

The FA Football Development Programme Coaching Programme



Goalkeeping



Goalkeeping

Session

- General warm up for Goalkeepers
- Footwork
- General Handling
- Recovery Handling Practice
- Recovery Stops
- Dealing with one on one
- Shot stopping in a functional practice
- Small sided game/shot stopping

General Warm up for Goalkeepers

- This will consist of movements with and without the ball
- Good quality stretches
- Handling
- Footwork
- Fun games for Goalkeepers

Goalkeeping

Footwork

1. Goalkeeper moves through the Os in described fashion

- Forwards
- Lateral right / Lateral left
- Backwards

GK O O O O O O

2. Goalkeeper moves through the Os in described fashion, as the goalkeeper gets to the next O the movement changes

- Forwards/reverse turn/backwards
- Backwards/reverse turn/forwards

GK O O O O
 O O O O

3. Goalkeeper side steps through cones Os.
Goalkeeper ensures that his/her feet do not cross over each other

- Lateral between every disc

GK O O O O O O O
 O O O O

4. Goalkeeper starts with high knee movement, then changes footwork to lateral movement between cones Os. Goalkeeper ensures feet do not cross over each other

- High knees on end discs - lateral footwork

GK O O O O O O O O O

5. Goalkeeper moves forward with high knee action and then changes to lateral movement where cones Os cross

- High knees/change direction/lateral footwork

GK O O O O O O O O
 O
 O
 O
 O
 O

Key Factors

- Balance
- Co-ordination
- Rhythm
- Tempo
- Set position

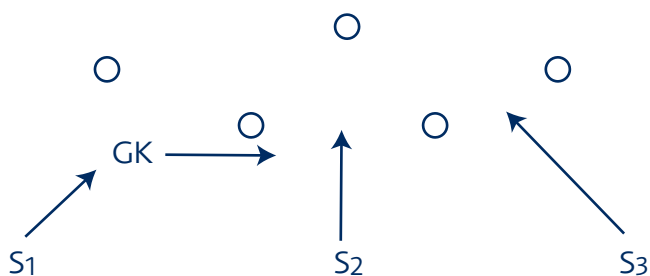
Goalkeeping

General Handling

Practice One

Goalkeeper saves shot from S1, then moves to save shot from S2, then shot from S3.

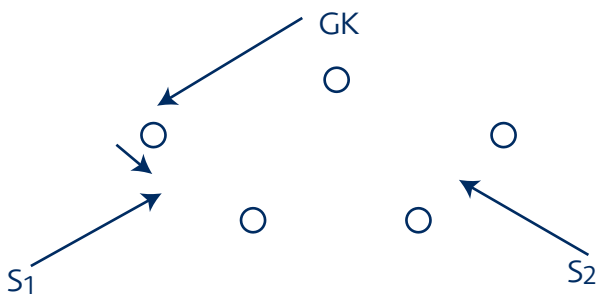
Goalkeeper concentrates on quality movement of the feet to get to the next set position for a shot.



Practice Two

Goalkeeper moves forward and then laterally to get into a good set position to save the shot from S1.

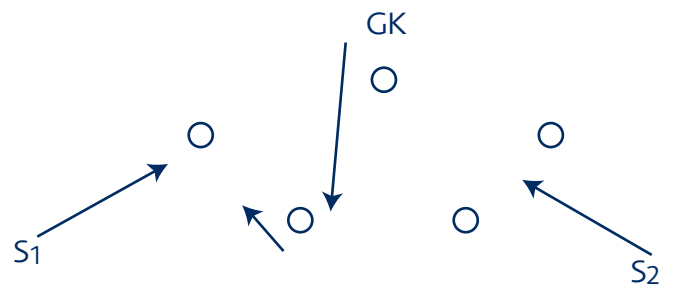
Goalkeeper then moves in opposite direction to get in set position to save shot from S2.



Practice Three

Goalkeeper moves from back cone O, forwards and then turns sharply to get into a set position to save from S1.

Practice is repeated in opposite direction to save from S2.



Key Factors

- Balance - co-ordination - Rhythm - Tempo
- Body shape
- Handling Techniques

Goalkeeping

Recovery Handling Practice

Organisation

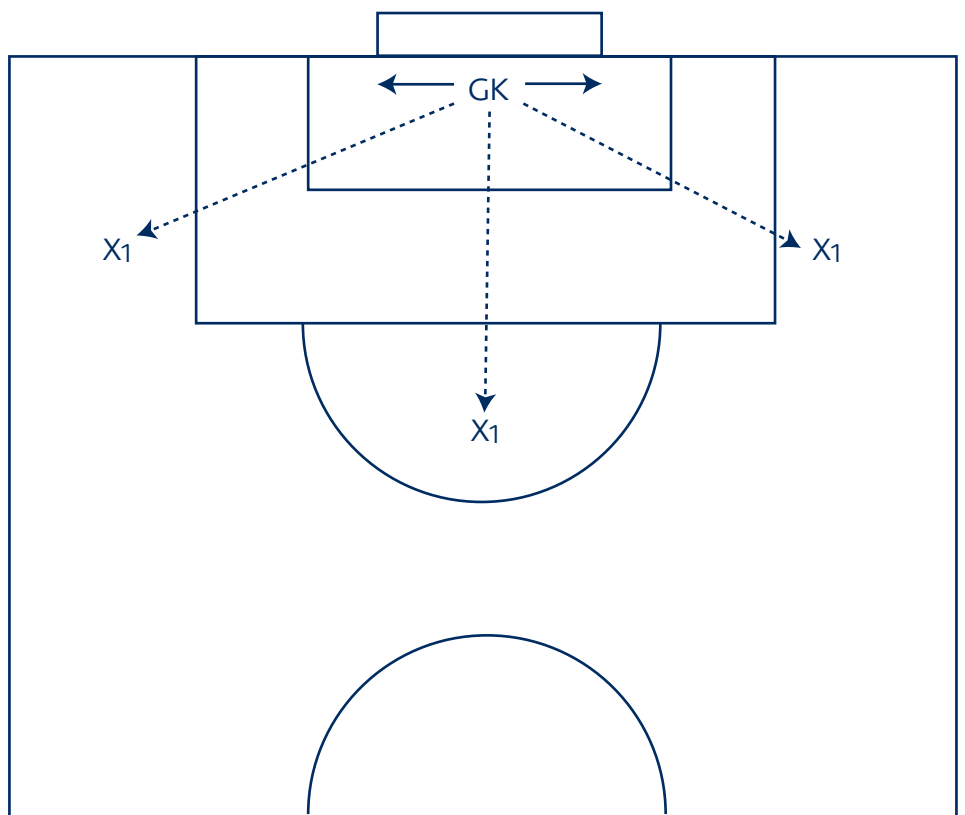
- 3 groups – right, central and left
- Goalkeeper moves to the left, two paces from X1 with quick feet, X1 strikes ball as the first movement is made – goalkeeper then recovers ground to make save.
- X2 and X3 to repeat sequence

Key Factors

- Starting position in relation to the ball
- Quick foot movement
- Keep low to ground/set position
- Catch ball rather than deflect it if possible
- Secure ball when caught

Progression

- If X1 shoots then X2 and X3 follow shot in to put pressure on goalkeeper



Goalkeeping

Recovery Stops

Organisation

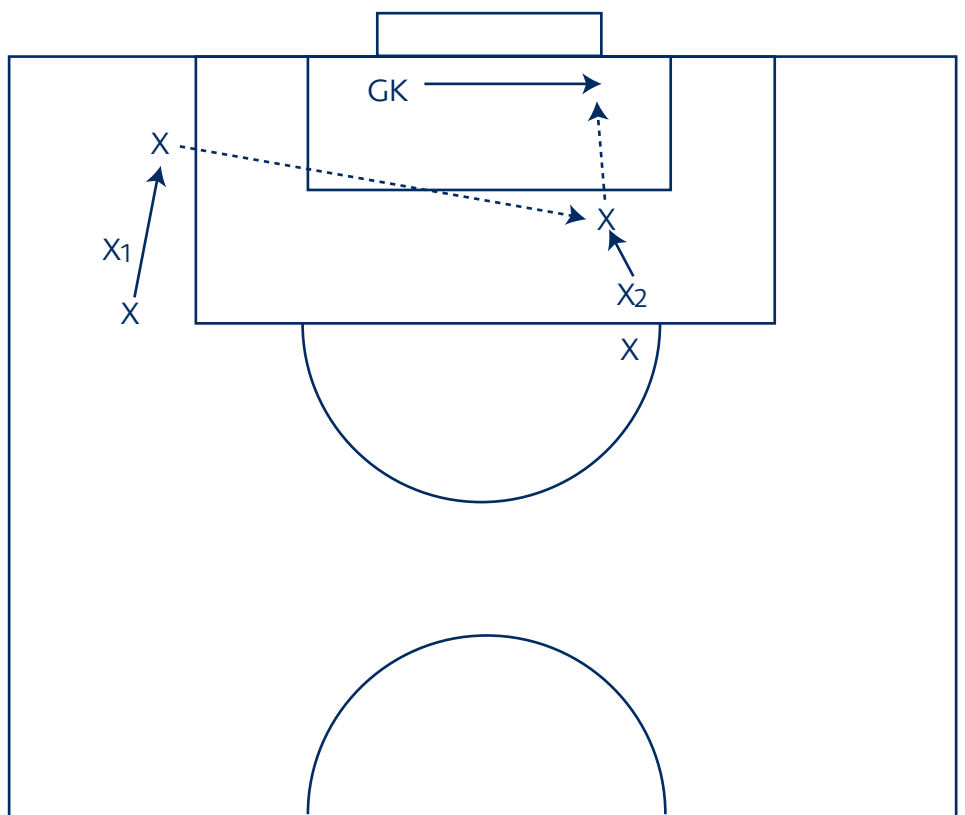
- 2 groups – 1 wide – 1 central – 1 goalkeeper
- X1 runs with the ball towards goal then pulls ball back for X2 to strike at goal

Key factors

- Starting position in relation to the ball
- Close down the first attacker i.e. X1
- Quick footwork
- Decision/parry or deflect?
- Quick recovery

Progression

- Introduce defenders to add realism



Goalkeeping

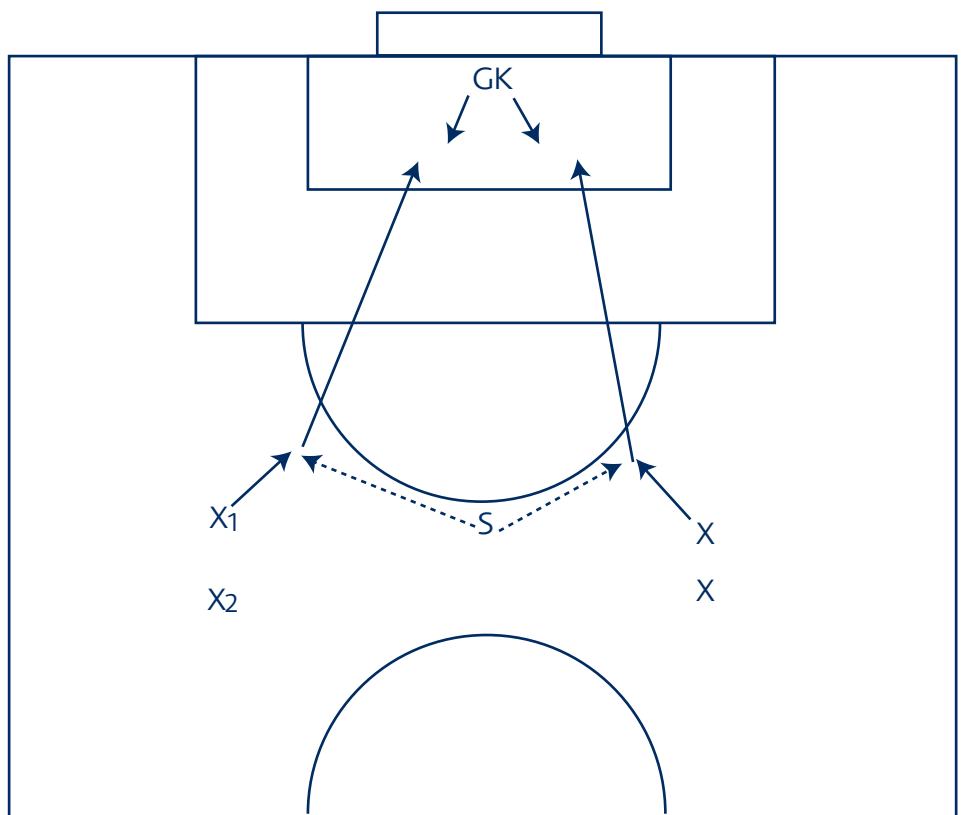
Dealing with One on One

Organisation

- S plays ball to X1 who goes through on goal
- Change sides each time for different angled approach
- X2 to make recovery run to defend goal

Key Factors

- Starting position in relation to the ball
- Angle and distance from the ball
- Decision – stay or advance?
- Move into line and down the line when the ball is out of attackers feet
- Assessment/decision – stand up/delay or smother/deflect?
- Stay big/stand up
- Force wide if possible



Goalkeeping

Shot stopping in a functional practice

Organisation

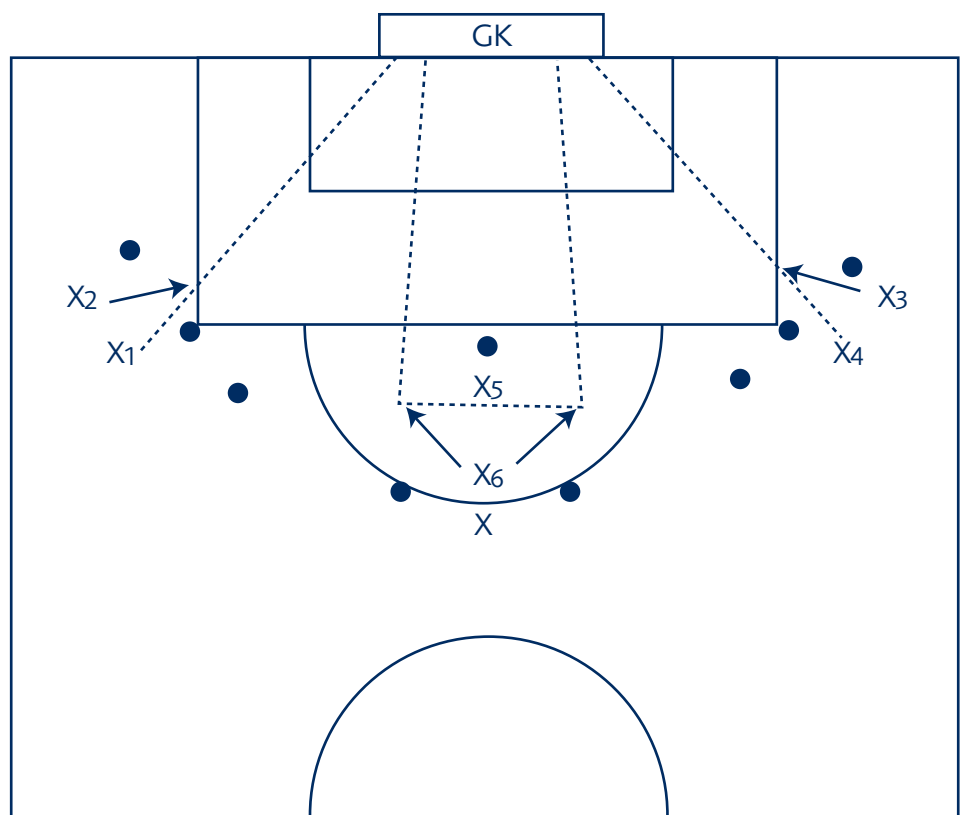
- 3 groups – left, central and right
- X1 plays ball through cone to X2 who strikes at goal
- X3 and X4, X5 and X6 to repeat sequence

Key factors

- Starting position in relation to the ball
- Movement into line/down the line
- Set position
- Decisions – catch, deflect, parry?
- Recovery saves/re-adjustment

Progression

- If X1 shooting then X3 and X5 to follow in to put pressure on goalkeeper



Goalkeeping

Small sided game – shot stopping

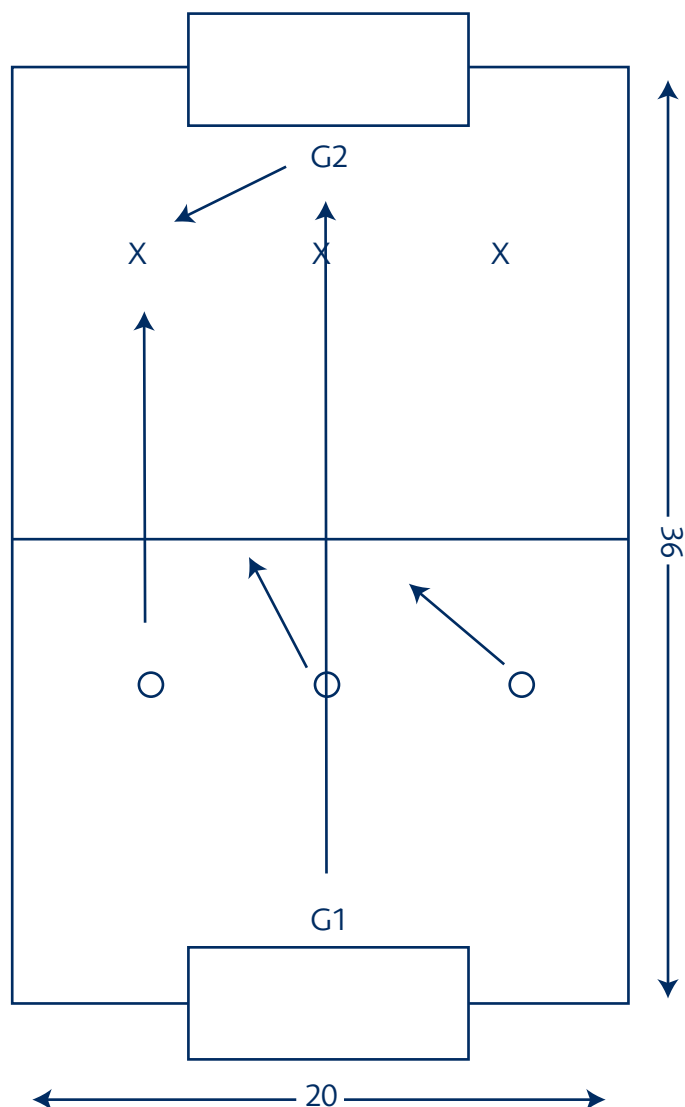
Organisation

- 36 yards x 20 yards
- 2 v 2 3 v 3 4 v 4
- Gk1 throws ball to GK2
- Gk2 rolls to one of his/her team-mates
- O's defend

Key factors

Goalkeepers communication

- Pressure
- Cover
- Balance
- Depth of defenders
- Compactness
- Show inside / show outside
- Movement – into line / down the line
- Key factors of shot stopping – see previous practice



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