

GOALKEEPING

Alex Kahoe

- WHO FITS THE ROLE?
 - An athletic person – plays other sports
 - Good technique
 - Quickness – reaction time
 - Someone not afraid of the ball
- Philosophy -
 - 90% of being a good goalkeeper is looking and feeling good
 - Be Athletic
 - All Technique may vary due to the strengths of the person in the cage



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EQUIPMENT

- EQUIPMENT
 - Goalie stick
 - Helmet – NOCSAE approved
 - Throat guard
 - Mouth guard
 - Chest protector
 - Gloves
 - Goalie Shorts
 - Shin guards



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READY POSITION

- READY POSITION
 - Athletic position:
 - Feet shoulder length apart
 - Hands are out in front
 - Stick position:
 - Top hand at the top of the stick
 - Hands shoulder width apart
 - Loose grip with stick control
 - Positioning in the crease
 - Stand 1 ½ - 2 feet of the goal line
 - Shoulders, stick and toes should always be square to the ball



• DRILLS

- Rope Drill
- Angles with Eyes closed
- Balls placed out around arch

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THE STEP TO THE BALL

- STEPPING TO THE BALL:
 - 45 degree to the ball
 - Every save should be made between the shoulders while driving the hands forward
 - Toes are pointed towards the shooter
 - Outside hip is even with the post

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THE SAVE

- TRAINING YOUR GOALKEEPER TO TRAIN THEMSELVES:
 - Hands
 - Head
 - Shoulders
 - Feet
 - Toes
- THE SAVE
 - Technique – Be Athletic
 - Stick Side – High, Mid, Low and Bounce
 - Non-Stick Side - High, Mid, Low and Bounce

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THE CLEAR

- THE CLEAR
 - Technique:
 - Look for elbow up, arm in shape of an L
 - High Release Point
 - Snap and Follow Through
 - Know how stick is strung to be able to throw correctly
- THE CLEAR
 - Clearing under pressure
 - Changing the level of your stick
 - Left and right hand clears
 - Distance - 30-yard to 50-yard
 - A goalkeeper must have the same stick work as the field players
 - Work on quick clears as well and slowing it down

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THE CLEAR

- DRILLS
 - Clearing Drills
 - Field Spot passing – accuracy
 - Quick Clear – from knees
 - Practice clearing to different cuts
 - Baseline passing
 - Cuts back to the goalie – 45 degree angle
 - Over the shoulder passes
 - Slash cuts

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INTERCEPTIONS

- INTERCEPTIONS
 - Stay square to the ball
 - Stay center of the cage and pivot to stay “in the cage”
- PASS FROM BEHIND – “Turn and Shot”
 - Always follow the path of the ball

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COMMUNICATION

- COMMUNICATION
 - Goalkeeper should always be saying where the ball is on the field
 - Examples: Top, middle, low and left or right of the field
 - Stress communication of the goalkeeper with the defense and visa versa
 - Examples: Ball down, Help,
 - If a GK is not focusing in practice have them stop communicating, regain focus and then allow them to start again
- GROUND BALLS
 - Always be ready to gain possession of a loose ball
 - Be ready to clear after gain possession
 - Handling the ball under pressure

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MENTAL TOUGHNESS

- MENTAL TOUGHNESS AND ATTITUDE
 - Bounce back from a goal – clear head quickly
 - Never be afraid of the ball
 - Confidence
 - Have fun
 - When getting scored on, focus on something else (example: focus on accurate clears or communication and the saves will start to happen)
 - "Act as if" - Remember if you don't know what you are doing look and act like you do and you will fool others!

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DRILLS

- Always let goalies know what drills are not for the goalie
- DRILLS
 - Running through the ball
 - 45 degree stepping drill
 - The Rope
 - Rapid Fire
 - Tennis Balls
 - Multi point shooting drills
 - Multi colored balls
 - Passing with a shot
 - Interception drill
 - Clearing drills
 - Learn to Juggle

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