

## Technical Coaching Points Goalkeeping

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