

# 10 PROGRESSIVE PRACTICES

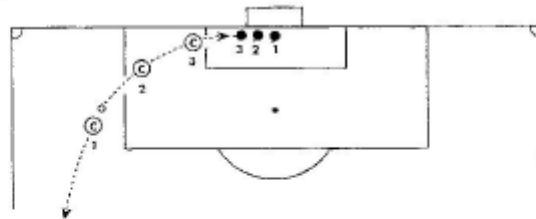
The following 10 practices have been developed to become game-related situations

Inexperienced goalkeepers should follow the progression. More experienced goalkeepers should select a practice related to their needs.



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## 1. Starting Position



Coach moves around penalty area with ball, and stops to check positional play of goalkeeper.

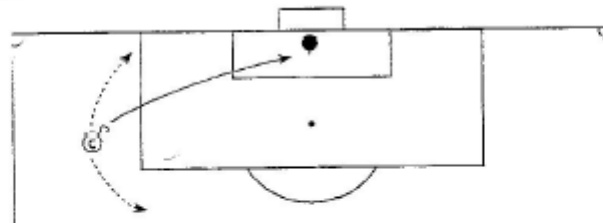
### Coaching points

- Goalkeeper adjusts his starting position according to location of ball.
- Alert starting position.
- Correct stance.



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## 2. Judge the Ball



Coach kicks/throws ball into goal area for goalkeeper to catch.

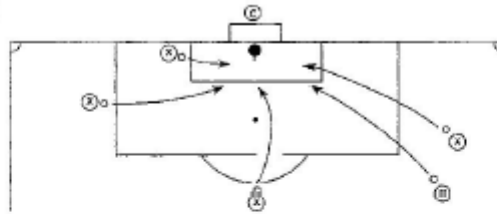
### Coaching points

- Goalkeeper judges flight of ball and collects it at the height of his jump or as early as possible.
- One-foot take-off and correct body/hand position.
- Use correct technique on demand (T.O.D.).



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### 3. Decision Making



Ball is crossed from various positions in and around penalty area.

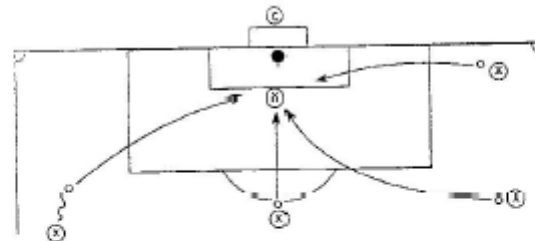
#### Coaching points

- Goalkeeper judges ball and decides whether to stay in goal or go for the cross.
  - If time permits, call for ball when going for the cross.
  - Use correct technique on demand (T.O.D.).
- NB: If outfield players are not available, the coach kicks/throws the ball to goal from various positions.



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### 4. Attack the Ball



Ball is crossed from various positions around penalty area. Attacker positioned on 6-yard line.

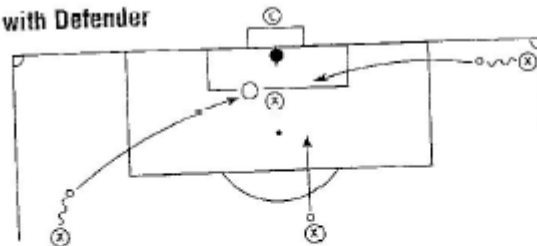
#### Coaching points

- Goalkeeper attempts to get ball before attacker.
- If goalkeeper stays in goal, he adopts a balanced ready position for shot/header.
- Use correct technique on demand (T.O.D.).



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### 5. Communication with Defender



The goalkeeper and a defender are opposed by an attacker.

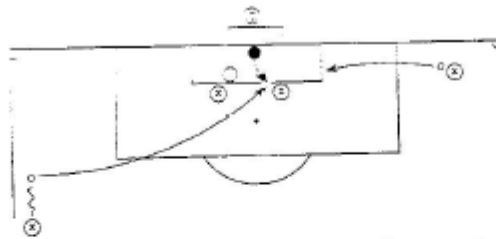
#### Coaching points

- Goalkeeper attacks ball, especially if it is played behind defender.
- Communication (EAR concept: E = Early, A = Authoritative, R = Respected).
- Use correct T.O.D.



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## 6. Footwork



2 attackers provide opposition to goalkeeper and a defender. The ball is crossed to a "free" attacking player if possible.

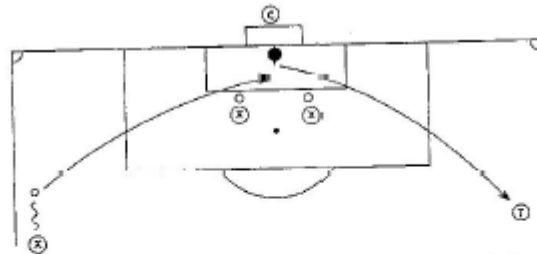
### Coaching points

- Goalkeeper uses correct footwork to get to balls played to the near and far post areas.
- Goalkeeper instructs defenders to keep ground route clear to let him get to the ball.
- Use correct T.O.D.



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## 7. Distribution



2 v 2 in penalty area. Goalkeeper throws to target player after catching cross ball.

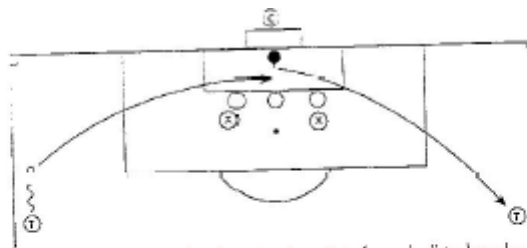
### Coaching points

- Goalkeeper distributes ball quickly.
- P.A.S.S. concept: P = Penetration, A = Accuracy, S = Switch, S = Success.
- Use correct T.O.D.



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## 8. Defend the Space



2 defenders defend goal against 2 attackers. Defenders "push up" to force ball to be played behind defenders. All clearances should be made to target players.

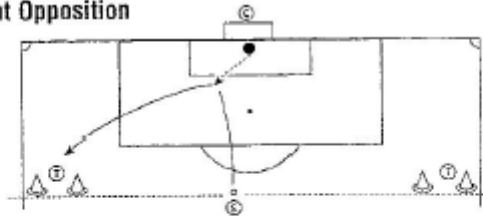
### Coaching points

- Goalkeeper "attacks" all balls played behind defenders.
- Communication to ensure cover by defenders.
- Use correct T.O.D.



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## 9. Pass-Backs without Opposition



Server makes different types of passbacks to goalkeeper. Goalkeeper passes ball to target player/mini goal.

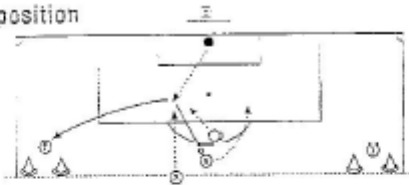
### Coaching points

- Goalkeeper's starting position is in line with ball and mid-goal, 2-4 yards off line.
  - Ball is played with maximum of 2 touches to side from which ball was received.
  - Goalkeeper recovers into goal always facing ball.
- NB: This practice can also be conducted from the halfway line to develop sweeper keeper techniques. Then the starting position of the goalkeeper would be the penalty spot. Other players must adjust their position.



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## 10. Pass-Backs with Opposition



Server makes different types of pass-back to goalkeeper. Attacker and defender move after ball is played and server becomes second defender. Goalkeeper plays ball to target player or defender.

### Coaching points

- Goalkeeper moves to ball as soon as it has been played into space.
  - Communication with defenders.
  - Clear decision-making.
- NB: This practice can also be conducted from the halfway line to develop sweeper keeper techniques. The starting position of the goalkeeper would be the penalty spot. Other players must adjust their position.



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