

## **Goalkeeper Tips – Fall 2009 Mod GK Clinic**

**Body shape:** Feet shoulder width apart, weight on the balls of the feet, relaxed posture, shoulders square to the ball, palms facing ball (“gorilla” or “bunny”)

**Movement:** Side shuffle, get body behind the ball, stay on your feet as long as possible, don’t fall backward

**Positioning:** Always alert and ready. Usually a few yards in front of goal. “Narrow the angle”.

**Goal keeper special rules:** You can do anything a field player can do – and more! You can use your hands anywhere inside the “penalty area” (bigger 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. 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 bigger box.

**Distribution:** 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:**

- Side shuffle to line up with ball, bend at waist, scoop it up with palms-arms-chest
- Kneel to side, shoulders square to ball, scoop it up with palms-arms-chest

**Receiving high balls:** Palms out, fingers form a “W” shape. Catch the top of the ball, then bring it 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. Tuck upper leg toward chest for protection. No one else can touch the ball or attempt to touch it when you have it in control – which includes pinned to the ground.

### **Deflection saves:**

- To the side: dive, extend hand (palm out) to deflect ball wide of goal (don’t stop it from going out of play unless you can catch it)
- High: If it’s too high to catch, deflect it up over the goal with your palm, or punch it high and away from the goal. No matter what, don’t let it drop in front of the goal – get it “up and away”.

Playing goal keeper will make you a better player anywhere you play on the field – goal keepers get the best view of how the ball and players are positioned on the field, and goal keepers know all the best ways to beat a goal keeper themselves when they are shooting! Have fun with it.

If you have questions during the season, feel free to email: **Mike Todd, [soccermike@verizon.net](mailto:soccermike@verizon.net)**