

## SECTION A:

### TECHNICAL ASPECTS



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#### Introduction to Section A

A goalkeeper must be able to react to a wide range of situations that occur in the game. The basic responsibility of the goalkeeper is to defend a goal (8'x24'=192 sq. ft). This involves a variety of techniques from basic catching to deflecting hard shots aimed at the corners of the goal. This aspect of goalkeeping is called **DIRECT PLAY**, since the ball will probably enter the goal if it is missed by the goalkeeper.

A goalkeeper also has to anticipate balls that enter the penalty area (18yd x 44yd=792 sq.yd) from central positions (through balls) or from wing/flank positions (cross balls). This involves a variety of techniques from basic catching to punching the ball away. This aspect of goalkeeping is called **INDIRECT PLAY** since the ball has to be played by a second player before it enters the goal.

In addition, the modern goalkeeper has to have the abilities of an outfield player since he often has to play the ball outside the penalty area as a "sweeper keeper", deal with pass-backs from team-mates, as well as direct the defense.

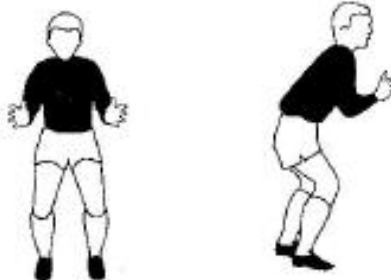
All the techniques related to **INDIRECT** and **DIRECT PLAY** will be covered in this section, as well as a series of progressive practices designed to help goalkeepers develop their skills in game-related situations.



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### Stopping Shots at Goal

#### 1. Balanced Ready Position

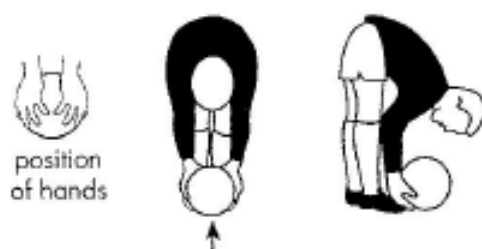


- Feet: shoulder width apart. Knees slightly bent.
- Arms and hands: at waist height. Palms facing ball.
- Trunk: body weight forward.
- Head: steady, tilted slightly forward.



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## 2. Basic Handling



### Ground Shots

**1. Straight-Leg Technique:** To stop a ball shot directly at goalkeeper

- Feet and legs: knees and feet close together.
- Arms and hands: hands spread behind ball; "stop ball".
- Trunk: bent at waist. Scoop ball into body; "secure ball".
- Head: steady, eyes in contact with ball as long as possible.



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**2. Kneeling Technique:** To stop a ball shot directly at goalkeeper or to one side

- Feet and legs: in line with path of ball. Knee of kneeling leg just inside heel of other leg.
- Arms and hands: spread behind ball; "stop ball".
- Trunk: bent at waist. Scoop ball into body; "secure ball".
- Head: steady, eyes in contact with ball as long as possible.



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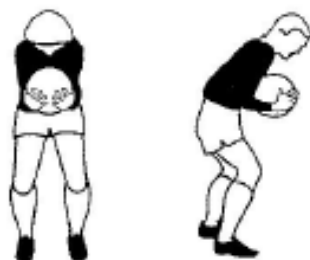


**3. Scoop Technique:** To stop a ball that bounces directly in front of goalkeeper

- Feet and legs: collapse behind ball.
- Arms and hands: extended under ball, palms up. Wrists and forearms contact ball first; "stop ball".
- Trunk: falls forward to wrap ball between chest and forearms; "secure ball".
- Head: steady, eyes in contact with ball as long as possible.



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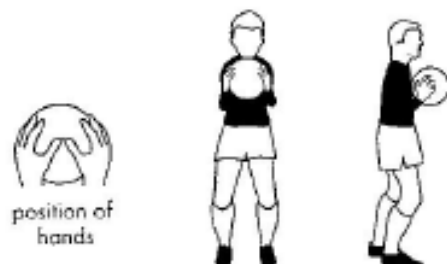


### Waist High Shots

- Feet: balanced position with weight on soles of feet.
- Arms and hands: hands spread wide and behind ball. Elbows in; "stop ball".
- Trunk: bent at waist to absorb force of shot; "secure ball".
- Head: steady, with eyes in contact with ball as long as possible.



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### Shoulder/Head High Shots

- Feet and legs: balanced position with weight on soles of feet. Knees slightly bent.
- Arms and hands: arms bent to absorb force, hands spread wide behind ball. Fingers relaxed with thumbs close together; "stop ball".
- Trunk: ball is lowered quickly into body; "secure ball".
- Head: steady, eyes in contact with ball as long as possible.

**Tip:** Practice basic handling by defending a two-yard goal marked by cones.



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## 3. Falling and Diving



### Falling to save shots near the body

- Feet and legs: balanced position. Leg nearest ball collapses as quickly as possible ("collapse leg").
- Trunk: body collapses on side.
- Arms and hands: hands spread behind and around ball for aerial shots. One hand behind ball and one hand on top of ball for ground shots. Ball should be quickly secured to body.
- Head: steady, with good eye contact. Arms should not obstruct vision ("open window").

**Tip:** Practice falling techniques using a four-yard goal marked by cones.



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#### Diving to save shots away from body

- Feet and legs: balanced position. Weight transfer so that leg nearest ball drives up to ball ("power leg").
- Arms and hands: hands spread behind and around ball for aerial shots. One hand behind ball and one on top for ground shots. Arms should not obstruct vision.
- Trunk: body lands on side. Arms and body absorb fall.
- Head: steady, with good eye contact.

**Tip:** Practice diving techniques defending a full-size goal.



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## "One versus One": Key Factors

### 1. Starting Position

if ball is in defending third of field, goalkeeper 3–6 yards out from goal in mid-goal position.

### 2. Assess Position of Ball and Advance Line

- If attacker has broken clear of defense, advance to narrow angle.
- If ball is on wing, line of advance is from ball to front half of goal.
- If ball is in centre of field, line of advance is from ball to centre of goal.

### 3. Correct Approach

- Fast, decisive movements if ball is beyond playing distance of attacker.
- If a shot or dribble is made, make slower controlled and more balanced movements.
- Watch ball, not attacker.



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### 4. Stand Up

- Goalkeeper should stay on feet and make himself as big as possible for as long as possible. Keep hands close to the ground.
- Attacker should make first move, not goalkeeper. A fake movement often forces the attacker to move first.
- Composed, balanced position.

### 5. Wide Barrier

- Goalkeeper should use wide barrier if he is able to get close enough (1–2 yards) to block shot or dribble.
- Wide barrier across angle between ball and goal. Spread body to force attackers wide of goal.
- "Attack" ball with hands when attacker looks down at ball or loses control of ball.



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