

# Virginia Soccer Association

## KEY TECHNICAL COACHING POINTS GOALKEEPING

### SHOT-STOPPING:

- Set Position
  - Hands neutral
  - Weight forward
  - Feet slightly wider than shoulder width
- Depth to Goal
- Angle
  - In line with ball and middle of goal
- Type of save
  - Hand position
    - Thumbs together if chest or above
    - Pinkies together if mid-section or below
  - Diving Save
    - Footwork before save
    - Head, hands and shoulders to ball
- Decision making – catch or deflect?

### DEALING WITH CROSSES:

- Starting Position
  - Middle of goal for wide areas
  - Closer to near post inside penalty area
- Position body to see ball and supporting attackers
- Read flight of ball before first step
- Explode through ball to catch at highest point possible for high crosses
- Head, hands and shoulders to ball for low crosses
- Decision making – when to claim vs. when to recover to goal line for save

### FOOTWORK:

- Side to side and forward to backward agility
- Shuffle – Less than 2 yards
- Cross-Step – More than 2 yards
- Quick and efficient
  - Ability to gain set position quickly

### DISTRIBUTION:

- Back Pass – Preparation touch out in front.
- Feet – Short
  - Pass to teammate's front foot
  - Strike through middle of ball
  - Proper weight
- Feet – Long
  - Driven ball vs. lofted ball
  - Ankle tight and locked at contact
  - Punt, Drop-kick, Side-Volley
- Hands – Short
  - Roll to teammate's front foot
  - Side-arm throw into space
- Hands – Long
  - Driven throw to target
  - Driven throw into space

### COMMUNICATION:

- Communicate to solve problems
- Short, concise information
- Read game to identify potential problems
- Communicate and recover during transition from attack to defend

### TRANSITION:

#### Attack to Defend

- Immediate recovery into position for save
- Short, concise communication to eliminate chances on goal

#### Defend to Attack

- Quick recovery after save to distribute
- Head up to pick out correct distribution
  - Option 1: Long to Target (hands/feet) to break a line
  - Option 2: Mid to Target (hands/feet) to break a line
  - Option 3: Build from Back (hands/feet)