

FA Level 1 and 2 in Coaching Goalkeepers

TECHNICAL MANUAL



TECHNICAL INFORMATION

The “Set position”

Key Points

- The **feet** should be approximately shoulder width apart
- The **weight** should be on the front half of the feet ensuring a balanced position
- The **body weight** needs to be slightly forward
- The **knees** need to be slightly flexed with the **hips** square to the ball
- Keep the **head** still and keep **the nose in front of the toes**
- The **elbows** need to be narrow with the chest facing the ball
- The **hands** need to be in front of the bodyline and approximately ball width apart. **Prepare the hands early**

These are general guidelines. Questions will be posed as to what is considered to be the correct hand position.

The Goalkeeper will naturally hold the hands in a position that he/she feels comfortable. Hand positions will vary e.g. palms down – thumbs up – tucked in to the waist – fingers down (as above) etc.

As a general statement: “If the goalkeeper’s handling is good and consistent and the goalkeeper feels comfortable then it should not be a problem. On the other hand if the goalkeeper’s handling techniques are inconsistent then the hand position may need changing.

The “Set Position” will obviously alter slightly due to the physiological make up of the goalkeeper. The taller goalkeepers’ feet will probably be slightly wider apart, but generally the principles remain the same.



The “Scoop” technique

- Collapse at the **knees** to the “K” position
- Open the **palms** up to face the ball with the **fingers** spread
- Lead with the **hands** which brings the **bodyweight** forward
- Keep the **head** still and the **eyes** focused on the ball
- Bring the **shoulders** forward over the hands
- The **elbows** need to be slightly flexed to cushion the impact of the ball
- “Soft hands – Strong wrists”
- As the **palms** make contact with the ball, scoop the ball into the **chest** whilst bringing the bodyweight forward and “Complete the save”
- “Recovery saves” to gather the ball if the ball comes off the goalkeeper
- “Recover lines” to defend the goal if that is the better option

Key Points

- The goalkeepers’ starting position in relation to the ball
- Movement into line of the ball
- The Set Position as the ball is struck
- The assessment as to which technique will be most appropriate



The “Cup” technique

- Once the ball has been struck avoid as little body movement as possible
- Whilst in a balanced “Set Position”, the **footwork** may need to be adjusted slightly laterally as the ball travels towards the goalkeeper
- Keeping the **chest** square to the ball the **hands** need to be brought forward in front of the bodyline
- “**Prepare the hands early**”
- The elbows need to be tucked in with the **palms** facing up and the **fingers** spread
- “**Soft hands – Strong wrists**”
- The **feet** now need to be planted solidly in preparation for the catch
- On impact the ball is taken into the midriff with the palms securing the ball

Key Points

- The goalkeepers’ starting position in relation to the ball
- Movement into the line of the ball
- The “Set Position” as the ball is being struck
- The assessment as to which technique will be most appropriate

Common Problems

The goalkeeper jumping up as the catch is made or the goalkeepers’ bodyweight going backwards therefore he/she is unbalanced as the catch is made.



The “W” technique

- The **hands** from being in front of the line of the body need to be brought into the line of the trajectory of the ball with the **chest** square
- The hands are prepared with the **palms** facing the ball with the **fingers** spread and the **thumbs** forming the “W” shape
- The **elbows** need to be slightly flexed to act as “shock absorbers” when the contact of the hands is made with the ball
- The contact with the ball needs to be made approximately “15 – 18 inches” in front of the body
- “Soft hands – Strong wrists”
- “Keep the eyes on the back of the ball”

Key Points

- The goalkeepers’ starting position in relation to the ball
- Movement into the line of the ball
- The “Set Position” as the ball is being struck
- The assessment as to which technique will be most appropriate

Common problems:

- The goalkeepers’ head is not still and the head retracts as the catch is made, thus making the goalkeeper unbalanced
- The goalkeepers’ elbows are not flexed enough, which “flattens” the hand shape, which often leads to the ball catching the end of the goalkeepers’ fingers



The “Collapsing save”

This technique is used when the ball is played down the side of the body but close to the feet. If the goalkeeper does not have the time to move into line and use the “Scoop” technique, then this is the most appropriate way to deal with this ball.

- The goalkeeper needs to collapse at the **knees** at the same time as ensuring that the nearest or leading **hand** goes behind the line of the ball. (in the example above the nearest or leading hand would be the right hand)
- The left hand would follow the right hand ensuring that the **bodyweight** comes forward in preparation for contact with the ball
- As in the picture above – The right hand goes behind the ball with the left hand securing it on top – “**Soft hands – Strong wrists**”
- The **bodyweight** now follows naturally in behind the ball to make a second barrier
- In the ideal situation the contact with the ball would be made in front of the body with the **elbows** slightly flexed and tucked in
- The head is then placed in behind the ball with the **eyes** focused to ensure the ball is secured
- In the event of the ball coming off the goalkeeper is there a “recovery save” or the goalkeeper making a “recovery line” to defend the goal

Key Points

- The goalkeepers’ starting position in relation to the ball
- Movement into the line of the ball
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- The assessment as to which technique will be most appropriate



The “Low diving save”

Once it is determined that the ball is struck wide of the goalkeeper the decision needs to be made as to whether the goalkeeper has the opportunity to move his / her feet to get into line of the ball. If this is not possible then this technique needs to be implemented.

- The Goalkeeper needs to “step” towards the line of the ball with the nearest foot
- By making the initial step it brings the bodyweight slightly forward in preparation to make the save
- With the leg slightly flexed and the bodyweight transferred onto it, the goalkeeper will now have the power to dive to his / her side whilst bringing the bodyweight forward
- As the weight is transferred to the leg, the hands and bodyweight follow
- The hands should be approximately ball width apart (“Handcuffs”) with the fingers spread and move together towards the line of the ball with the fingers spread in the “W” formation
- If the ball arrives along the ground, the leading hand, in this case the right hand, needs to go behind the ball with the left hand securing it on top, as in the photograph above
- The elbow needs to be tucked in to ensure that the ball is secured safely and to avoid injury
- All impact is taken on the side of the body and the shoulders
- The head then follows in behind the hands
- Deflecting to safe areas – Strong wrists / Big palm
- Recovery saves to gather the loose ball / Recovery lines to defend the goal

Key Points

- The goalkeepers’ starting position in relation to the ball
- Movement into the line of the ball
- The “Set Position” as the ball is being struck
- The assessment as to which technique will be most appropriate



The “High diving save”

Once it is determined that the ball is struck wide of the goalkeeper the decision needs to be made as to whether the goalkeeper has the opportunity to move his / her feet to get into line of the ball. If this is not possible then this technique needs to be implemented.

- The Goalkeeper needs to “step” towards the line of the ball with the nearest **foot**
- By making the initial step it brings the **bodyweight** slightly forward in preparation to make the save
- With the **leg** slightly flexed and the bodyweight transferred onto it, the goalkeeper will now have the power to dive to his / her side whilst bringing the bodyweight forward
- As the weight is transferred to the leg, the hands and bodyweight follow
- The **hands** should be approximately ball width apart (“**Handcuffs**”) with the **fingers** spread and move together towards the line of the ball with the fingers spread in the “W” formation

- **Elbows** are now flexed as in the photograph above
- The **eyes** are focused on the ball between the flexed elbows
- Securing the ball on impact as the **body** hits the floor
- The technique of “Deflecting” to safe areas – “**Strong wrists – Big palm**”
- The techniques of “Parrying” to safe areas
- Recovery saves to gather the ball
- Recovery lines to defend the goal

Key Points

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- Movement into the line of the ball
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One v One: Diving at feet

Key Points

- The goalkeepers' starting position in relation to the ball:
 - Priority 1 – Defend the goal
 - Priority 2 – Defend the space between the goalkeeper and the defenders
- Is there pressure on the ball?
- The goalkeepers' stance in anticipation of the through ball – being on the front foot
- Assessment of the through ball – Advance or defend the goal?
- If the decision is to advance – be positive – safety first – clear the lines

If staying to defend the goal

- Put onus on the attacker
- Make forward movements only when the ball is out of the attackers' feet
- **“Delay and Stay big”**
- Force the attacker wide if possible
- Communication – role of recovering defender

The techniques of “Smothering” or “Diving at feet”

- Lead with the hands taking the bodyweight forward
- Tuck the head in behind the hands
- A big barrier – “Physical Courage”



Dealing with crosses

Key Points

- **Starting position** in relation to the ball and the goal:
 - Priority 1 – Defend the **goal**
 - Priority 2 – Defend the **space** between the goalkeeper and the defenders
- **Stance** and **body language** of the goalkeeper needs to be “Positive”
- **Assessment** of the flight of the ball
- **Decision** of whether to come for the ball or let the defenders deal with it
- **Communication** of the goalkeepers decision “Early, Loud, clear, calm and concise”

Keeper

- **Angle and speed** of the goalkeepers’ approach – quickest and shortest route
- **Timing and angle** of the goalkeepers take off – take off inside leg if possible
- Technique of **catching** at the highest and safest point – “**elbows slightly flexed and see the ball into the hands**”
- If the goalkeeper needs to **punch** the ball – “**height, distance and width**”
- Two fisted or one fisted – “**through the bottom and the middle of the ball**”
- **Recovery lines** to defend the goal – appropriate **footwork**.
- The roles of the **defenders**: “**Depth, Communication, Protection and Covering the goal**”

Away

Goalkeeper **recovers** to defend the goal. **Communication** to defenders – Pushing out/marking positions.



Distribution: Throwing

Standardisation of Terminology

Roll

- Used over short distances
- Lower the **body**, and with the **arm** extended roll the ball underarm at a low trajectory
- It ensures that the ball arrives quickly and accurately and easier to control for the receiver

Javelin

- Used over medium distances and very effective at getting to the receiver quickly
- Wide **base** ensures that the throw arrives with good pace
- Good **upper body** strength is needed to use this technique effectively
- The ball is thrown from the **chest** with the **elbow** flexed and then extended quickly

Side-arm

- Often used when throwing into wide areas over longer distances
- A wide **stance** with the ball travelling at a lower trajectory than the javelin throw
- Often used to throw to the space in front of players

Over-arm

- Used to by-pass players i.e. to throw over midfield players and into the strikers
- Used over longer distances to exploit spaces behind and down the side of the defenders
- A wider **stance** is now needed to give you the “**base**” to propel the ball over long distances
- Lead with opposite hand and with a bowling technique release the ball at the top of the follow through



Distribution: Passing

Standardisation of Terminology

Drill

- Used to pass the ball over distances between 20 and 40 yards
- The ball is **drilled** just off the ground arriving at the receiver below the shins

Wedge

- Used to by-pass players over the same distances
- Ideally the ball now needs to be **lofted** so arriving at the receiver without bouncing

Drive

- Used to pass the ball over the **longest** distances e.g. passing long diagonals
- Goal kicks etc

Volley

- When the ball is thrown from the hands and struck in **front** of the body prior to it hitting the floor
- Used to play over long distances but lacks accuracy

Side Volley

- Favoured by the Latin and South American goalkeepers
- Volleyed from **outside** the line of the body similar to how an outfield player would volley the ball
- Goes at a flatter trajectory and easier for the receiver to control when played over the longer distances

Half Volley

- Delivered from the hands and the ball is struck as it "**hits the floor**"
- Often used when passing long especially when playing into a strong wind. The benefit of using this technique is that the trajectory is lower than either the volley or the side-volley
- An accurate technique and the flight is true therefore easier to control for the receiver

Dribble and Drive

- The goalkeeper once in possession and decides to **dribble** the ball out of the penalty area and **drive** the ball over longer distances
- Often used to exploit the opposition if they are poor headers of the ball
- The most accurate and probably the most favoured technique used by today's goalkeepers

Fly Kick

- Playing the moving ball **first time** and **long**, as when clearing a back pass or when advancing off the line to clear a through ball played over the defence





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