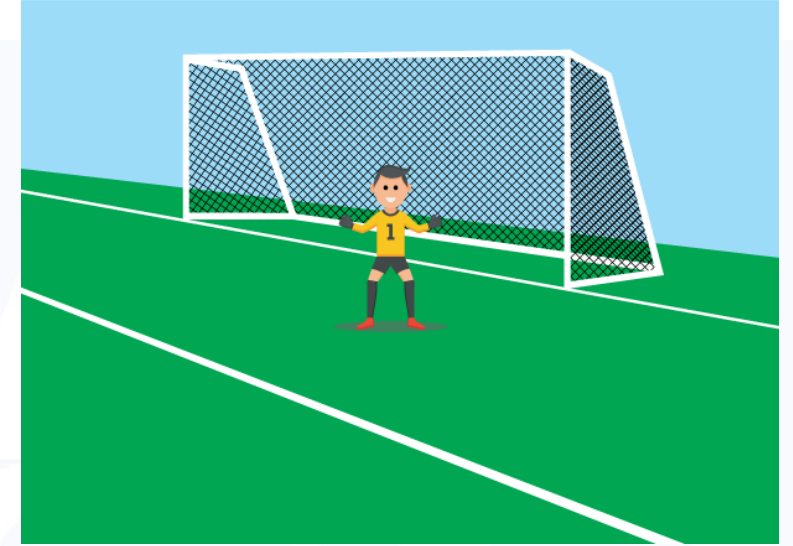
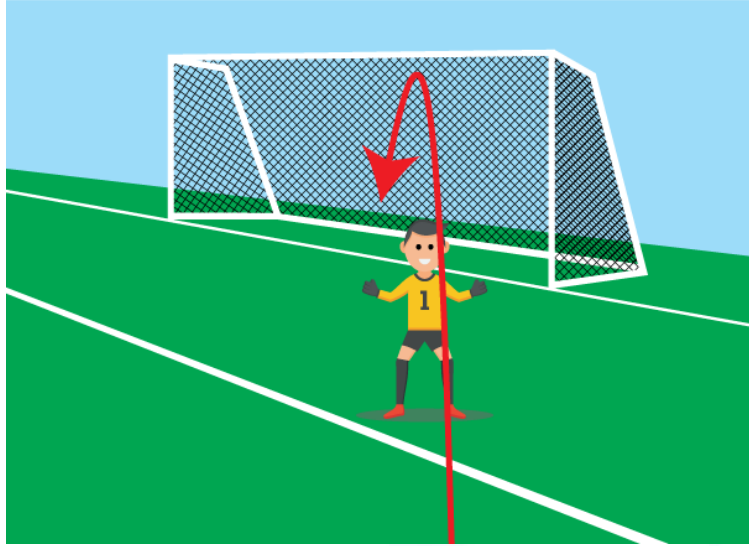
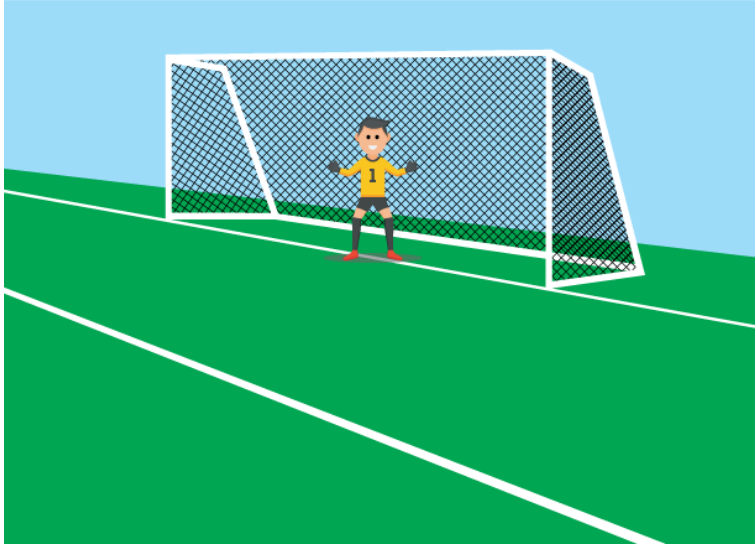


What Do You See?



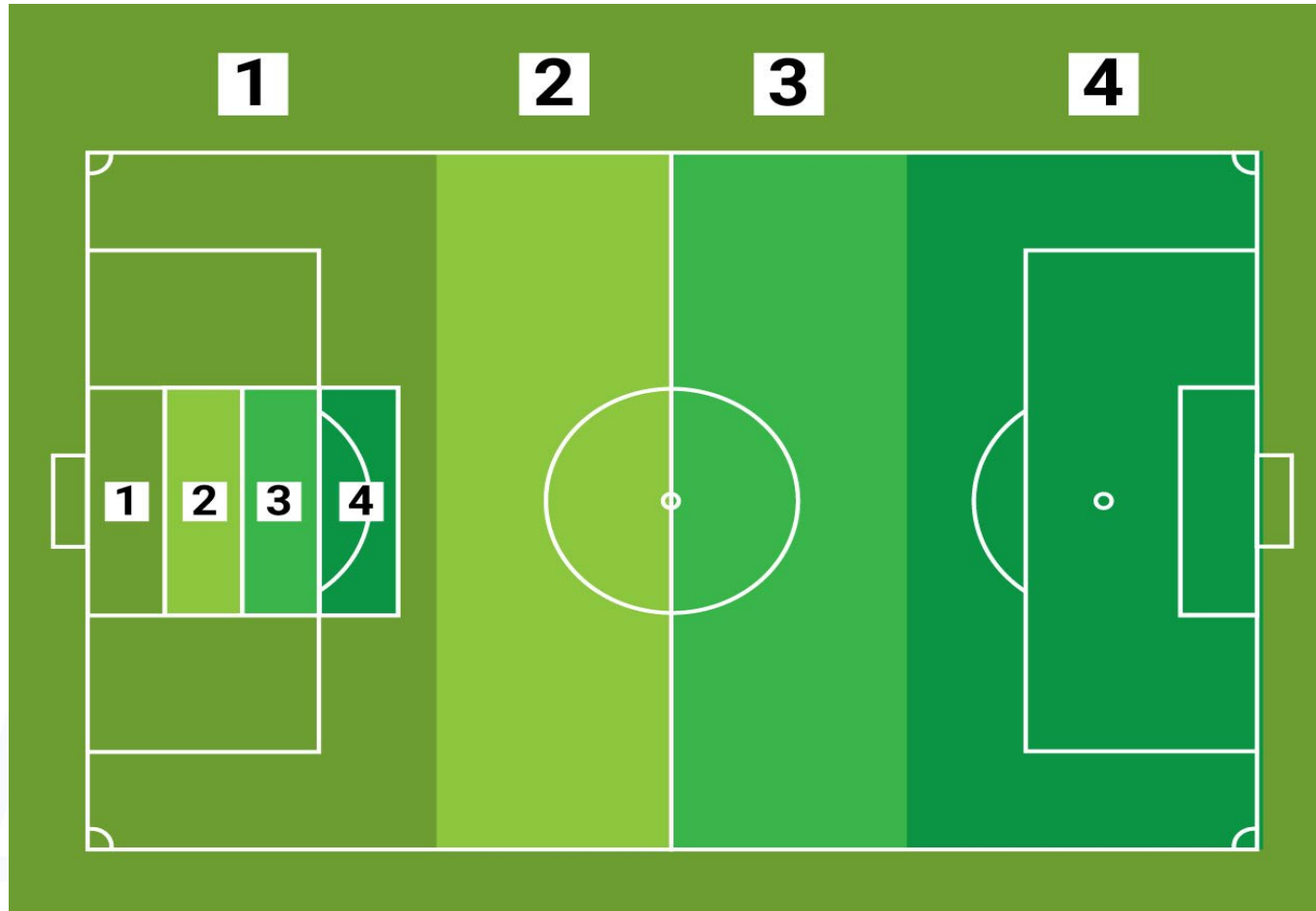
*Assume that the ball is coming from the middle of the picture.

What Do You See?



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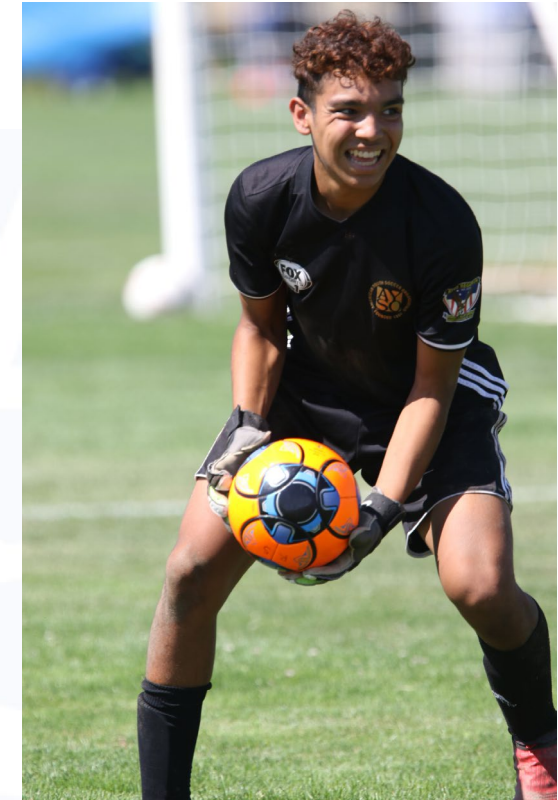
Goalkeeper Starting Position



A color coordinated field map to show a Goalkeeper's starting position based on where the ball is on the field.

Distribution

The main function for any Goalkeeper is to prevent goals from being scored, but they are also a critical piece in starting your teams attacking plays too.



Distribution from the Feet

In the modern game of soccer, Goalkeepers are required to be as good with their feet as they are with their hands.

Goalkeepers should be comfortable to not only receive the ball under pressure with both feet, but also can play out too.



Distribution from the Hands

Typically, a more accurate way for a Goalkeeper to distribute the ball. The type of delivery will depend upon how far the Goalkeeper plans to play.

Remember, once the goalkeeper has possession of the ball, they are allowed 6 seconds to restart the play.

Maintaining possession is the primary objective when distributing the ball. Distance is secondary.

Goalkeeper Communication

Goalkeepers have the unique advantage of being able to see the whole field in front of them and being able to communicate efficiently is key.

- Use your voice to make saves, not your hands.
- Keep it simple “Keeper”, “Away”, “Time”, “Turn”, “Man On”, “Push Up”.
- Be confident in your delivery.
- Develop a calm and a danger tone that your players will recognize.
- Be specific - “Tom, pick up number 10”, rather than “Mark Up”.
- Don’t be a cheerleader and avoid commentating on the game.

Build Out Line & The Role of the Goalkeeper

Why the build out line in 7v7 games?

- To teach players the value of building out of the back and retaining possession from goal kicks and goalkeeper saves.
- To eliminate non-specific punting in goalkeeper distribution (and the heading that often resulted from punts).
- To teach goalkeepers proper distribution techniques in throwing and rolling the ball out.
- To provide attacking roles to all players, including the goalkeeper.

Build Out Line – In Possession

The coach's role in teaching how to utilize the build out line in attack:

- Orientate players to their roles by walking them through their responsibilities and their positioning as the goalkeeper makes a save or takes a goal kick.
- Show the distribution options that are available to the goalkeeper.
- Be positive - this is new to all players in this age group, so be as encouraging as possible.

Keys to Success

Space is the key concept for a Goalkeeper that allows teams to have success when playing out of the build outline. In fact, if correctly implemented, teams should be successful in getting forward nearly every time the goalkeeper has the ball.

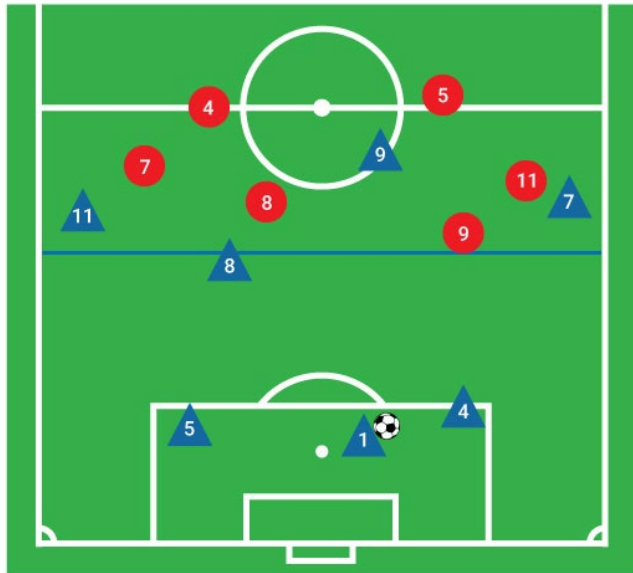
Space

To be successful, we need to maximize our space, and perhaps the most important detail, our starting position.

The two diagrams that follow illustrate good starting positions, (given the recent changes to the Laws of the Game) when the goalkeeper has possession of the ball in either their hands or at their feet for a goal kick.

Ball In Hand / Goal Kick

In these situations, the player receiving the ball (ideally your #4 or #5) has a lot more time and space to control the ball and decide based on where their teammates are, and which areas of the field the players are being pressed.



Ball in Hand



Goal Kick

Warm Up

It is vitally important that Goalkeepers are ready to play and that they have gone through a few controlled exercises to prepare themselves for kick off. This can be broken down into 3 specific components.

Psychological – Confident and relaxed through positive reinforcement.

Physical – The body needs to be ready to perform the movements required to be a Goalkeeper.

Technical – Activities that replicate the movements that you expect in the game, all while using basic techniques.

Warm Up Blueprint

1. Footwork – Jogging, Side Shuffles, Cross Overs, Sprints.
2. Ball Handling – Keep it simple and controlled.
3. Hitting the Ground – Soft toss into space for easy collapse dive.
4. Crosses & Shots – Mechanics of 1-3 (above) in a team setting.
5. Angles – Game realistic situations against a moving ball.
6. Goal Kicks, Punts & Pass Backs – Final stage of the warmup allows the Goalkeeper to slow down and prepare for the game whilst staying active practicing distribution techniques.

Coaching Methodologies

Without the dedicated resource of a specialist Goalkeeper Coach, here are 3 ideas of how you can work with your young Goalkeepers and provide them with the attention that they need.

Coach & Goalkeeper

Without a specific Goalkeeper Coach, all training will be done either before or after a team practice. This is an important concept in helping to a young or inexperienced Goalkeeper understand the technical components of the position.

In order to create a positive learning environment between Coach and Goalkeeper, these are some things to consider.

- Most of the serving will be done by the coach or additional Goalkeepers working in the group.
- The coach will give the Goalkeeper 100% of their time and attention.
- The coach sets the challenges and objectives for the session based on the Goalkeeper's skillset and understanding.
- The coach can easily identify any physical, technical or tactical shortcomings and address in subsequent training sessions.
- The individual attention helps create a positive working relationship between the coach and Goalkeeper.

Coach, Goalkeeper & Players

Typically, this training method will also be done either before or after a training session. To maximize the success of this session, outfield players must be properly utilized as servers and key components to the Goalkeeper practice. For this to be successful, players need to,

- Train in a game like environment.
- Be able to play at 100% game speed.

An advantage of this training methodology is that the Coach has limited responsibility as a server and can instead concentrate solely on the Goalkeeper and address any issues easily. This method also provides service that is more realistic and in line with the Goalkeeper's level of play.

It is imperative that the players understand that the training session is geared toward the Goalkeeper and not toward them. Although the players will certainly benefit from extra touches, the coach must reserve 100% of his/her time focused to the Goalkeeper.

Coach, Goalkeeper & Team

The advantage of this training methodology is that the Goalkeeper is integrated into the regular team training session. By creating a practice that is familiar to your outfield players, this will allow you to focus on the Goalkeeper during exercises.

- The coach should be positioned by the goal to observe and instruct.
- The coach gives direction on what the Goalkeeper's objectives are for the session.
- Be specific (and realistic) on what you are trying to achieve in the session.

Where you can, try and use age-appropriate goals for any shooting or finishing drills and make sure that if you finish your session with a practice game, take off any imposed restrictions and keep the amount of coaching or instruction to a minimum.

Just Remember 'The ABC's of Goalkeeper Coaching'

- **A** = Angles
 - Where should your Goalkeeper be in relation to the ball, and why?
- **B** = Body Position
 - What should the Goalkeeper do to prepare themselves to make a save?
- **C** = Catching
 - How should the Goalkeeper receive the ball?



Course Summary

- Raising the standards of our Goalkeepers will not only ensure that we are offering safe, appropriate and enjoyable sessions for our players, but will also increase their ability and understanding of this important position on the field.
- Help with player retention across our Regions.
- Develop confidence with our goalkeepers at the younger age groups dealing with the build out line and punting restrictions.
- Increase in coach development.

In Person Training @ GGC

During the in person training at Golden Gate Camp, we will cover the following basic topics;

Footwork - Shuffle/Crossover

Positioning – In the goal/Set Position

Catching - Contour/High Contour/Basket/Side Contour

Distribution - Goal Kick/Punt/Roll/Throw

Warm Ups

Thank you for watching!

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