

Intermediate Goalkeeping

Characteristics of a Goalkeeper

1. Good hand/eye coordination
2. Agility/quickness
3. Confidence
4. Judgment
5. Courage (not craziness)
6. Strength
7. Good communication (ability to take charge/direct)
8. Concentration
9. Vision

Positional Play

Angles

Basic Position

Collecting Position

Catching Position

Methods of Distribution

Throws
Kicks

Coaching Hints

- Goalkeeper should direct defenders.
- Insist older players listen to goalkeeper on commands to mark, cover, pass back, etc.
- Provide goalkeeper with set distribution objectives for younger players. Teach players and goalkeeper how to pass back without violating the Laws. If goalkeeper takes goal-kick, one fullback goes into mouth of goal in younger divisions.
- Rotate younger goalkeepers. Always have two or three in reserve. Involve goalkeeper in all field drills, as well as goalkeeper drills.