

Goalkeeping Basics

Please see Video below

<https://protips.dickssportinggoods.com/sports-and-activities/soccer/a-soccer-goalkeepers-guide-to-basic-ball-handling>

Goalkeeper Stance

Keys to a good set position are as follows:

Knees bent, about shoulder width apart.

Knees should not pass the line of the toes.

Lean forward, shoulders slightly forward. Get momentum going forward.

Hands should start in the middle of your body, not too low.

Be on your toes, not on your heels.

Please see Video below

<https://www.youtube.com/watch?v=Ug3UjHDenbE>

Contour Catch

Used for catching balls above the chest.

Bring your hands to the ball.

Elbows slightly widened in order to make your hands big and provide more palm surface.

Index fingers and thumbs should be close with fingers on top half of ball.

Catch with soft hands and absorb the ball.

Bring ball to chest with forearms parallel with the ball.

Please see Video below

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Scoop (Basket) Catch

Forearms should be in parallel position with the ball.

Lean shoulders forward to create pocket with the body.

Catch ball in pocket and keep arms around the ball. Bring ball to chest.

Please see Videos below

<https://www.youtube.com/watch?v=V2W2gyiznVg>

<https://www.youtube.com/watch?v=GaMfUGvhzuU>

Low scoop (basket)

Avoid the open leg (legs apart)

Used for low shots within arm's reach.

Turn 1 knee in and hover it above the ground, this creates a barrier behind your hands and second layer of defense.

Turn hands so palms face up and get under the ball.

Keep forearms close together and behind the ball.

Keep chest and body square to the ball.

Bring ball to chest and fall forward.

Please see Video below

<https://www.youtube.com/watch?v=cLIVuRoMGvw>

Positioning

"Find the line" – be in a position where you are comfortable getting to the near post but also be able to cover as much of the back post as possible.

Should not be standing on your line – should be off your line to cut down the angle, but not too far offline. You want to give yourself enough time to still react to the shot and to be able to get across your goal in case of a pass to back post.

If a ball is played across the goal, you need to get back and find your line.

Please see Video below

https://www.youtube.com/watch?v=jvpi_GBB8-4

Diving

<https://www.youtube.com/watch?v=MBbsWSOgnb8>

