

Coaching Symposium
Technical Goalkeeper Training Session
March 1, 2009

1. Safety
 - Watch ball at all times
 - Hands are relaxed when catching and open hands
 - Don't go headfirst for ball
 - Let hands get to ball first (or feet), use to protect themselves
 - Be aware of your surroundings
 - DON'T dive backwards
 - Tuck your arms into your side to prevent landing on elbows
 - Tuck head or keep head off the ground
 - Don't dive or land on stomach unless doing forward dive
 - Use proper technique in all aspects of coaching or playing (athlete)

2. Ready Position
 - Keeper is in a squatted position, legs shoulder about shoulder width apart
 - Butt sits down toward ground not sticking out
 - Chest is up
 - Hands to the side with palms facing
 - On there toes

3. Receiving Ball At Chest (Above the diaphragm)
 - Keeper in ready position
 - Elbows against the sides
 - Hands in "W" position (thumbs don't have to touch)
 - Receive ball with arms slightly flexed at the elbow
 - Ball hits hands, cushion ball by flexing more brings closer to chest (like catching and egg)
 - Keep body behind the ball

4. Receiving Ball At Stomach (Below the diaphragm)
 - Keeper in ready position
 - Elbows against sides
 - Ball comes keeper makes basket shape with hands
 - Ball hits arms or stomach, keeper rolls arms bringing into stomach or stabilizing ball with arms
 - Keep body behind the ball

5. Receiving Ball From Ground
 - Keeper in ready position
 - Keep body and hands behind the ball
 - When ball reaches hands do as "Receiving Ball At Stomach"
 - When receiving a ground ball, DON'T put knee completely on ground

- Go down in a slanting lung position, allowing knee to be behind ball
 - Scoop ball from position and stand up
6. Receiving High Ball
- Keeper in ready position
 - Based on timing, technique, and eyes on ball
 - Want to keep ball slightly in front when going up to retrieve ball
 - Wait for ball to hit point where it begins to fall to determine where keeper should be
 - Drive knee up (used to protect keeper and help explode from ground)
 - Dependent on where the ball is coming from
 - To solidify holding onto ball catch ball using the “W” (thumbs don’t have to touch)
 - Keeper jumps to get ball, extend arms to reach ball at highest point
 - Refrain from leading with the hands
7. Diving Properly
- Hands have to be the first to the ball
 - Refrain from the butt hitting ground first (except collapse dive)
 - Must land on space between back and shoulder (not completely on the side)
 - Tuck arm inside side so elbow is not exposed and hits ground
 - Caution: because kids are afraid to dive they will stick out elbow to break fall
 - Stabilize head (no flopping) so does not hit ground
 - Use feet to push to get to ball
 - Get hands behind the ball when making save (bottom hand must get down first)
 - Keeper bends top leg when diving and leaves it up to protect themselves
 - Keeper needs to dive to side or angled forward not back
 - Below a progression diving drill that goes from butt, knees, and standing
 - Keeper works on diving and getting hands to the ball on both sides

