

TRAINING CONCEPTS



GOALKEEPING

TOTAL SOCCER FITNESS & TRAINING'S SIX (6) LEARNING PRINCIPLES FOR GOALKEEPING:

1. HANDS:

CATCHING THE BALL; KNOCKING THE BALL AWAY

2. FEET:

LINEAR AND LATERAL MOVEMENTS; QUICKNESS; DROP STEPS

3. BODY:

THE "READY" OR SET POSITION; DIVING, SQUARING UP

4. GOALKEEPER AS "FIRST ATTACKER":

MAKING THE SAVE AND STARTING THE ATTACK VIA DISTRIBUTION (PUNTING, THROWING)

5. GOALKEEPER AS "LAST DEFENDER":

DEALING WITH BREAKAWAYS, DEALING WITH INDIRECT & DIRECT FREE KICKS; & THE PENALTY KICK

6. ORGANIZING & COMMUNICATING:

SETTING THE DEFENSE

THE FIVE (5) BASIC CATCHES:

1. "SCOOP" OR "K": FOR GROUND BALLS DIRECTLY AT GOALKEEPER.

COACHING POINTS: FINGERS POINTED DOWN, PALMS FACING OUT "WELCOMING" THE BALL. CATCH & HUG!

2. "BASKET CATCH": FOR SHOTS ABOVE THE KNEE BUT BELOW THE CHEST.

COACHING POINTS: ARMS OUT, FINGERS SLIGHTLY POINTED DOWN, PALMS FACING UP. CATCH BALL IN HANDS AND ARMS THEN HUG INTO CHEST.

3. "WINDOW" OR "CONTOUR": FOR SHOTS CHEST-HIGH TO HEAD-HIGH.

COACHING POINTS: HANDS FORM A "W" WITH THUMBS TOUCHING, FINGERS SPREAD APART. CATCH BALL IN HANDS.

4. "SIDE WINDOW: FOR SHOTS JUST OUTSIDE CENTER OF BODY AS IN "WINDOW" CATCH.

COACHING POINTS: TURN THE "W" TO THE SIDE. CATCH BALL IN HANDS.

5. "HIGH WINDOW: FOR SHOTS OVER THE HEAD.

COACHING POINTS: ARMS AND HANDS EXTENDED UP. PALMS UP. CATCH BALL ABOVE HEAD.

THE THREE (3) BASIC "HANDLING" SAVES:

1. "PUNCHING" OR "BOXING": USING THE FISTS TO KNOCK BALL AWAY.

COACHING POINTS: FOR SHOTS HIT DIRECTLY AT CENTER OF BODY, BELLY TO CHEST HIGH, PUT FISTS TOGETHER SO PALMS FACE EACH OTHER, THUMBS ON TOP. PUNCH BALL STRAIGHT AWAY. FOR SHOTS HIT TO EITHER SIDE, USE ONE FIST AND PUNCH IT IN THE DIRECTION IT WAS HEADED, USING THE OPPOSITE HAND -- FOR SHOTS TO THE GK'S LEFT, USE RIGHT FIST AND PUNCH IT LEFT. FOR SHOTS HIT TO THE GK'S RIGHT, USE THE LEFT FIST AND PUNCH IT RIGHT.

2. "TIPPING" OR "FLICKING": USING THE FINGERTIPS TO KNOCK THE BALL AWAY.

COACHING POINTS: FOR SHOTS THAT ARE NOT HIT WITH PACE BUT ARE NOT CATCHABLE. SPREAD FINGERS APART AND TIP BALL OVER THE CROSSBAR OR OFF TO THE SIDE OF EITHER POST.

3. "PARRYING": USING THE HEEL OF THE PALM OF THE HAND TO KNOCK THE BALL AWAY.

COACHING POINTS: FOR SHOTS HIT WITH PACE THAT ARE NOT CATCHABLE, NOTABLY, SHOTS HIT TOWARD TO THE OP OF THE GOAL. FOR SHOTS HIT TO EITHER SIDE, JUMP OFF ONE FOOT AND LIKE IN "PUNCHING" USE OPPOSITE HAND -- FOR SHOTS TO THE RIGHT, DROP STEP WITH RIGHT FOOT, JUMP OFF RIGHT FOOT AND PARRY BALL OVER CROSSBAR WITH LEFT HAND. BODY SHOULD BE FACING THE GOAL. FOR SHOTS TO THE LEFT, DROP STEP WITH LEFT FOOT, JUMP OFF LEFT FOOT AND PARRY BALL AWAY WITH RIGHT HAND.

THE FOUR (4) BASIC DIVES:

1. "SMOTHER": FOR GROUND BALLS.

COACHING POINTS: "SCOOP" CATCH, DROP TO KNEES, CRADLE BALL (HUG), FALL FORWARD LANDING ON FOREARMS. KEEP BALL UNDER THE CHIN, HEAD UP, FACE FIELD. CATCH BALL FIRST. DIVE SECOND.

2. "COLLAPSE": FOR SHOTS HIT TO EITHER SIDE: "SIDE WINDOW" CATCH. DROP DIAGONALLY FORWARD ON KNEE CLOSEST TO BALL. LAND ON SIDE OF BODY. FOR SHOTS TO THE GK'S RIGHT, RIGHT HAND SHOULD BE BEHIND THE BALL, LEFT HAND ON TOP. RIGHT LEG EXTENDED OUT ON GROUND. LEFT LEG SLIGHTLY EXTENDED UP, BENT SLIGHTLY AT THE KNEE. FOR SHOTS TO THE LEFT, LEFT HAND BEHIND THE BALL, RIGHT HAND ON TOP, LEFT LEG EXTENDED OUT ON GROUND, RIGHT LEG UP. CATCH BALL FIRST. DIVE SECOND.

3. "EXTENSION": FOR SHOTS HIT TO EITHER SIDE.

COACHING POINTS: SAME AS "COLLAPSE" DIVE ONLY THIS IS AN EXPLOSIVE DIAGONAL MOVEMENT TOWARD A BALL HIT WITH PACE. DIVE FIRST. CATCH SECOND.

4. "BREAKAWAY" OR "SLIDE": COMING OFF THE LINE AND ENGAGING IN A 1V1 TO STOP A BREAKAWAY.

COACHING POINTS: EXPLOSIVE MOVEMENT OFF THE "SET" POSITION. SLIDE FIRST TOWARD THE BALL. HANDS SHOULD BE OUT IN FRONT OF THE BODY IN THE "W" IN FRONT OF THE FACE.