
Goalkeeping

The most important position on a soccer team is the goalkeeper. Goalkeeping is critical both offensively and defensively. All the basic skills of effective goalkeeping are covered in this segment.

BASIC POINTS COVERED:

1. Keep the body behind the ball.
2. When catching the ball stretch fingers to create a basket.
3. Tuck the ball securely into the chest when catching it.
4. Give way with the body to absorb the impact of the ball.
5. Position feet in line with the oncoming ball for better control.

TRAINING EXERCISES:

1. This is a warm-up exercise using five interchanging strikers and a central goalkeeper passing back and forth to each other. Crouching after passing the ball is added to further warm up the players.
2. The goalkeeper takes position in front of the goal as the five strikers kick ground level passes to him one at a time.
3. The goalkeeper practices catching knee-high and hip-high shots.
4. The goalkeeper practices diving for ground balls.
5. The goalkeeper practices catching chest and head-high balls.
6. The goalkeeper practices punching the ball away while two strikers charge the incoming ball.
7. The goalkeeper practices flicking high balls over the goal bar.
8. The goalkeeper practices diving for the ball and deflecting it around the upright posts.
9. Five additional players interchange positions in front of the five strikers as they shoot for goals adding a bigger challenge for the goalkeeper.
10. The five strikers center balls for the other five players who shoot for the goal, an even greater challenge for the goalkeeper.
11. A real game situation is simulated with the five strikers, five offensive players and five defensive players.