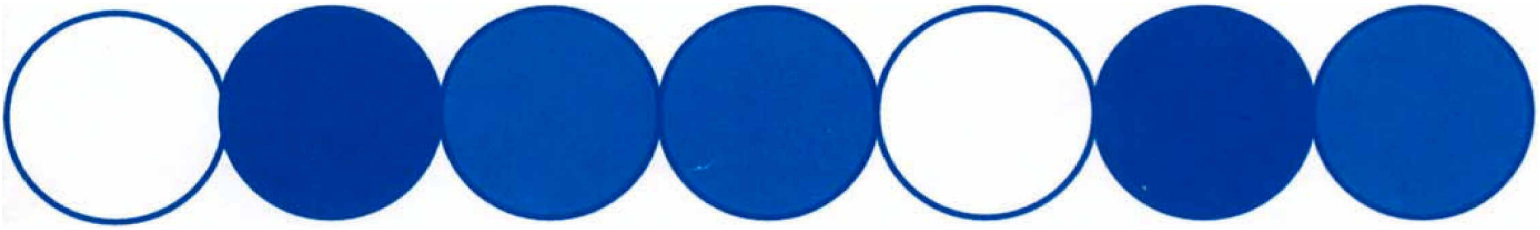
England Hockey Development

Goalkeeper Workshop

Course Content
Course Delegate and Tutor Pack



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ENGLAND
HOCKEY

INTRODUCTION

Personal Philosophy

A goalkeeper should consider them self to be an agile, positive, communicative member of the team. They are not a 'block', they should be trying to save the ball with a positive action, and not just letting the ball hit them. Terms such as 'logging' have negative connotations; they imply a wooden, non-mobile method of saving. Even though the first principle of goalkeeping should be to simply stop the ball, any GK should be encouraged to consider additional elements within the techniques that are proactive and positive to minimise rebounds and possibly even pass the ball to teammates.

1) Mental Aspects of Goalkeeping
   - Who goes in goal?
   - General perception
   - Visualisation / Goal setting

2) Physical Conditioning for Goalkeepers

3) Equipment

4) Warm-Up

5) Technical elements and practices

1) Mental aspects.

Goalkeeping has a greater mental emphasis than field play due to the potential 'boredom' factor. Concentration levels have to be better than an outfield player due to the sporadic nature of the goalkeeper's activity. An activity in the first minute and last minute of a game may be the GK's only activity but those two actions could have result changing effects. Therefore from a performance perspective, a goalkeeper must be someone who has a desire to be in goal because of it's performance aspects rather than a player who wants to go in goal because it is an easy physical alternative to outfield play. A coach often faces a hard choice as to who to put in goal but in my experience a successful coach will initially rotate players through the position to find a suitable candidate rather than simply settle for the first choice or volunteer if that individual's motives are not performance related.

Who goes in goal?

In the modern game the goalkeeper is more than just a shot-stopper. They have a 'sweeping' function, a shot saving function, a communication and leadership role and often form the greatest element of cohesion in the defence. Therefore a potential goalkeeper, ideally, and we do not always exist within 'ideal' parameters, will have athleticism, agility, good communication skills and a strong, positive mentality. This will allow them to perform the necessary skills and yet realistically evaluate the events of a game.

General perception

The realistic evaluation is crucial, both from the individual concerned and also from the coach. The mental pressures on any goalkeeper are greater than an outfield player due to the percentage success rates. If a centre forward has 10 shots and scores one, the team winning one - nil, that player is often applauded. If a goalkeeper faces 10 shots yet lets one in and the team lose one - nil, they can be and have been criticised. However the success rate of the GK is 90% compared to the 10% success of the forward. This perspective needs to be explained and sympathetically highlighted to the beginner GK, to protect them in the initial period of development when goals conceded may be high. As the GK develops they also need to be encouraged to accept that good goals will be conceded, opposition will score goals that could not be saved. A goalkeeper with potential will continually evaluate, consciously and sub-consciously, their performance and a good coach will encourage this evaluation. However, as they develop the coach needs to help with this evaluation by educating the goalkeeper in the goals that could have been saved and those which are due to other factors - good opposition play, general defensive failure etc. This will initially protect the developing GK and then aid the intermediate GK's analysis processes.

Visualisation / goal setting.

A Goalkeeper will face repetitive situations both in games and training. Due to this repetition of situations that they face, the basis of their development will be repetitive practices. Due to this factor it is beneficial for a goalkeeper to be encouraged to analyse situations to the extent that a degree of visualisation can be employed. This is particularly relevant with respect to set plays, for example, at penalty corners the goalkeeper will face straight strikes, slip shots, moves and deflections, anticipation as well as technical ability will lead to greater success rates. If the goalkeeper can recall situations that they have faced they may well be able to employ either previously successful defensive techniques or change unsuccessful ones. Alternatively they may simply be able to give the defence some advice and leadership that will increase the chances of success in this and other 'closed' situations. The successful coach will give the goalkeeper encouragement to analyse such situations, direction and leadership as to the technical aspects of them and an objective opinion as to their success rate.

2) Physical conditioning

The role of the goalkeeper has changed massively as the rules have changed over the last 10 years. Technological improvements have seen ball speeds rise significantly, however this has not changed the fundamental principles of goalkeeping - stopping the ball going in the goal! The most significant change is the abolition of offside. With opponents being able to hold positions goal side of their defenders the goalkeeper has had to become both more vocal to aid their defenders but also significantly more mobile to cope with the proximity of the attackers and the greater number of one-v-one situations and close range scenarios that occur. At a majority of levels this has increased the need for the goalkeeper to be quick over short distances but also be able to repeat that speed. As the level of the goalkeeper improves the likelihood of them having to perform in adverse climates (Asia etc.) increases and it is in these situations that the aerobic component of physical conditioning also needs to be focused upon. Greater aerobic capacity and sprint repeatability will also improve a goalkeepers mental ability, if the body is fit enough to cope with all conditions it encounters, no physical or mental resources will have to be diverted from secondary key areas to sustain physical performance. In my opinion, if a goalkeeper is not fit, as they get tired they have to focus more and more on their 'legs' through self talk or simply subconsciously in order to keep moving. Given that a goalkeepers success is in part down to communication and interaction with defenders and the ability to consciously and subconsciously recognise situations and anticipate subsequent actions, if fitness problems divert the goalkeepers attention away from these areas then their success rate is likely to fall.

Therefore, to aid success any goalkeeper should have some degree of basic aerobic fitness, physiological advice is available to detail exactly what can be done, however in my experience,.3 sessions per week, each of 20 minutes of rowing, running and biking at a steady rate for one month can create a good aerobic base to work from. In essence this is getting fit to train and is a necessary 'evil' - it hurts! Having established a base then further sessions can be undertaken to aid the goalkeeper. These could include interval work, weights programmes, structured sprint training, crucial core stability work and flexibility. However all these areas are specific to the individual concerned, what works for one may not work for the other. I would suggest seeking specific advice from a physiologist if possible, if not then creation of a periodised programme with goals, taking into account the strengths and weaknesses of the individual should be created.

The only physical elements that I would specify are the use of some key dynamic flexibility elements - detailed in SAQ literature** and also the use of training ladders. Foot speed is crucial and training ladder drills can enhance foot speed, improve proprioception and improve balance and agility, in my opinion any goalkeeper will benefit simply from including ladder drills in any warm-ups that they do.

Drills include:
Single taps
Double taps
Dead-leg runs
Side steps
Twists
Icky Shuffle
Short lunge
Long lunge
3 and 1

Once again, the key to improvement is practice, repetition breed's success. Practice, practice, practice.

3) Equipment

The principle of any equipment is to enable the goalkeeper to perform to their potential with the maximal confidence that they will not get hurt given that they are trying to get in the way of the ball! There is a trade off between mobility and protection however and as a goalkeeper progresses they can make their own decisions about this, there are currently senior international goalkeepers, both men and women wearing full upper body armour, however there are also goalkeepers wearing only chest pads!

The essential elements are as follows:
Kickers, Legguards, padded shorts, abdominal guard (box), chestpad, gloves, stick, helmet, throat protector.

Optional elements then include:
Elbow pads, arm / shoulder protection, kneepads, additional shin guards.

All current manufacturers make adequate ranges of protective equipment to fit all budgets; most large retailers also have either staff or contacts who can advise on specific requirements. The biggest problem is maintenance. Helmets must be maintained and have all screws and straps in place - if it is an individual's kit then it is their responsibility, however if it is not an individuals kit then the owner is responsible. **Kit that is in poor condition and not well maintained is dangerous**. This is not only a health and safety issue but also a legal one. In addition, although a secondary issue, a young GK that gets hurt is not likely to want to return to goal!

If in doubt the author can provide GK specific advice and information – 07980 448979.

In principle, assuming that the kit is well maintained it should fit and be as comfortable as possible for the goalkeeper, most new kits are like new shoes, initially stiff and a bit uncomfortable but very soon will have moulded to fit the individual. Most items in a kit will fit several GK's as long as they are roughly the same size. I would however recommend that helmets are as individual as possible and other resources should be examined or limited if it results in goalkeepers having individual helmets.

4) Warm Up

A warm-up is a precursor to full range, maximal, explosive movement. Whilst forwards will happily walk into a 'D' with a ball and simply hit it as hard as possible, any GK should be encouraged to understand why they warm up, the mental and physical benefits and the necessity of doing some 'warm-up' prior to every session.

The physiological and mental elements of warming up are well documented, whilst I understand that there is no conclusive documented proof that warming up reduces the risk of injury, it is my belief that the physical effects of warming up are beneficial to a goalkeeper. Increased blood flow and muscle warmth encourages further movement, doing a warm up also encourages a GK to think about what they are about to do. This encourages general and specific visualisation, the increased blood flow could potentially aid mental processes and given that the success of the goalkeeper is partially attributable to anticipation, analysis and experience this could also be beneficial.

The principle of the warm-up is to ensure that the athlete is mentally and physically ready for optimum ,performance. The GK should be encouraged to conduct a warm-up that has constant elements but adapt the specific content to find the correct combination that creates such optimum physical and mental states.

General Pre Game Preparation: (approx I hr)

Physical warm up (20 mins) Consisting of;

- Steady state aerobic activity 3 - 5 mins (running)
- Dynamic Flexibility (5 - 10 mins)**
- Ladder Drills (5 - 10 mins)
- Sprint Drills (3 - 5 mins)

**Dynamic flexibility drills are available from England Hockey Performance GK Coaches and in their online coaching material. Alternatively SAQ International produce hockey specific dynamic flexibility programmes and full training solutions.

Kitting Up (10 - 15 mins)

Technical Warm Up (20 mins) consisting of;

- Low intensity kicking / shooting
- Low Intensity Hand work
- Intermediate intensity combination work
- Set plays / corners
- High intensity shooting / game play

Completion of the above elements should enable any goalkeeper to be ready for optimum performance. However, there is not a specific recipe that guarantees success therefore personal interpretation of the above principles will generate the most successful results.

On the pitch: PRACTICE. PRACTICE, PRACTICE

General: Intensity v Technique

Practices should have a clear objective or a progressive theme. Basic technical objectives should exist for all practices, these may not be reinforced every time, repetition can create ability over time. The coach should reinforce these points if and when possible, the goalkeeper or goalkeepers should have a clear idea of what the practices or exercises should target and thus have a focus when executing drills without a coaches input. Once the technical elements have been identified and practiced the coach / feeder or goalkeeper themselves can then increase the intensity of the

drill. Increasing the intensity creates mental and physical pressure and is the best replicator for match situations. All the practices in this document can evolve to create a physical intensity in any of the following ways. (a) Increase the number of balls that the goalkeeper faces (b) decrease the time between 'feeds' so the GK has to move faster (c) add second and third phase rebounds to create more realistic situations. (d) Add ladder drills into a practice to maximise foot speed. All of these will help to test a GK's ability when fatigued, as the GK's ability increases and high intensity practices are used more regularly, pulse rates can be used to gauge recovery and maximise physical development.

This document identifies key areas, where the development is dependant on balls being involved there are three scenarios that I have tried to address.

a) A goalkeeper working either on their own or with another GK or limited ability feeder
b) A goalkeeper working with a competent feeder / coach
c) A goalkeeper working in a group environment - practices at end of document

All the technical elements will have at least two solutions and will highlight the technical points that the coach should be looking out for.

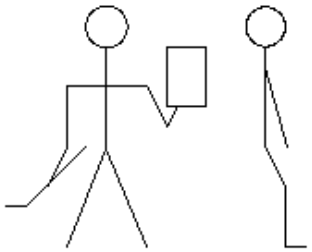
5) Technical Elements and Practices

Body position

Having already mentioned the key requirement of GK mobility we must get the GK into a general position that aids movement. We always require the goalkeeper to have their weight on the balls of their feet. Slight flexion of knees, hips and ankles with feet about shoulder width apart will create a body position that is suitable for goal keeping.

Technical: The goalkeeper should be encouraged to imagine a pressure between the shoulder blades gently pushing them forward, the coach can demonstrate this pressure to create an understanding of the theory.

The GK should be able to shift their weight from foot to foot, jump and move with minimal muscle 'loading'. The body position should be relaxed and natural, when combined with a palm forward left hand position and a relaxed right hand position it will maximise the space that the GK naturally 'fills'. The "palm forward' left hand position simply creates a 'ready' left hand position, this is detailed in the 'hand / stick save' section.



Technical: The GK should not feel like they are 'sitting down', whilst the head should be over the knee and the ankle, the actual body position will ensure that the head is, in fact, slightly in front of both the knee and ankle. Crouching too low actually slows movements, as the GK has to stand up prior to any explosive movement

Kicking

Secondary principle: one GK working with a feeder is often encouraged to play the ball back to the feeder. This is NOT a good habit, the intermediate / advanced GK should also be encouraged to play the ball away from the point of origin, thus, in game mode, reducing the chance of a rebound or secondary play.

There are three stages of the kick: Backswing, contact and follow through; These elements create a forward weighted GK, the backswing makes the shoulders move forwards in the first instance (exaggeration of this movement is good in the first instance, after practice a minimal backswing will create the correct body position), contact is self-explanatory, however 'follow-through' is what ensures that maximum energy goes into the ball, not the floor and then gets the goalkeeper ready for any second phase action.

Drills:

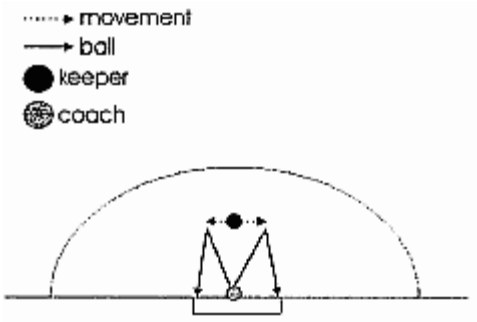
1) Falling over, "leg catch". Get the GK to stand in a ready position, then encourage them to simply fall forwards, initially allow them to simply fall to the ground, in the end make them 'catch' themselves with one leg or the other. Technical point: Ensure that the GK is still falling when they 'catch', not simply making an exaggerated step. This movement will enhance proprioception and aid their understanding of the 'feeling' associated with correct body-weight transfer.

2) Balance points, to enhance the 'back-swing' concept. make the GK stand on one leg, first make them extend the other leg in front of them, their balance will go backwards to remain balanced. We want the GK's weight to go forwards, where therefore should the GK swing their leg in the first instance? Make them think! (Obviously the answer is that by swinging the leg backwards or simply a subtle movement away from the ball will make the body weight transfer forwards - the desired situation for this technical situation)
3) Ankle and Knee rotations, correct kicking line, Technical point: Individual proprioceptive drill, ensuring correct ankle and knee rotations will create the optimum kicking surface, the flat instep.
4) Planting non-kicking foot. Planting the foot next to the ball allows and encourages body weight to go backwards. akin to a football kick. By planting the non-kicking foot some 6" behind the ball, the hips must be driven forwards as must the head; this gets the body weight moving in the correct direction.
5) Hips leading to create pendulum concept

Practice: Individual. stationary bait on a line. GK starts behind the line, kicks ball from the line using pendulum motion and follows through to finish over the line. Technical points: 'High' hips will ensure smooth kicking action, trying to pick the ball cleanly off the turf, maximising energy into the ball as opposed to pitch contact.

6) Playing down the line of the ball.

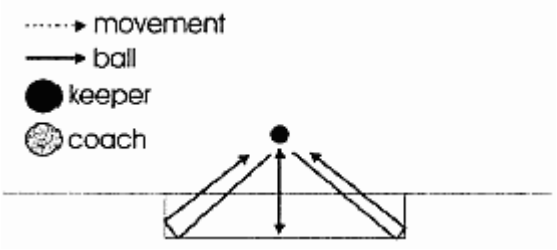
Practice: Two GK's or GK + feeder/coach. The coach or feeder stands in a goalmouth, rolling balls to points 'a' and 'b', GK starts at point X, moving sideways quickly using small explosive steps, the GK then plays directly down the line of the ball, aiming at the post or at a reducing size 'gate' either side of the goal. Increasing the number of balls creates intensity. Technical points: Gk's transfer of weight from side to side to forwards upon kick, creating follow through.



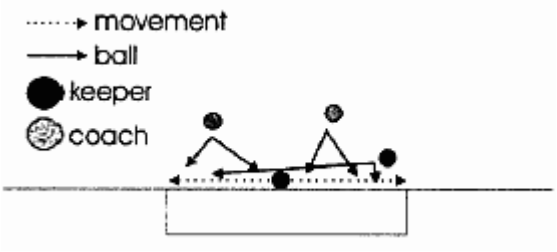
Practice: GK stands in front of other GK or feeder / coach, feeder gives balls at either foot. GK creates power with ankle and knee rotations. kicking ball with back half of foot, a flat surface, minimal pendulum action. Technical points: kicking point on foot, middle to rear. Weight still forwards despite no backswing. Intensity created by minimising distance between feeder and GK.

7) Body rotation and kicking to the side - working with a feeder or coach
    7a) High intensity, working with gates, nomination / target kicking

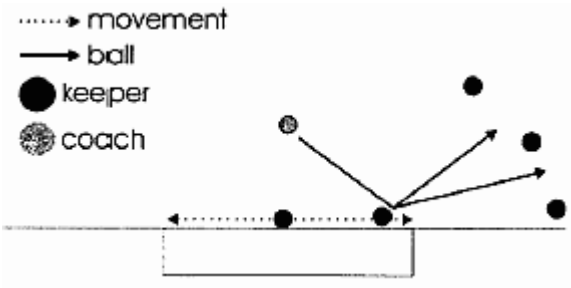
Practice: GK on own against backboard of goal or rebound board, tennis balls can be used for increased rebound. GK first kicks balls straight and changes distance from rebound surface to increase frequency of kicks. Second option to kick to corners of goal to change angles and influence body position. Technical points: Clean foot / ball contact, exaggerated forward body position in beginners, correct weight position in intermediate / advanced GK's



Practice: Coach / feeder works with GK in goal, can also use other GK's to increase contact repetitions. Using one ball the coach feeds to different points across the goal, making the GK move, intensity is changed with ball speed and duration of drill. Allowing secondary GK's to try and score can also increase intensity.

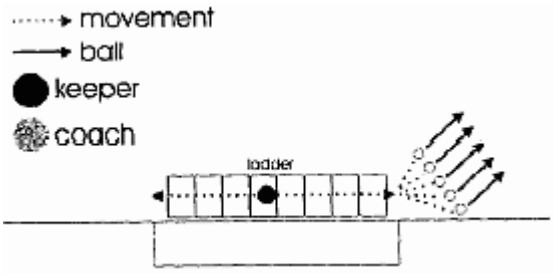


Practice: Coach feeds to GK, either side of the goal, feeds at varying distance from GK. GK must twist body and nominate which 'gate' they are kicking through. Scoring can encourage competition. Technical points: Ensure full body rotation so that (allow through is always in the direction the ball has travelled. Ensure 'high hips' to minimise turf contact, maximising energy into the ball and thus clear saving.

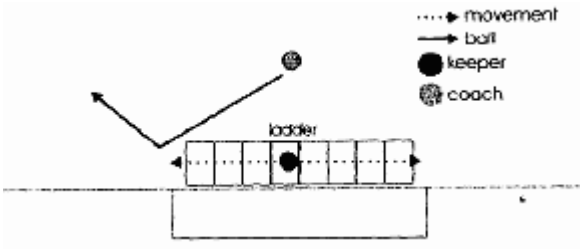


8) High intensity kicking and footwork, working with a coach and ladders
Ladders can be laid out to improve foot speed; these can be used individually, as multiple GK's or with a coach.

Practice: GK's working on their own, lay a ladder across goalmouth, line of balls at either end. GK works quickly through ladders to kick stationary ball to target. Intensity increased with more balls and longer ladders. Technical points: maximal foot speed, clean 'pick' off turf.

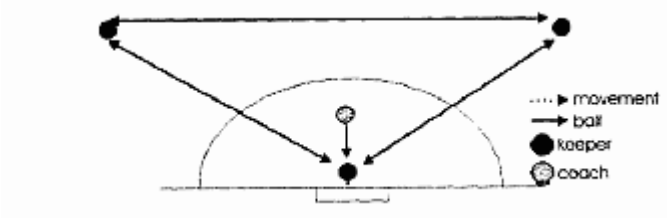


Practice: Coach feeds balls to either end of ladder as GK gets there, increasing frequency and ball speed to create intensity. Technical points: speed of foot pick up, clean touches through ladders, accuracy of kicks.



9) Long distance kicking - alternative body position,

Practice: GK in Goal, multiple GKs required. Feeder on penalty spot, feeding to either side of GK in goal, GK kicks hard to target GKs outside of D, distance dictated by ability. Ball kept in play by all concerned. Technical points: correct ankle / knee rotation to aid accuracy of kicking, body position forward to maximise power transfer and follow through. 'Football' style kicking only allowed in a GK who can change and identify body positions - intermediate / advanced.

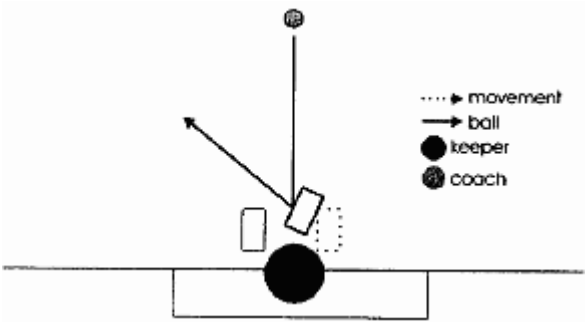


10) Balls down the middle - cross kicking, working with a coach

Secondary Information: As well as kicking with technical direction, modern kit makes it possible to use the energy of the ball shot at the GK and simply redirect the ball. This technique should be encouraged as a secondary principle in all shooting practices. The first principle being to save the ball, the second being to clear the ball or save it to a non-dangerous position thus minimising rebound opportunity.

The ball down the middle is often one of the hardest to save effectively, instinct tells the GK that shots will go away from the body and thus preparatory movements facilitate this. The GK should have a starting body position with feet about shoulder width apart, the coach / feeder can then hit balls straight at their feet.

Practice: Stationary GK on line, coach on penalty spot, balls hit at increasing speeds down middle, around feet of GK. The GK should move one foot towards other; the naturally created kicking surface will then direct the ball away at about a 45-degree direction.



Additional practice: Move GK from either post to middle of goal, move GK from middle to post and back, prior to shot. This will ensure that the GK can learn about their body position and equal balance. Technical point: GK should be still and have equal weight on either foot when the shot is faced, ensure GK focus is on the ball. In learning phase the shot / feed should be executed with minimum disguise.
Summary:
1) Body position should be forwards, weight loosely on balls of feet, kicking ball with middle to back of instep.
2) Intermediate / Advanced GK's can lean back to create football kick power as long as they have proprioceptive awareness. 3) Priority one is saving, priority two is clearing the ball and giving no rebounds 4) GKs should be able to move and yet have even balance when stopped, thus mobility and intensity should playa part in all progressive drills.

Leg saves:

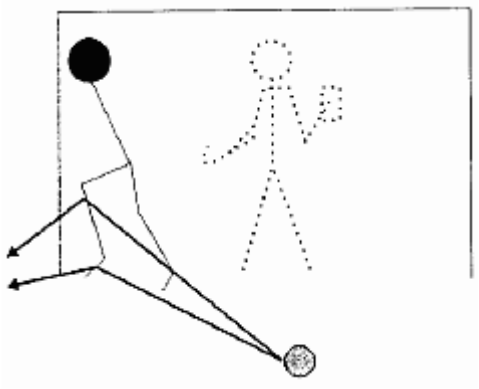
When the ball is off the floor but below the height needed for hand saves. The foot can be used at times; depending on the ability of the GK it is possible to simply kick the balls if the ball speed is low enough. If not then the flat surface of the pad should be used to save the ball, the momentum of the GK; the saving action and the rebounding attributes of the equipment will then direct the ball away from the goal area.

1) Ideally the front surface of the pad will be used, however body rotations will bring the medial calf protection area into play. The body position of the GK needs to ensure that the ball cannot 'skid' across the surface and into the goal.
2) The body position required for these saves is probably the most important of all. A forward weighted position is necessary to minimise 'skidding'. The GK should lead with the knee, aiding movement with a forward upper body position.
3) Bounced balls

Practice: On a bouncy surface the feeder can either throw the balls at the GK at the correct height, alternatively the coach can 'bounce' balls at the GK from a kneeling position. Attack the balls with a leading knee, repeating the 'pressure at shoulder blades' concept. All GKs should block balls fed directly at the GK in the first instance. These feeds are the hardest to clear save, employing the first principle will ensure some success, and a secondary clearance can then be executed. Secondary skill: For secondary saving the GK may have to used the toe of the kicker and also employ an unbalanced body position, these elements may not be technically perfect but should be encouraged to finish any drill. Technical issues: the front saving area of the pad should be used, the upper body should be as forward as possible, Q follow through action should be executed as often as possible.

4) 'Blocks' as opposed to clear saves. As discussed in the previous paragraph the pads should be used as a barrier when the ball is close to the middle line. If the goalkeeper has a strong body position and attacks the ball with the weight moving forwards the nature of current equipment will propel the ball away. If the ball is away from the mid-line the angle of the body combined with a positive saving action will ensure that the ball will move away from the 'danger' area.
5) Body position for side foot saves with bounced balls.

Practice: Coach / Feeder with GK. Feeding balls at knee height either side of the GK, trying to kick the ball flat away from the danger area. Intensity and mobility can be improved with multiple feeds, side to side. Trying to get the knee directly above the contact point will ensure that the kicking surface is flat. Rotation of knee and ankle will ensure that the ball is propelled away flat. Technical point Follow through will ensure that the body position is correct for saving.



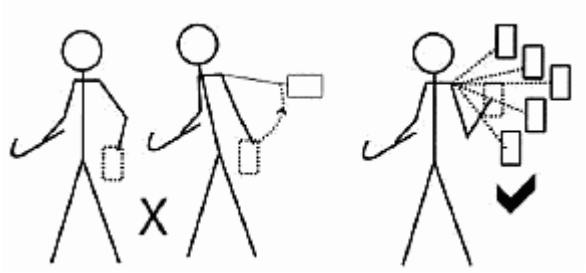
6) High clearances (Advanced). If a shot or ball is raised towards the goal either as a first or secondary save it may not be possible for the GK to create a body position that facilitates a flat clearance. In these instances it as obviously acceptable for the GK to adopt a weight back body position and use the instep to execute a high clearance kick. The upper body will be backwards and the hips will be low in order to execute such a skill.

Practice: Feed bounced or direct knee height balls either side of the GK. GK starts on opposite post to feed to maximise necessary 'stretch'. Hips and backside are dropped as kicking foot is outstretched, GK may well collapse non-kicking foot to drop body position once position across goal is obtained. Technical points: Maximise the power imparted to the ball. Landing point should be close to the sidelines to minimise danger and opposition opportunity.
Summary:

1) The knee should be as close to directly above the ball! foot contact point as possible, this will create a flat kicking surface and minimise ball 'lift' on the clearance.
2) The GK should attack the pitch point of a bouncing ball. This will, again, ensure a flat clearance.
3) Shots that are directly down the middle of the goal should be saved first with an aggressive movement. If necessary a secondary clearance can be executed.
4) Given the technical nature of this type of save, intensity should not be created when practicing this specific skill. Repetition drills and intensive practices should be created when practicing other skills.
5) The save can be executed with either the kicker or the pad.

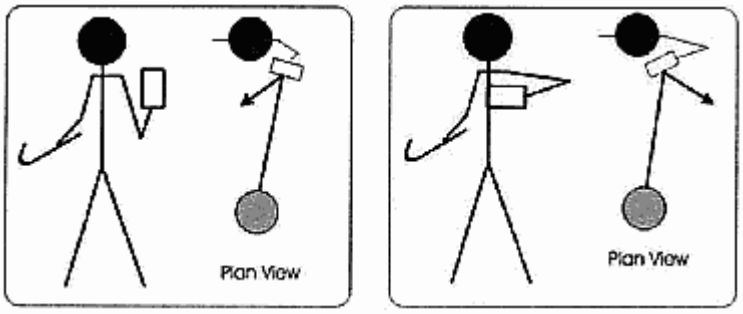
Hand and stick work:

Some balls! shots will need saving with the hands and/or stick. There is no hard and fast rule as to what type of shot will force this type of save, a diving save to the floor will necessitate a stick save, whilst a ball shot just under the cross bar will require a high hand save. The principles are always the same. With any hand or stick save, foot movement and body position will still be vital as with all techniques no part of the body works truly independently.
The front surface of the left hand glove should be used to save or 'deflect' the ball; the right hand glove can also be used to make saves. However, the rules state, that the ball cannot be punched or hit; if the hands are used to attack the ball without body movement it can appear that the hands are propelling the ball and this can result in a penalty stroke. To facilitate the face of the left hand glove being used, the starting body position should include a 'left-hand up' position.
Technical: The left hand up position will ensure that the GKs arm movements are fast straight-line movements rather than circular sweeping movements that will occur if the starting hand position is low.



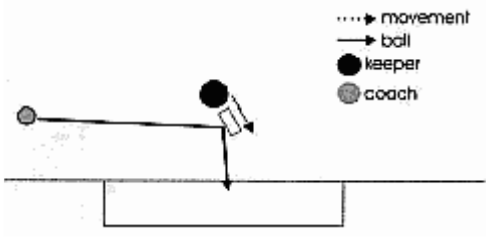
Stick saves: The GK will either be using a short or normal length GK stick. The holding position should be such that the head of the stick, when used, is in a direct line with the arm and hand. This creates a physical situation where the body can relate to the "plane' used to make the save, helping hand! eye coordination.
Technical: Saves made with the right hand should be affected in front of the line of the body, this will give greater control of where the ball goes and minimise second phase shots.

Practice: Two GKs / GK with feeder. Balls fed directly towards the GK at chest height give three saving options, if the ball is straight at the GK then the hand can be angled to deflect the ball down to the feet for a kicked clearance, alternatively if the elbow I kept into the side the hand naturally angles and will deflect a ball across to the right. The third option is to raise the elbow, creating a surface that will deflect the ball to the left. Making sure that the elbow and wrist are not moved, a general body movement will move the ball away from the danger zone without 'hitting' it with the hand. Technical: A strong body position and early foot movement will ensure that the save is made in front of the line of the body, if the GKs weight is backwards the ball can deflect into the goal rather than away from it



Practice: Six-ball intensity drill. Line up six balls in a line on the penalty spot, GK stipulates which side to feed the first ball, feeder plays balls to either side of GK in quick succession, GK has to maximise foot speed and work left and right hands to make saves. Technical: maximise foot speed while ensuring core stability to keep upper body and head still to facilitate controlled saves on both sides of the body.

Practice: Two GKs or GK plus feeder. GK stands at 90 degrees to goal, in middle, goal will act as a trap for balls. Feeder 'feeds' ball to the side of the GK closest to goal, the GK deflects I plays ball into goalmouth using positive forward body action from good hand starting position. Repeat for both sides. Technical: GK must attack ball with strong body movement as welt as early hand movement, late hand movement may appear to be 'hitting' ball and infringe rules. Left side saves only with left hand, right side either with stick or right hand.



Practice: Reaction speed and easy feeding can be created using tennis balls and a racquet. These resources can aid high intensity practices. Simply vary the distance of the feeder from the goal and change the frequency and speed of the balls to change the intensity of the practice. This exercise should only be done in conjunction with a pure technical drill. Technical point: Ensure a 'weight forward' position so that the body position is strong to maximise control of rebounds but also to have body behind ball in case of poor feeds, this gets the GK used to sometimes making body saves.

Practice: High saves, smaller GKs may face balls that come above head height, clearing these safely is difficult. Simply feed balls above the head of the GK concerned and get them to angle the left hand glove to deflect the ball over the crossbar, good awareness and control is necessary to execute this successfully. Technical point Only use the upwards deflection skill as the last option, it will always be possible to deflect a majority o(balls around posts, laterally away from the goal, trying to deflect balls upwards always creates the problem of danger if the skill is not executed correctly and the ball remains in the playing area.

Summary:
Basic hand and stick saves will be executed with more accuracy if the starting body position is correct and hand movements are married with other body movements. Good core stability I abdominal strength will aid the GK as they will be able to maintain upper body control even when the lower body is moving at maximum speed to cover the ground. Swimming Swan analogy, 'serene above the water, paddling furiously beneath'.

Keeping the left hand high will also aid basic saves, reinforce this position by asking the GK to tap the side of their helmet (Salute the coach!)

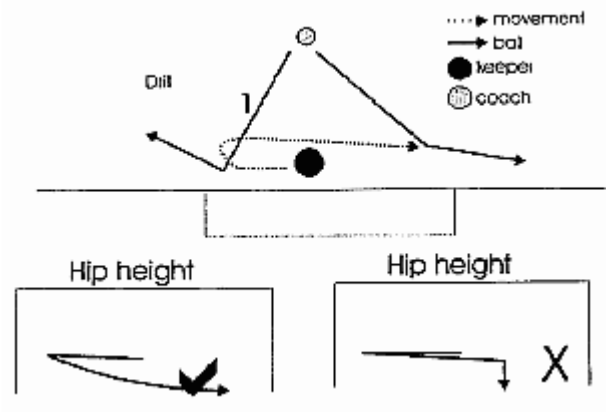
Diving (progressing to lying down / barrier position)
This is often considered to be the most 'fun' skill to practice, however it should be noted that a majority of shots would be (a) on the floor and (b) within stretching distance of the GK. Therefore to develop diving skills the GK must realise that they have to have sufficiently developed their basic saves within easy stretching distance. Otherwise they are developing an infrequently used skill area, not good if you think about the percentages!

The primary conflict that occurs is because when diving the GK will be trying to save the ball with hands or stick, they may also be trying to use their hands to aid a landing. If this is the case a natural conflict occurs! We must remove this conflict.

The best part of the body to land on is the hips.

Practice: From a kneeling position, the GK rolls down to the side, ending up in a classic barrier position. This can be done either individually or with a coach, rolling balls either side of the GK will encourage them to 'roll' down whilst focusing on a target - the ball. The GK should only be using the hands to make the simulated saves, not landing on, or using the hands for cushioning. Technical point As the GKs strength develops, particularly core strength (abdominal area) it is possible to execute multiple rolls on either side without using the hands. Practice (b) multiple 'rolls' to either side, with or without feeds, repetitions increases intensity and improves conditioning of specific muscle groups.

Practice: Multiple skill drill, coach feeds a ball towards one post for move and kick, as soon as kick is performed, GK turns and dives back towards other post for low save, looking to land on hips. Technical points: Full focus should be on the first kick, correct technique must be applied, then full focus is transferred to the dive. The foot movement of the GK when turning should be studied; all GKs turn differently but in essence an aggressive foot plant after the kick should create an early fast turn. The GK should them aim for a smooth hip 'drop'. If the hips move sideways and then straight down there will be no sideways movement and momentum within the second save to aid recovery. The hips should still be moving sideways when the save is executed to aid 'getting up'.



Secondary point: Landing on the hips I side rather than on the front also aids the GK in keeping the upper body higher and thus the eyes level. The eyes work by triangulating to gauge distance and angles, therefore the eyes should be level and horizontal as much as possible. If the GK can raise themselves on one elbow I hand it also aids secondary and tertiary movements. DEMONSTRATION.

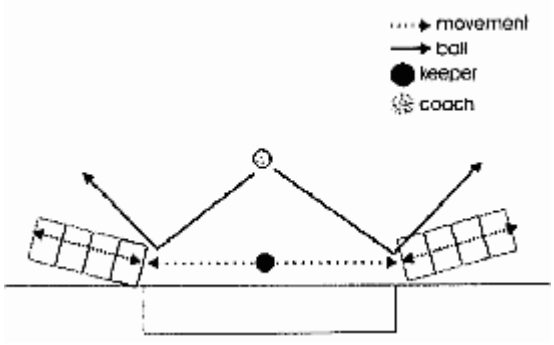
Practice: Starting in the middle of the goal on their knees the GK rolls to either side to make saves. Intensity can be increased with multiple feeds.

Practice: Starting on haunches in middle of goal, the goalkeeper makes saves from balls 'fed' to either side. Beginners should focus only on single feeds; intensity is created with multiple feeds.

Practice: As above but from standing position to start.

Additions: Moving the GK off centre will increase the distance that the GK can dive whilst the feed is still inside the line of the goal. GKs will enjoy the concept of seeing how far they can dive. Making them dive further from a haunches position will develop leg power, thus however is a stressful exercise on the knees and quadriceps and thus should be reserved for GKs who are suited to basic weight training (approx 16 years old). If the GK is not trying to develop leg power then increasing the distance between start position and saving point can aid footwork. Technical point: in this instance the GK will need to take a small sidestep to get some initial distance, these sidesteps are a key development point in all mobility drills. The body should always face forwards so that focus can remain on the ball and the GK presents the largest physical barrier to the feeder I opponent

Practice: INTENSITY focus; GK starts in middle of goal, feed ball to one post for kick, GK kicks, moves fast either around cone or through training ladder, back into and across goal for diving save. Multiply these movements to create intensity. International standard is a four-ball drill - kick, dive, kick, and dive with ladder work. Repeat x 3 with 30 seconds rest. Repeat all x 3 (or 4) on three-minute rest.



Additional Exercise:

All practices can be combined to make the goalkeeper execute many skills in one drill. For example: Multiple skill practice. (Coach on penalty spot with pile of balls.) Two bounced balls at the GK for leg saves, feed wide for move and kick, immediate feed back the other way for maximum stretch saves. Recover to ready position for multiple high straight balls for hand I stick work; finish with dives to alternate sides. A ten-ball drill such as this can cover all bases of basic techniques and also create the degree of fatigue required to test technique under pressure.

Summary:

1) Diving is a secondary skill to be worked upon once a degree of competence in the basic skills is achieved.
2) When diving the GK should aim to land on the hips, not using the hands, thus removing the potential conflict of saving I landing on hands.
3) The sideways movement and body position will aid the head position and thus enhance vision.
4) Developing core stability and abdominal strength will aid the body position and help recovery for secondary actions.

Barrier Position, Sliding, Closing down and GETTING UP

When the GK is on the floor they need to retain as much mobility as possible. If the GK adopts a conventional barrier position when on the floor - on their side, legs on top of each other, supporting upper body on one elbow, bottom hand I stick creating barrier on the floor, upper body upright, other hand covering 'high' area, head up and eyes level - they stand the best chance of making saves in this position.

Strength in arms and shoulders will give the best chance of making secondary high saves.

Demonstration position 1

Balance on hips and good core strength will give maximal mobility on both sides of the body.

Demonstration position 2

Mental understanding of the necessity to retain mobility will aid secondary movements. If the GK has to stay on the floor they must try and stay as close to the ball as possible in order to minimise the gaps that exist and make the most of their size. Demonstration position 3

Given this barrier position is understood it is then necessary to consider the fastest and 'best' way of getting up. There is no perfect way but the following need to be considered:

1) Maintaining the integrity of the barrier for as long as possible
2) Minimising the GKs exposure to danger - not opening up areas that are not padded!
3) Maximising the speed that the GK gets up by using major muscle groups
4) Ensuring that the greatest mobility is retained at all times to facilitate saves and inconvenient points.

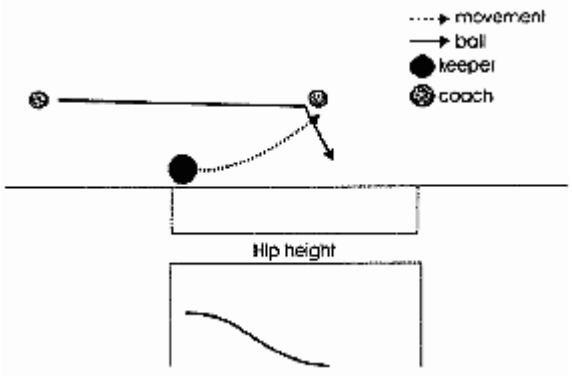
Summary of getting up. The GK will start on the floor in a classic barrier position, placing the top leg, behind the bottom leg; foot on the floor and knee bent will create the first anchor point. When

the leg is straightened it will propel the GK up, forwards and sideways. The first two are desirable, not the third, this will be countered by pushing hard from the bottom hand at the same time. The top hand will remain mobile and thus aid additional saves. A GK with a degree of strength will then be able to 'jump' to their feet into a ready position almost immediately, a GK with intermediary strength levels may have to roll onto one, or both knees, this will briefly expose the knee caps to danger but hopefully not for long.

Practice: GK lying down with no balls involved, create competition between GKs, work on getting up on both sides of the body.

Practice: GK lying down saves ball hit at their body, total focus on initial saves, trying to keep active hands. As soon as first save is executed then the GK gets up as fast as possible, coach or feeder will push or throw a second ball at any point during the movement. The coach must be sympathetic to the ability and mobility of the GK. Up I down repetitions will create intensity.
Going down onto the floor is very much a Gk's personal choice. Two options are kicking the bottom leg across and rolling from the outside of the feet. The most common situation faced by a GK is closing down I smothering. Assuming the GK has developed correct timing and made the correct decision, they should attack the ball to get as close to it as possible, it is vital to remember that the GK should aim for the ball with their midriff, this will mean that a player then trying to go around them still has to cope with either the Gk's legs or upper body.

Practice: GK starts on one post, facing a striker, the striker can occasionally shoot to keep the GK 'honest', primarily though they are feeding a ball to the opposite post, a further player or GK is there waiting to shoot. Light balls are recommended for the first stage of this drill. The GK should move as fast as possible across the goal, their final movements should be towards the ball to create forward momentum. Their hip position should be a smooth downwards line, a curve representing a hip position that drops gradually as the GK moves. This will ensure the GK has forwards momentum towards the ball, not only will this facilitate the save but also the recovery as retaining some momentum will aid getting up. If the GK simply throws themselves sideways the line of the hips will be horizontal and then vertical as they 'hit' the floor, all energy in this instance will go into the floor and hinder secondary movement or recovery, as well as not aiding the GK to impart any force into the ball itself.



Practice: Advance the practice above by kicking a ball away to the opposite side of the goal first, or allow the receiver to move with the ball, ensuring that the GK focuses on the ball and the player's actions, thus improving their decision-making.

The decision making that relates to leaving the goal is a more advanced match skill, in the short term use the penalty spot as a guide, anything inside that area should be policed by the GK, however if a defender is in contention then the GK may have to temper their movement. The individual coach should encourage communication between defender and GK. However if an opponent gets to a point where a shot is more likely to beat the GK than be saved then the GK should consider closing down the opponent and smothering the shot.

Summary:
1) Basic barrier position maximises the saves that can be made whilst the GK is on the floor and their defence of secondary situations
2) Once on the floor the GK should get up as fast as possible
3) Momentum will aid the 'power' of a save but also help the GK get up, movement on hips as opposed to flat on stomach will always aid saves and secondary movements.

Angles and positioning
In order to make the most saves the GK needs to be in the correct position in the goal. Incorrect positioning often results in unnecessary goals or far more complicated saves than are actually necessary. The GK should be on a line directly between the ball and the middle of the goal. As the goalkeeper progresses they will also have to take into account other players, likely outcomes and potential situations, however these are advanced skills. For now the simple formula is for the GK to be on this theoretical line, their size and agility will dictate how far along the line they come. To cover the same amount of space, assuming equal levels of ability and agility, a goalkeeper who is bigger can hold a position nearer to the goal-line, giving themselves more time to save shots, however if the GK is confident of their ability they can stand further out the goal, thus covering more area and potentially making more saves. It is important to stress that the correct line is between the BALL and the goal, the player and their stick will be in a different position to the ball, and lining up on them will create an incorrect position. A coach can encourage a GK to stand further forward in training as it will improve reactions, however they must advise the GK on optimum distance as this will be dictated by level of play, ability and opposition and is highly individual.

Mobility drill: The GK starts in the middle of the goal and moves out to several cones, they must then return to the middle of the goal using a backwards movement. It is possible to move backwards with the GK's weight still being forwards, the best way to advise the GK is to use landmarks and the pitch environment to gauge their position. Multiple GK's can perform the drill at the same time.

Practice: Start the GK in the middle of the goal with their back to several feeders. All the feeders have numbers, the lead feeder calls a number, the GK has to think, pivot and move towards the shot, optimising their distance along this 'line' before the shot is played, at the time of the shot the GK should be balanced and stationary. Technical point make sure that the GK turns over the shoulder that is closest to the shooter. Additional point the GK can pivot and push when turning, this will speed up their movement towards the ball, coaches should study the GK's initial footwork.

Practice: The GK starts on one post facing a simulated base-line attack, there are several target players in the 'D', the initial feeder plays a ball to a target player who controls and shoots. The GK must work on their peripheral vision to aid decision making, their body position must be 'open', keeping one shoulder facing the playing area will aid movement and saving. Repetitions of this will help with angles, mobility and be the first step towards improved decision-making.

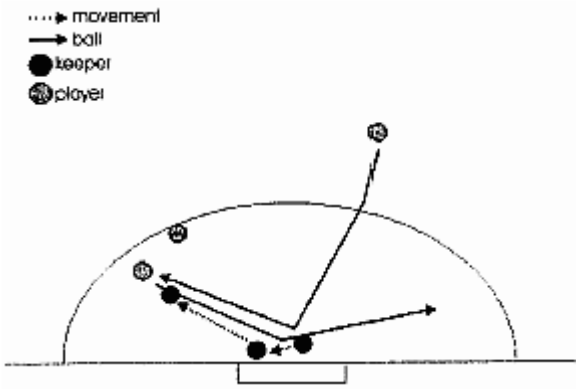
Summary:
The goalkeeper needs to be in the correct position in relation to the goal and the ball at any given time, however there will be a time when they have to get from a point A to a point B, if the is no chance of a shot between these moments then how the GK covers the ground is not relevant as long as it is as quick and as controlled as possible. Movements should only have a technical element if there could be a shot at any time. All drills can be advanced to include a mobility element; even the most basic kicking drill can be expanded to make the GK move around the goal. A static GK will make initial saves however they must be in the correct position for the secondary and tertiary saves so all mobility drills are beneficial.

Conclusion:
The techniques and drills in this document are aimed at the beginner and intermediate GK, however no GK is perfect and all can benefit from practicing the basic skills. International goalkeepers have spent hours executing a large proportion of the drills detailed in this document.

The technical elements here are also based on personal experience and consultation with other goalkeepers and coaches. It is vital however to recognise the individual abilities of any goalkeeper and enhance those as opposed to try and change successful basic skill. It is crucial to recognise the primary objective of the GK is to stop the ball going in the goal, they will have natural attributes that aid this, these natural attributes should be fine tuned by a coach to maximise the GK's potential. The successful coach will then correct areas of weakness using the information in this and other resources. The final section of this document is a series of 5 exercises that involve field players and can target specific G K development areas.

Match Practices:

1. Target kicking and second phase shooting. The players attack the circle from the left midfield channel, they push a ball off the right foot to the GK's left (Player skill), the GK kicks the ball left footed to one of two target players. If the target players are at the edge of the D then they shoot back across the goal, creating a maximum stretch saving scenario. If they are closer then the GK can follow their kick to smother or close down the second phase action. Technical points: field players executing a pass off the wrong foot, a receipt of pass (kick) and then execution of either a targeted shot or a one-v-one situation. The GK is working on kicking, angles, maximal saves and / or closing down skills.



2. Closing down and mobility. Two attackers in the circle with two defenders, two attackers just outside the 'D', start a ball into play from the GK to one attacker outside the D, play full on 4-v-2, this will simply work mobility, balance and closing down as shots are likely to come from either the top of the D or from passes to free players in close proximity to the goal. The GK will start to develop communication skills in this situation.

3. Mobility and hand skills. The GK faces a shot from the right midfield channel (the GK's left), this shot is clear saved using a positive body position and correct technique. The 'shooter' then feeds a second ball to the opposite side of the '0', player B receives this ball and shoots, if they are good enough the coach can stipulate the type of shot here. Player A has continued to collect a ball at point X, the goalkeeper has saved from player Band moves quickly across the goal to execute either a high left hand save or diving save from player A. Technical issues: the coach can stipulate the shot type from field players and the time between receipt and shot The GK is focussing on clear saving of ball I, simple saving of ball 2 and a technical hand save for ball 3.

4. Baseline Attacks; The field player attacks, uncontested along the baseline, the GK must make a decision as to when they close that player down, the 5 yard mark is usually a good indicator, also it can be a good option to have the GK's legs into the pitch rather than just a stick as this protects against lifted passes. The field player should have two passing options as well as the option to take the GK on themselves. The GK must close down / smother the baseline player and then if the pass is made, recover and save the secondary shots. Technical elements: the GK should try and move when the baseline players eyes are focused on the ball - 'down' - if the player has good vision then they will pass as the GK is still moving. Giving some defensive presence can also facilitate this.

The GK should be aggressive in their movements, however they should retain momentum at all times to maximise the
opportunities to recover and make secondary saves. They should also try and gauge the lines of passes that may occur to help decision-making.

5. Three man weave, shots and rebounds. A basic three player passing pattern from half way line, ensuring that the middle player receives the ball near the edge of the circle for the first shot. This is stipulated as a flat 3/4 pace ball, the two other players act as rebounders, the GK is trying to clear the ball with a hard and flat kick past the two rebounders, working on direction and body position. The GK's follow through will ensure that if the first clearance kick is not successful then they will still be in a good position to make the next save. Technical points: GK body position and technical execution of first kick. field players execution of basic passing patterns, completion of simple flat pass to goalkeeper and then receipt and shot The coach can obviously dictate the shot type on the rebound.

Further areas that will be covered in the supplementary GK coaching document: . Communication

- Situation analysis
- Match skills / experience
- Penalty strokes / Penalty Corners
- Tactical awareness