

5 basic fundamentals for goalkeeper training

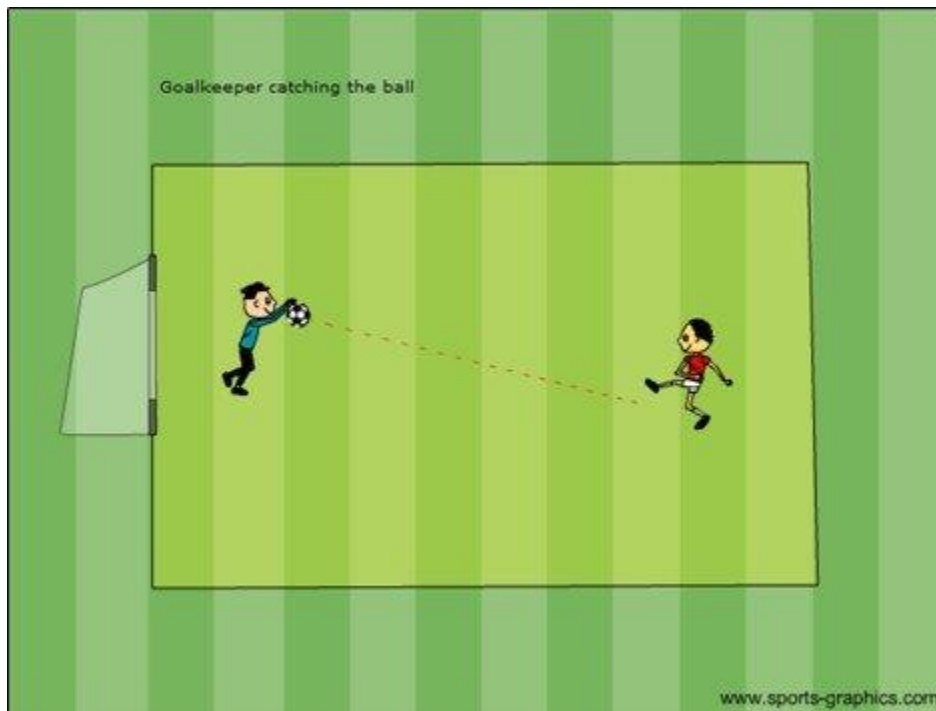
Catching the soccer ball

The W formation is basic way a goalkeeper catches a ball.

- Both palms turned out towards the ball.
- The W is formed by the thumbs and index fingers.

Welcome position

- The player stands in the shape of a gorilla absorbing the ball as it comes to the stomach area. Once the player catches the ball the player hides the ball from the opposition.
- The ball is coming in about mid level - stomach - the player has to catch the ball. The hands have palms facing up and thumbs are facing out.

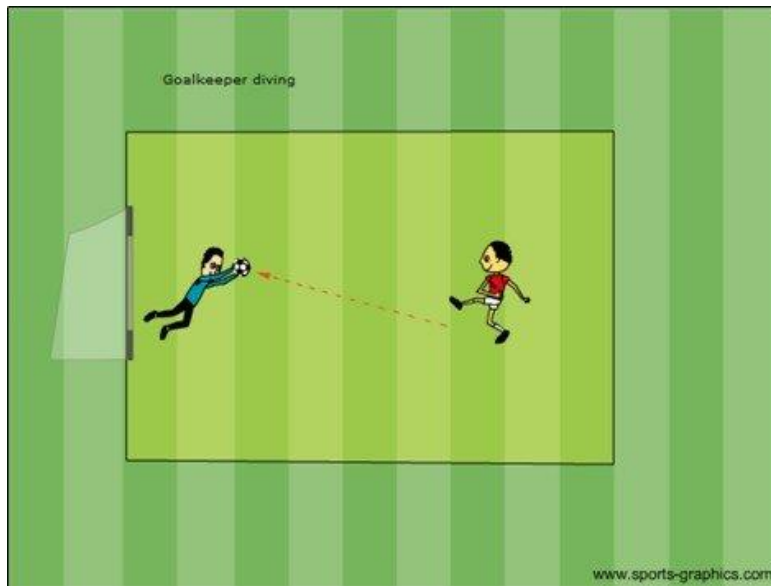


Staying on your feet

- Young goal keepers often show up to goalkeeper training with knee pads on which tells me that they are going to drop to their knees to scoop the ball up.
- If you can get your young keeper to move their feet and get their body behind the ball this is better technique.

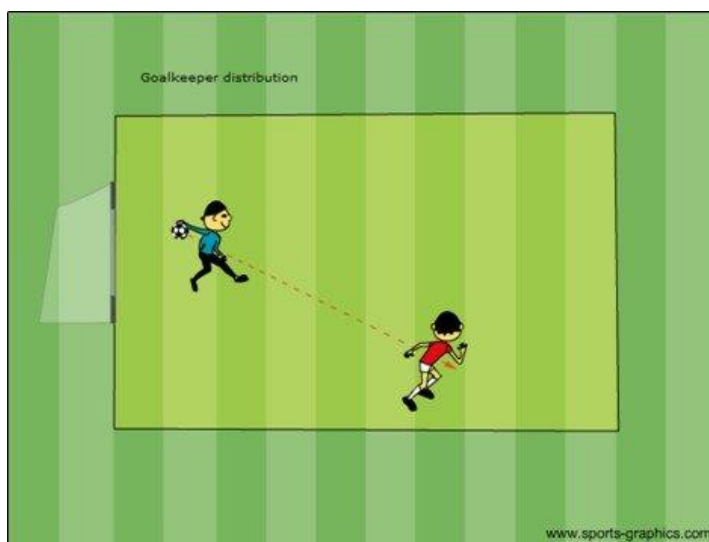
Diving and rolling

- These are good techniques for young players to learn when becoming goal keepers.
- The player goes down to the side and keeps his or her hands - W shape sideways - out and shoulders square to the ball.



Goalkeeper distribution

- Distribution for young keepers is kicking and throwing.
- The best way to teach young players is in small sided games. The players roll the ball out to open players, so as to retain possession.



Catching

The young keeper will bounce the ball on the ground and when the ball pops back up the player uses the "W" to catch the ball. The keeper should make the ball stick to his or her hands. Repeat until the kid is comfortable with the skill.

Diving

Play this fun diving game with your players in goalkeeper training...

- The coach gets the kids in pairs.
- The players start on their knees 5-8 yards apart sitting up straight not back on heels.
- Goalkeeper "A" rolls the ball to the side of goalkeeper "B", who goes down and gets hands out - W sideways, body square to the ball to make the save.

Rolling balls

Teach the kids distribute the soccer ball...

- Partners 5-8 yards apart, standing position.
- Partner "A" rolls the ball to "B" and the receiving player moves his or her feet and gets the body in front of the ball, hands down and legs together. If there is a mistake the players legs cover.

Punting - kicking practice

The player will hold the ball in both hands and let it drop and step and plants the non kicking foot when the ball gets to its lowest point the player swings the leg and kicks the ball.

Coaching tip: Remember toe down and ankle locked.

Game: Goal keepers stand on the goal line and punt the ball into the net...easy way to practice kicking technique.

Learn more on [striking the ball](#) during goalkeeper training so young players can hit goal kicks.

Throwing the soccer ball

I try to have my young goalkeepers roll the soccer ball to open players so the ball is easy to control. This can be accomplished in the small sided games and helps field players because they have to learn to get open and take a touch and play soccer. I just institute a no punting rule for the young soccer goalkeepers so they have to work on distribution.