

# **NWSF**

# **Goalkeeper**

# **Essentials**



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# How players learn

## Visual – *Seeing*

Demonstrations

## Audible – *Hearing*

Coaching points, cues and tasks

## Kinaesthetic- *Doing*

Practice itself, repetition of the technique and performance.

# Setting up and organising practice

- Organise
  - Clearly set up the practice – ball placement and player placement
  - Clear instructions as to where players to be
  - Roll of each player – service and type of service
  - Do not coach before they are allowed to try
- Demonstrate
  - Demonstrate practice – *walk through, use ball where applicable*
  - Demonstrate service
- Action
  - Let them do
- Monitor
  - Is the practice being performed to get the best out of players? (service and rotation)
  - Pocket coaching points until players understand practice
- Coach
  - Main coaching point – one point, what is being repeated and affecting performance
  - Coaching process;
    - *Identify*
    - *Coach*
    - *Demonstrate*
    - *Let them do*
  - Coach on the run, key performance points
  - Encourage good performance
  - Coach reoccurring poor performance

# Coaching process

## 1. Identify

- What is the focus of the practice?
- Are they performing the appropriate technique?
- Are they being successful with their performance?
  - *Do they make saves but technique is not quite right?*
  - *If yes, how can we make them be more effective and consistent with making the save*
- What is the key factor as to improving the performance?
  - *E.g.; Diving, do they use their hips, drop and drive or just reach with their hands?*
- Do you need to regress it or isolate the technique and build it back up?
- Do you need to progress the practice to challenge the players if they are performing it easily and correct?

## 2. Coach

- Stop the practice
- Recreate picture that you noticed the coaching point
- What is the key factor you want to identify?
- Target 30secs each intervention

## 3. Demonstrate

- Use a practical demonstration of the key factor
- Use the ball if applicable
  - *E.g.; demonstrating taking a high ball, have it thrown in and demonstrate taking the ball at the highest point.*
- Recreate with and allow player to practice
- Coach on the run or use key words to help guide players in improving performance.

## 4. Let them do

- Let the practice continue
- Coach on the run, use key words, or individual coaching as they practice
- Allow players to get repetition

***Balance between rhythm and coaching, stop and coach, guide and show.***

## 5. Reaffirm at end of practice the key factors

- Short debrief
- Ask players questions regarding key factors
- Get them to give you the key information – this is guide as to what information they are receiving.
- Reaffirm their point and use an example of what one or couple of the players did when successful.

# Session plan guide

- **Warm up**
  - General warm up – can we add variety
- **Preparation**
  - Practice fundamental technique needed for technical focus
- **Skill acquisition**
  - Build technique / simple practice set up for repetition of technique
  - Progression of preparation
- **Technical practice**
  - Progression of technical practice
- **Game related**
  - Outcome from the build-up of the session so far – 20mins
- **Cool down**

## Notes for thoughts and preparation

- How can you make it flow from one practice to another?
  - *E.g. passing into angles and repositioning*
- Can you progress and regress where applicable to suit the group of players?
- What are the key factors for what you're focussing on?
- Can you adjust it to help focus on player centred areas?
  - **Example;** *if a player asks to work on 1vs1 and you have high ball session planned, how can you evolve your session into incorporating that focus area as well.*
  - **Solution;** *Turn it into balls beyond the defence, both high and low.*

# Technical aspects

The technical performance of a goalkeeper is key to their progression and performance. The technical components provide the foundation for which the goalkeepers' game is built from.

## **Foundation techniques:**

- 'Stance'
- 'Angles'
- 'W'
- 'Cup'
- 'Scoop'
- 'Collapse Dive'
- 'Receiving and Passing'
- 'High balls'
- 'Footwork'
- '1v1' Principle

Just as important is the basic positioning of the goalkeeper.

## ***'Start in the right position to end up in the right position'***

- Position in relation to the ball in defensive third in central areas
- Position in relation to the ball in defensive third in wide areas
- Angles
- Position in relation to the ball in attacking third

Identifying, communicating and understanding the importance of these above concepts is key in helping goalkeepers develop their game and provide a solid foundation for which their performances can be built on.

# Foundation techniques

## Stance

*Where: shot stopping – central areas in defensive third*

- Feet shoulder width
- Standing on the balls of the feet
- Do not raise heels high as this puts goalkeeper off balance
- Relax knees
- Shoulders relaxed and leaning forward – in line with the knees
- Chest facing forward
- Head forward
- Hands waist high and width, elbows bent and in front of the line of the body
- Palms facing each other
- Thumbs up

***They must be comfortable and be able to move their hips and feet together easily.***



## Angles and middle third (M3rd)

A goalkeepers positioning is key to helping them be effective with what they do and increase the opportunities of making saves and reducing goal scoring opportunities for the attacking team.

Angles relate to when the ball is the Block D (defensive area) in a central and half space. The key area for when the attacking team can take an effective shot on goal.

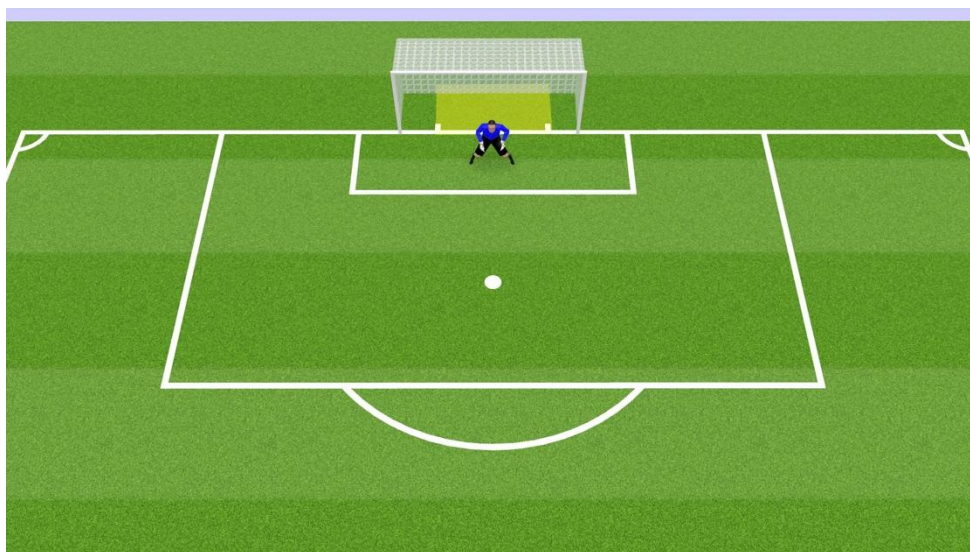
### *Key principles*

- Using the centre of the goal, the goalkeeper lines up with the goal and the line of the ball.
- Making sure that they are square to the ball.
  - Feet, hips, shoulders, and head facing the line of the ball

- The goalkeeper in general play is positioned off their line – 2 -3 steps in this situation, making sure that they are making saves in front of the line of each post – hands work in front of each post when making saves.
- When the ball is on an angle (side of the goal) the goalkeeper adjusts their positioning to make sure they are in line with the ball, goal and in front of the line of the post.

### M3rd

- This is the key area that we are looking for goalkeepers to be confident and competent in defending
- It is 1.5 steps either side of the goalkeeper from their stance position
- This area is taken everywhere the goalkeeper moves, whether positioning centrally or on the angle.



### 'W' Technique

When catching the ball chest to head high; foundation technique for catching high balls.

- As ball travels move hands from stance position to direct line of the ball.
- Keeping hands in front of the line of the body  
*'See hands, see Ball'*
- Have palms facing the ball with fingers facing up
- As ball makes contact with hands;
- Have thumbs behind the ball, creating the 'W' technique
- Ball to make most contact with the palms of the hands
- Make sure that palms are square to the line of the ball and no one hand is leaning or in front of the other
- Fingers to wrap around the side
- Making sure wrists are locked to make sure not to bend back on contact with the ball  
*'Soft hands, Locked wrists'*
- Keeping elbows slightly bent, use them to absorb the power of the ball



- 'Harder the shot, softer the hands'
- Watch the ball into the hands,
- Look to effectively secure and distribute the ball



### Cup Technique

When the ball is thigh to just below chest height; in and close to the body and able to move in behind the ball.

- Starting in the stance position
- As ball travels, move in behind the line of the ball, keeping head shoulders leaning forward, hips square to the ball
- Fingers facing down and palms facing forward
- Allow ball to come into the body
- Feet balanced and shoulder width, moving into the line of the ball and staying square
- As ball makes contact with the body, arms wrap around the ball keeping the elbows in front of the body, shoulders and head curl over the top of the ball
- Eyes watch the ball all the way into the body until secure.



### **Scoop Technique**

When the ball is knee height and below; in and close to the line of the body

- Starting in the stance
- As ball travels, step in behind the line of the ball with the near foot
- Keeping hips facing the line of the ball and taking the step slightly forward as well as sideways (near foot instep in line with the toes of opposite foot)
- As the step is taken, drop the hips down and across to move in line with height and line of the ball
- Elbows inside the line of the knee
- Palms level and facing the line of the ball with fingers facing downwards



### **Collapse Dive**

When the ball is just outside the line of the body and unable to move the feet to get in behind the line of the ball

- As the ball travels, taking a small step with the near foot across towards the line of the ball
- Using the hips to drive across, keeping hands in front and near shoulder over the near knee

- Hands and body make a direct line to the ball and move through the line of the ball
- When landing; outside of the knee lands first, then hip, then ball.
- It's a gliding movement rather than a sudden stop.



### **High balls – taking the ball in front**

When the ball is travelling from a wide area or deep area and heading in to the goal area

- Stance slightly changes, near foot facing the line of the ball  
*'Face ball, see the field'*
- As the ball is struck, Gk must be balanced
- As the ball travels, pick the flight, line and speed of the ball and make one run to the ball to meet at the earliest point of contact.
- Keep hands in front as making run to the ball,
- Making the last step slightly smaller to generate power in the jump
- Push through the ball – see the ball, see hands.
- If the ball is travelling to the right shoulder, lift the right knee and vice versa. Keep foot underneath the knee; head and shoulders forward as taking the ball
- Land and secure the ball, then look to break the line and look to distribute

### **Passing and receiving**

When looking to support players, play out from the back, helping to create effective attacking opportunities and keeping effective possession.

- Position to support the player with the ball
- Make sure to face the ball and see the field
- As ball travels step away and open up the hips
- When receiving the ball, if coming into the body, use the near foot to take the touch,
- If coming across the body, step away and use the furthest foot.
- Making sure to keep hips facing forward and the line of the ball in front.
- As taking the touch with the instep, keep shoulder of the foot controlling with, over the top and watch the ball on to the foot,
- When taking the touch, guide the ball into the space where you're looking to pass, just outside the line of the body and in front
- As the touch is taken, move with the ball to keep the game moving.  
***'Touch, step, play'***

- When passing, use the instep, making sure the non-kicking foot is placed next to the ball, shoulder width, facing the target / area looking to play the ball. Keeping shoulder and head over the top over the ball as the ball is played.
- Aim to play the ball in the player so they can face forward and play forward or into space for them to move into and make it as easy as possible to play their next pass effectively
- Once the pass is played, can you support the pass and create an option.

### **Footwork**

Lateral movement:

Balls in and around the body

- Transfer through hips to use near foot to move across to the ball
- Drive with the hips, use the toes of both feet to move
- Shoulders and knees stay in line
- Staying square to the line of the ball
- Glide rather than jump
- Minimal effective movements

Adjusting movements:

Adjusting to ball movement in general play

Coverage of the area for crosses, readjusting for shots, transition moments.

- Individual steps
- Drive with hips
- First step
- Short last step in to stance
- Keep shoulders facing forward angle towards the ball
- Glide and balanced

### **1v1 Principles**

When an attacker has a direct line to the goal, from being in line with the defender and facing forwards to being beyond the defensive line and attacking the line of the goal.

Decision making process in relation to the distance, speed and line of the BALL.

*Decision making process*

- Is the ball beyond the defensive line and going towards the goal?
- Is it outside the 18yard box or inside?
- Can I win the ball effectively?

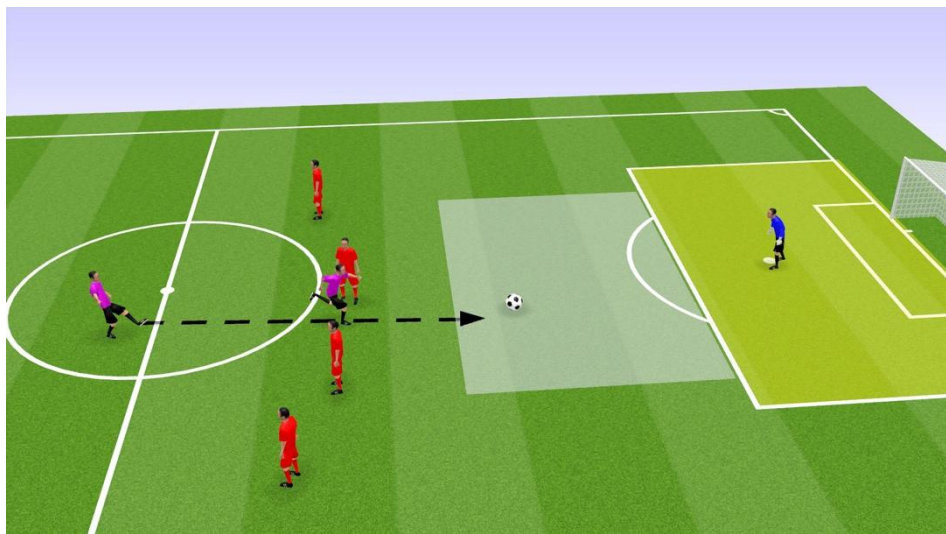
If YES – ACTION taken to make direct movement to the ball

What technique? (Using feet when outside the box, or attacking ball with hands inside the box)

If NO to winning the ball – Can I get close enough to stop or delay the attacker moving towards goal? (Inside the 18-yard box)

Yes – ACTION taken – direct line to close the line of the ball

If NO to winning the ball – stay and defend goal and wait for opportunity to effect play by closing on the next touch or making a save if there is a shot.



### **Technical 1v1 Principles – the block / collecting the ball**

- Winning the ball inside the 18-yard box using their hands and effecting the block.
- Starting in their stance position, in relation to the ball and goal
- Direct run to where they are going to meet the ball.
- As they approach the ball, they get their hips lower, keeping hands in front of their body.
- As they approach the ball and the attacker looks to gain control, using the nearest foot the Goalkeeper hops into their stance;
- Feet wider than shoulder width and in line with each other,
- Feet, hips, shoulders, and head facing and square to the line of the ball in relation to the goal.
- Nearest foot standing, with opposite leg creating a barrier to block the goal.
- Palms just below knee height, facing the ball with fingers facing downwards, hands outside line of legs.

*'Hands protect posts, legs and body block goal'*

# Key goalkeeper equipment and protective wear

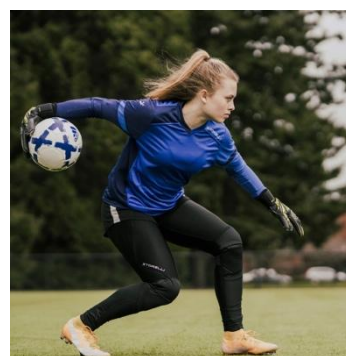
What is essential to help protect a goalkeeper and help develop performance.

## Protection areas

*Hips* – repetitive landings when diving, abrasions from sliding.

*Elbows* – impact and abrasions from diving or sliding along the ground

*Knees* – abrasions for diving and sliding



## *Suggested protective wear:*

- Storelli ¾ Gk Top
- Storelli Exo shield Gk jersey
- Storelli Gk sliders / ¾ or full length Gk Leggings / ¾ or full length Gk pants
- Storelli female Gk leggings

## **Gloves**

Sizing – making sure that both length and width of the glove is suitable for each hand shape and size.

Length – anything that has more than a fingernail in space in length and width is too big.

If fingers are pushing into the end of the glove, they are too small and will wear the gloves quicker.

Latex thickness and quality – the softer the latex the better the grip but also the shorter the durability, match gloves – softer latex,

Styles – roll finger, negative cut and flat palm.