

Technical Coaching Points Goalkeeping

Basket catch - Scoop:	<ul style="list-style-type: none"> - Parallel hands and arms – face up - Hands beneath the ball (touching ground) – allow ball to roll into body, do not grab - Bring ball into chest/body – hold with forearms and body, not hands - Position body behind the ball - Bend knees to get low – do not bend over at waist - Legs staggered at moment of collection – collect in front of back leg - Continue momentum forward while scooping
Basket catch:	<ul style="list-style-type: none"> - Position body behind the ball - Lean forward to create a pocket between chest and thighs - Arms face up, parallel below the ball - Bend knees to get lower if needed - Catch inside pocket and immediately wrap arms around ball, gripping ball between body and forearms
Bowling:	<ul style="list-style-type: none"> - Cup ball between hand and forearm - Face body toward target - Step toward target, bending knee to lower body close the ground - Roll the ball, releasing it along the ground to avoid bouncing - Follow through with throwing arm toward target
Boxing:	<ul style="list-style-type: none"> - Face body in the targeted direction - Place both hands in fists and put both fists together facing each other – create a flat surface across the top of the knuckles (heels of the hands cannot be touching) – forearms should be parallel - Quickly extend both arms together while jumping to make contact with the ball - Follow through with arms after making contact until they are fully extended - Jump off one foot and drive opposite knee quickly upward to provide protection and momentum – land on both feet simultaneously
Cobra:	<ul style="list-style-type: none"> - Small step on a forward angle toward the direction of the ball – lean body in same direction - Glide bottom/closest hand along the ground while bringing top hand to make forearms parallel – hands should be placed next to each other, creating a small space between the forearms - Keep elbows bent at 90° and in front of head/face - Make contact in the middle of both forearms simultaneously - Upon making contact with the ball, bend wrists to curve hands around ball (like a cobra) - Land on side of torso, body facing the field on a slight forward angle - Legs bent at waist at approximately 45°, knees bent at approximately 90° - Legs approximately shoulder width apart – as big of a space as possible without the ball being able to fit through
Collapse dive - low:	<ul style="list-style-type: none"> - Small step on a forward angle toward the direction of the ball – lean body in same direction - Glide bottom/closest hand along the ground while bringing top hand to form contour shape - Upon collecting the ball, use momentum to follow through/glide with entire body along the ground - Land on side of torso – not elbows - body facing the field on a slight forward angle - Arms and hands should end in front of chest, extended but not locked (like a contour catch) - Legs bent at waist at approximately 45°, knees bent at approximately 90° - Legs approximately shoulder width apart – as big of a space as possible without the ball being able to fit through
Collapse dive:	<ul style="list-style-type: none"> - Small step on a forward angle toward the direction of the ball – lean body in same direction - Catch ball in a side contour fashion - Use momentum to drive the ball to the ground, followed by body – ball should land first! – body should follow through and glide along ground upon landing - Land on side of torso – not elbows - body facing the field on a slight forward angle - Arms and hands should end in front of chest, extended but not locked (like a contour catch) - Legs bent at waist at approximately 45°, knees bent at approximately 90° - Legs approximately shoulder width apart – as big of a space as possible without the ball being able to fit through
Contour:	<ul style="list-style-type: none"> - Position body behind the ball - Arms extended but slightly bent in front of body - Lean forward - Hands close together making the shape of a circle between them – fingers bent to imitate ball shape - Absorb/cushion the ball as it reaches hands - Hands placed behind and on top of ball when caught – bend wrists slightly
Controlled Catch:	<ul style="list-style-type: none"> - Position body behind the ball - Arms extended but slightly bent in front of body (or above and in front of head) - Lean forward - Hands placed behind and above the ball (facing downward) in a contour shape - Ball is directed to the ground and collected using a basket catch
Cross step:	<ul style="list-style-type: none"> - Take sideways step with foot closest to target direction, back leg comes across in front of first leg (basically a sideways sprint) - The back leg always crosses in front, not behind - Body should remain at approximately the same height and facing the field
Drop kicking:	<ul style="list-style-type: none"> - Hold ball in one or two hands - Take a step with leg on the same side as the hand or opposite striking leg - Drop the ball and strike the ball immediately after it bounces on the ground (with foot opposite of dropping hand if applicable) - Strike with laces, toe pointed down, ankle locked - Follow through with striking leg
Drop step:	<ul style="list-style-type: none"> - Turn body sideways and take initial step backward - Step with other leg (front leg) across in front of first leg (same as cross step) - The front leg always crosses in front, not behind - Body should face one side, but goalkeeper should be looking forward at the field at all times
Extension dive:	<ul style="list-style-type: none"> - Step on a forward angle toward the direction of the ball - Jump from this leg, driving the opposite knee across the body for momentum – face body toward field - If possible/reachable, dive with both arms extended to catch the ball in a high/side contour - If ball cannot be caught, tip the ball away with one hand – top hand is ideal, bottom if needed - Land on side of body, facing the field
Front smother:	<ul style="list-style-type: none"> - Position body behind the ball, lean forward - Arms/hands face up, parallel - Bend knees to get arms/hands below the ball - Legs staggered at moment of collection – collect in front of back leg – take a slight step to one side if needed - Allow ball to roll into body or catch inside pocket between thighs and chest - Using forward momentum, drop to knees and lunge forward (or on slight angle if step was needed), landing on top of ball, face down - Sink hips low to prevent ball from slipping under body
High contour:	<ul style="list-style-type: none"> - Position body behind the ball - Arms extended but not locked above and in front of head - Lean forward - Hands close together making the shape of a circle between them – fingers bent to imitate ball shape - Absorb/cushion the ball as it reaches hands - Hands placed behind and on top of ball when caught – bend wrists slightly - If a jump is needed: jump off of one leg, driving the other knee up quickly to provide protection and momentum – land on both feet simultaneously; drive up the knee that will allow body to be square to the ball (outside knee if ball is coming from side)
Parry – one hand:	<ul style="list-style-type: none"> - Face the hand toward the ball - Keep arm bent and close to body - Quickly extend the arm to make contact with ball - Use the heel of the hand (bottom) to make contact with the ball - Continue to move/extend arm in the desired direction of the ball as contact is made
Parry – two hands:	<ul style="list-style-type: none"> - Position body behind the ball, leaning forward - Hands in front of body, immediately next to each other, facing out - Arms bent to keep hands close to body - Use heel of both hands (bottom) to redirect ball - Move/extend both arms together toward desired direction of ball as contact is made
Point blank save:	<ul style="list-style-type: none"> - Attack the ball quickly, low center of gravity (body low) - Arms extended to each side, hands facing out - Just before strike, spread legs, turning and bending knees to one side (if attacking at an angle, bend toward direction heading)
Punting:	<ul style="list-style-type: none"> - Hold ball in one hand - Take a step with leg on the same side as the hand - Drop the ball and strike with foot opposite of dropping hand – strike with laces, toe pointed down, ankle locked - Follow through with striking leg - Lean body slightly sideways toward the dropping hand – bring leg up on sideways angle (like a side volley) - Make contact just below center of the ball to keep it driven
Push throw:	<ul style="list-style-type: none"> - Turn sideways and hold ball in palm next to ear - Step toward target - Turn torso toward target at time of release - Follow through with throwing hand toward the target
Set position:	<ul style="list-style-type: none"> - On the balls of the feet, leaning forward, knees slightly bent - Feet about shoulder width apart - Arms relaxed and bent at approximately 90°, hands face down in front of body
Shuffle:	<ul style="list-style-type: none"> - On balls of the feet, leaning forward, knees bent - Arms relaxed and bent at approximately 90°, hands face down in front of body - Take sideways step with foot closest to target direction, follow with other foot gliding along the ground – both feet should never be off the ground at the same time - Body should remain at approximately the same height while shuffling
Side contour:	<ul style="list-style-type: none"> - Step and lean in a forward angle toward the direction of the ball – try to get head and/or torso behind ball as much as possible - Arms extended but not locked beside and in front of body - Hands close together making the shape of a circle between them – fingers bent to imitate ball shape - Absorb/cushion the ball as it reaches hands - Hands placed behind and on top of ball when caught – bend wrists slightly
Sling throw:	<ul style="list-style-type: none"> - Cup ball between hand and forearm - Turn sideways - Step toward target, bending knee to get low, and hold ball behind body with extended arm - Quickly swing arm around/over, follow through with throwing arm toward target after release - Turn torso toward target at time of release - Release at the lowest point possible to keep ball low and driven/straight to avoid bouncing as much as possible
Stalking:	<ul style="list-style-type: none"> - Bend knees to keep body low – do not bend at waist - Body should be as low as possible/needed to allow hands to be slightly above ground (only as low as necessary to disallow ball from rolling underneath hand) - Arms extended downward at side, hands facing out - Legs staggered at all times - Move vertically by stepping/walking/running normally (while knees bent low); move laterally with small shuffles (with knees bent low)
Stealing ground:	<ul style="list-style-type: none"> - Breakaway: sprint as fast as possible - Shot: keep body in set position and take steps quickly keeping feet on ground - Point blank shot: take steps quickly in stalking position
Tipping:	<ul style="list-style-type: none"> - Keep hand fully open/extended - Begin arms close to body and quickly extend them toward the ball to make contact - Make contact with fingertips - Follow through with arm in desired direction of the ball until fully extended