

SECTION C:

PHYSICAL ASPECTS



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Introduction to Section C

Goalkeepers come in all shapes and sizes, but size is not as important a determining factor as it is in other sports. Even the size of the hands is not as important as the safety and security of those hands.

Due to the unique requirements of his position, a goalkeeper has to develop fitness specific to the demands of his position.

Fitness requirements are related mainly to the agility and mobility of the goalkeeper.

The following exercises should be performed 5–25 times depending on the age and ability of the goalkeeper:
e.g. 5x5, 5 sets of 5 repetitions with a 15–30 second rest period for older, experienced goalkeepers.
1x5, 1 set of 5 repetitions for younger, inexperienced goalkeepers.

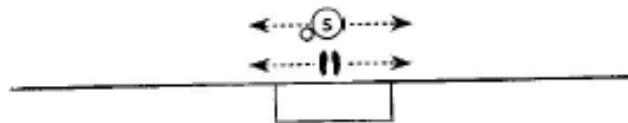
Tip: Quality not quantity.



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5+ Ways to Improve Mobility

i.e., footwork and quickness off the mark



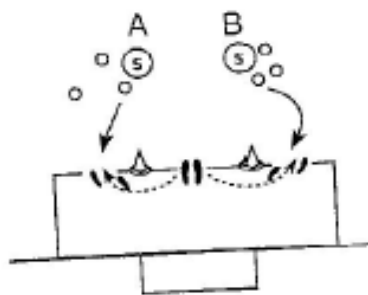
1. Goalkeeper stands one yard in front of goal line and moves laterally between goalposts. Server moves in line with him and throws ball at different heights for goalkeeper to save. Occasionally, server will throw ball in opposite direction to goalkeeper's movement, thus forcing goalkeeper to alter his direction.

Footwork Tip: – Shuffle Step: emphasize side shuffle "heavy feet".

NB: No crossing of feet.



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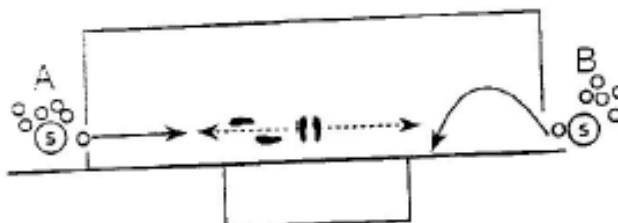


2. Goalkeeper stands between 2 cones, 8 yards apart. 2 servers, 10 yards away and in line with a cone, face him. Server A throws ball to the right of his cone and goalkeeper has to move laterally around the cone to make the save. As soon as he has returned to his starting position, server B throws ball to the left of the other cone.

Footwork Tip: – Shuffle Step and Jump Step: emphasize correct shuffle and one-foot take-off.
NB: Increase the length of last step before jump.



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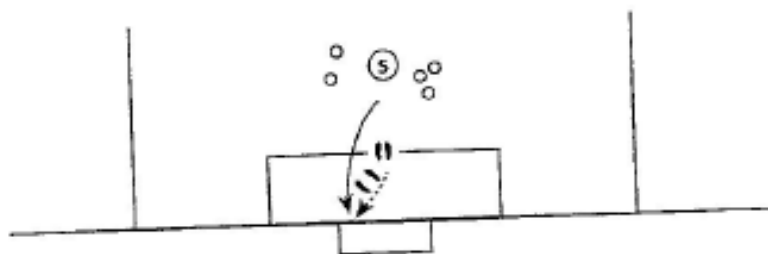


3. Goalkeeper stands in middle of goal. 2 servers face goalkeeper, 5 yards away. Server A throws a high ball. Goalkeeper moves forward to save. As soon as he has moved backward to starting position, server B throws a low ball so that goalkeeper has to move forward and save.

Footwork Tip: – Forward movement and jump step followed by backward movement.
NB: Short controlled steps in backward movement.



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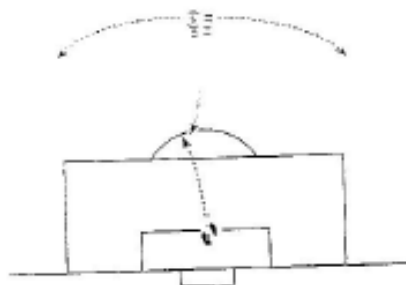


4. Goalkeeper stands on 6-yard line in middle of goal. Server, standing 12 yards away, throws high ball into goal, forcing goalkeeper to deflect ball over crossbar.

Footwork Tip: – Drop Step and Drop Step Shuffle: Drop step from ready position, i.e., if ball to left – step to left side to ball. Shuffle to side, i.e., if ball to left, left leg is take-off leg and right hand is deflecting hand.



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5. Goalkeeper stands on 6-yard line. Server stands 40 yards from goal and kicks ball towards edge of penalty area. Various types of kick can be made by server, e.g. high or low bouncing kicks from a variety of positions. The goalkeeper moves forward to contact ball as soon as possible, plays it back to server and runs backward to return to starting position.

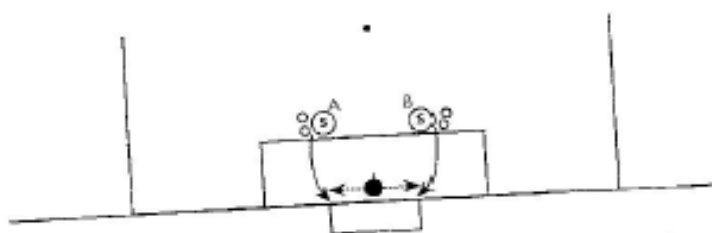
Footwork Tip: – Forward Sprint and Backward Movement: emphasize sprint from ready position, using quick controlled strides.



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5+ Ways to Improve Agility

i.e., ability to project body across the goal

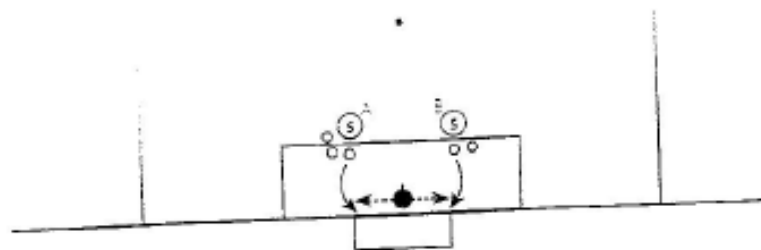


1. Goalkeeper stands in middle of goal. 2 servers stand on 6-yard line facing each goalpost. Server A throws ball toward goal. As soon as goalkeeper saves and returns to starting position, server B throws or kicks ball towards opposite side of goal.

Variation: Servers alternate high throws to one side, low throws to other.



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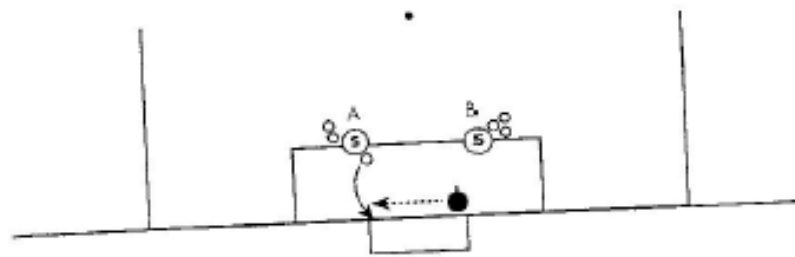


2. Goalkeeper kneels in middle of goal. 2 servers stand on 6-yard line facing each goalpost. Server A throws or kicks ball to goal. Goalkeeper moves quickly to save. As soon as goalkeeper has returned to his starting position, server B throws or kicks ball to opposite side of goal.

Variation: a) Goalkeeper sits or stands in middle of goal.
 b) Goalkeeper jumps over cone or hurdle to save high balls.
 c) Goalkeeper collapses to make imaginary save to one side; recovers to make save on other side.



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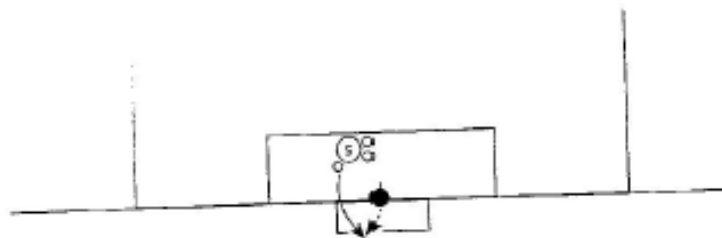


3. Goalkeeper stands on goal line 2 yards from right goalpost. 2 servers stand on 6-yard line facing each goalpost. Server A throws or kicks ball to left of goal and goalkeeper has to move quickly across to save. Goalkeeper then stands 2 yards from left goalpost and server B repeats procedure.

Variation: Goalkeeper sits, kneels or lies face-down before ball is thrown or kicked by server.



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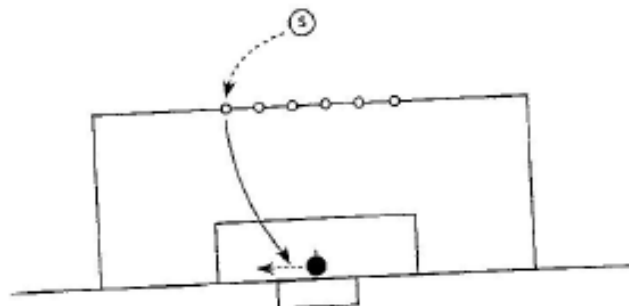


4. Goalkeeper sits, squats or lies on his side on goal line. Server, 3 yards away, throws or kicks ball to height of crossbar at an unexpected moment. Goalkeeper has to jump and deflect ball over crossbar.

Variation: Goalkeeper stands on goal line and moves out to touch a ball. As soon as ball has been contacted, it is thrown over goalkeeper's head for him to deflect over the crossbar.



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5. Six balls are placed 18 yards from goal. Server kicks ball to goal in various ways, e.g. chip to top left corner, drive to bottom right corner. Goalkeeper has to catch or deflect ball.

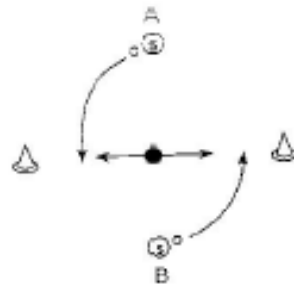
Variation: 6 balls are placed at angle to goal.



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10+ Combined Fitness Exercises

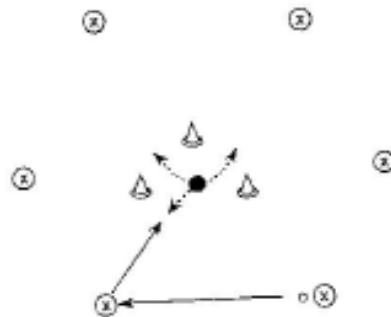
(i.e., to improve both agility and mobility)



1. Goalkeeper stands between 2 cones, 6 yards apart. Servers A and B stand on either side of the goal and alternate taking shots at goal. Goalkeeper has to change his position relative to server.
- NB: The size of the goal can be adjusted to the ability of the goalkeeper in all the following practices.



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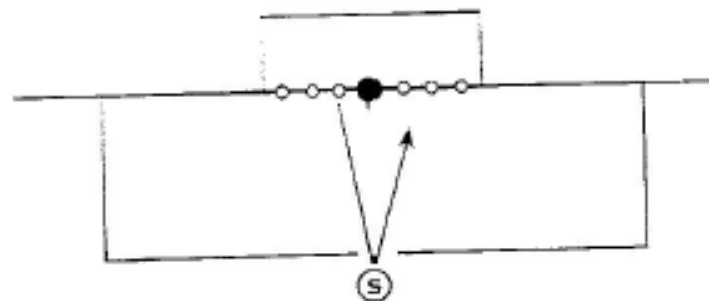


2. Three improvised goals are formed by 3 cones 6 yards apart in shape of a triangle. 6 attackers position themselves 15–20 yards from goals and pass to each other around and across before taking shots at goal.

Variation: 1 attacker faces each of the 3 goals with a supply of 3–6 balls. Goalkeeper defends each goal against shots from the 3 attackers.



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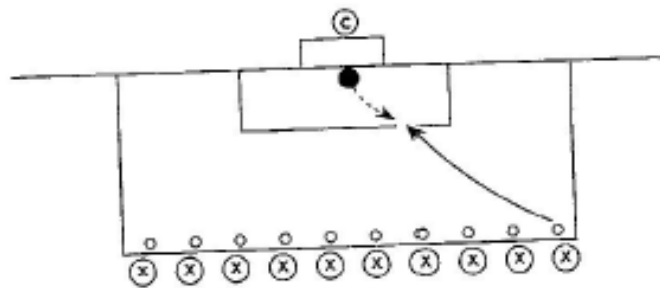


3. Goalkeeper sits, in the middle of a row of 6 balls facing a server. Goalkeeper pushes the first ball to his left toward the server. Server kicks ball toward goal. Goalkeeper gets up and makes the save. After returning to his starting position, goalkeeper repeats from the right side.

Variation: Goalkeeper squats, lies on his back or on his stomach.



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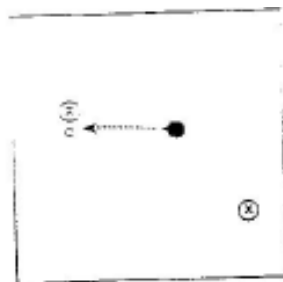


4. Ten attackers line up on edge of penalty area, each with a ball. Attackers take turns to shoot at goal.

Variation: a) Attackers are numbered. When coach calls an attacker's number, goalkeeper has to change his position to save.
b) Players stand with back to goal.



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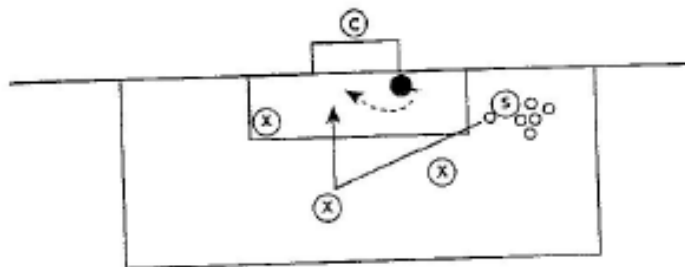


5. Two v One practices. Goalkeeper attempts to recover ball from 2 attackers passing ball to each other in 10 yard x 10 yard grid
NB: Maximum duration of this exercise 60 seconds.

Variation: a) Increase number of players, e.g. 4v1.
b) Limit number of touches each player is allowed.



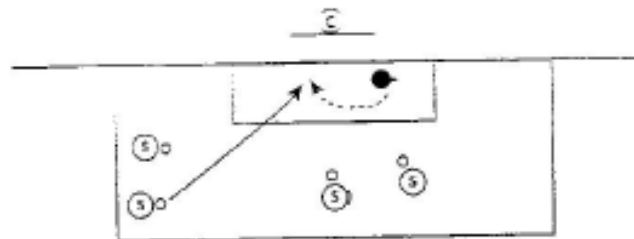
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6. Goalkeeper stands at near post facing server. Server can shoot at goal or cross the ball to an attacker, who must shoot at goal as soon as he receives ball.



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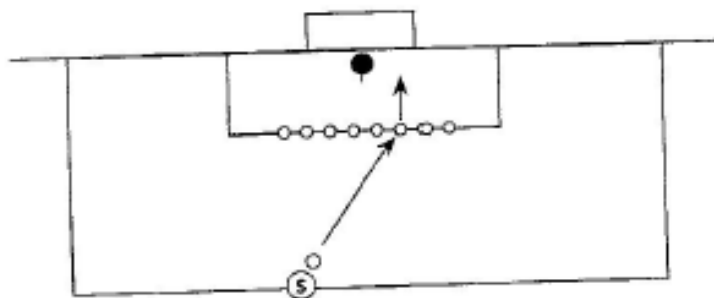


7. Goalkeeper stands at near post facing the corner flag. 4-6 servers stand in and around the penalty area, each with a ball. One player calls the goalkeeper's name and goalkeeper has to turn and save the shot from the caller. In defending against a shot, goalkeeper turns out to move across the goal.

Variation: a) Goalkeeper stands in middle of goal and moves to touch a post. As soon as he touches a post, a designated shooter shoots on goal.
 b) Goalkeeper stands in middle of goal, facing net. He reacts to verbal commands from coach and turns to save.



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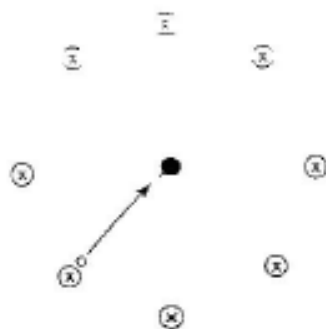


8. Goalkeeper stands 2-3 yards off goal line facing a server on edge of penalty area. Server kicks ball at one of the 8-10 balls lined up on edge of six-yard box. Goalkeeper has to prevent any ball(s) from entering goal.

Variation: Some balls are replaced by cones.



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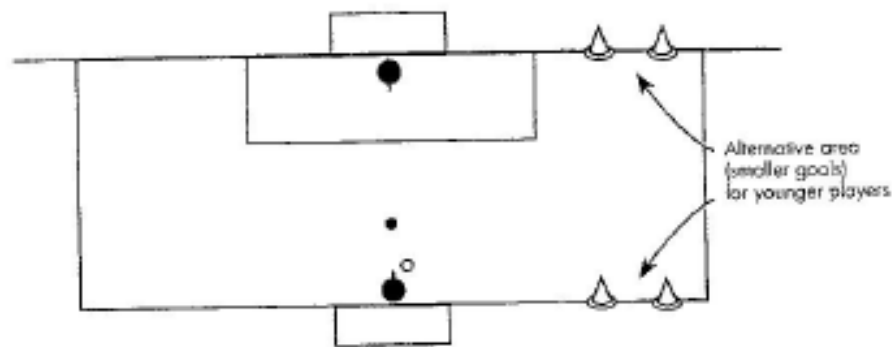


9. Goalkeeper stands in middle of a 10-15 yard circle consisting of 6-10 attackers who alternate driving ball across circle at the goalkeeper.

Variation: a) Attacker attempts to dribble past goalkeeper across circle.
 b) 2-3 balls in play.



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10. One v One. 2 goalkeepers face each other 18 yards apart. Each goalkeeper protects his own goal and throws or shoots at other goal. Ball must be thrown (or kicked) after each goalkeeper has taken no more than 4 paces.

Variation: 2v2. Goalkeeper is assisted by an outfield player, who shoots or dribbles at the opposing goal.

