

Goalkeeper Tips

Body Position:

Feet shoulder width apart, weight on the balls of the feet, relaxed posture, shoulders square to the ball, palms facing ball (“gorilla” or “bunny”), body should be loose and relaxed.

Movement:

Side step, get body between the ball and the goal, stay on your feet as long as possible, don't fall backward, keep hands ready to move.

Positioning:

Goal Keepers always need to be alert and ready.” Try not to stand on goal line. If you do the ball could easily get past you into the goal. Stay a few yards in front of goal. “Narrow the angle”, it gives GK a second chance if needed.

Goal keeper special rules:

Goalies can use their hands anywhere inside the “penalty area” (large box). After you catch it, you can take up to six seconds (approximately) to throw or kick the ball out to your teammates. You cannot pick the ball up with your hands if your own teammates kicked it directly to you, but you can pick it up if they head it or chest it or knee it back to you – or if they deflect it by mistake.

Goal kicks: Anyone can take a goal kick to restart play after the opponents have kicked the ball over the end line. Goal keeper can take the kick, or the GK can protect the goal and another player can take the kick. (If a young keeper does not have a strong foot, it is sometimes best to let another player take the kick.) A Goal Kick is taken from anywhere inside of the “goal area” (small box). The ball is not in play until it goes outside the penalty area – so no one from either team can touch it until it crosses out of the larger box. Try not to kick the ball right into the middle of the field.

Throws, Rolls and Kicks:

Play the ball out to your own teammates. It is best to play it to the side, not up the middle. Methods: roll, overhand throw, javelin throw, two handed throw, punt, pass with feet.

Receiving low balls:

Two ways to receive a ball are:

1. Side step to line up with ball, bend at waist, scoop it up with palms-arms-chest, player should pull it into their chest and cover it.
2. Kneel to side, shoulders square to ball, scoop it up with palms-arms-chest. Bring into chest and cover it.

Receiving high balls:

Palms out, fingers form a “W” or Diamond shape. Catch the top of the ball, then bring down and tuck it in to chest.

Receiving Middle balls:

In line with the ball, arms extended, catch with palms-arms-chest, bend body over the ball.

Diving saves:

Dive to the side, land on your side (not your back or stomach). Bottom hand behind the ball, top hand pins ball to ground. **DO NOT LAND WITH ELBOW UNDER BODY.** Pull upper leg toward chest for protection. No one can touch the ball or attempt to touch it when you have it under control, which includes pinned to the ground.

Deflection saves:

- To the side: dive, Parry (use hand or fingers to push ball away from goal) or Punch to deflect ball wide of goal.
- High: If it's too high to catch, deflect (parry or punch) it up and over the goal with your palm, or punch it high and away from the goal.

Goal Keepers have the best view of how the ball and players are positioned on the field. A good goal keeper should be the one person in charge when their team is on defense. Make sure your GK is using their voice and yelling "Keeper or Mine" or something. A loud keeper can use that as a weapon to slow down an opposing player. Teach your GK how to direct their teammates on the field to an open position.