

TRAINING TO IMPROVE COMMON GOALKEEPING ERRORS

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This session comes out of my observations of goalkeepers over a wide range of ages and ability levels and some common problems they exhibit. For the team coach who may not know how to train goalkeepers from A to Z, this will hopefully provide information and training activities to deal with these specific issues when they arise. This is not a progressive training session on one particular topic but rather several independent training themes drawn together for purpose of arming coaching with more information to better serve their goalkeepers and team.

1. Getting Chipped - Dealing with the ball under the crossbar
2. Getting Beat Under Their Arm - Proper technique for the low save
3. Poor Starting Positions on Crosses – Preventing goals at the near and far post.
4. The Goalkeeper Who Won't Talk - Why they won't and how to get them communicating.
5. Why Isn't Your GK Taking Their Own Goalkicks? - Striking the ball over distance and GK distribution.