



GOALKEEPER PHILOSOPHY

The basic premise of the goalkeeping philosophy is to simply keep the ball from crossing the goal line between the posts.

In order to be successful in this philosophy, we must pay attention to the details of all our Goalkeepers within the club. Details as to simple catching of the ball, to making the save in the top corner, distributing the ball as first line of attack, as well as being the last defender, all must be addressed.

A combination of hard work ethics and a good technical education will provide our Goalkeepers with a solid foundation to become the best possible keeper that their natural ability will allow.

Consistently keeping the ball from crossing the goal line between the posts defines a successful goalkeeper.

We have identified four (4) main areas that all good goalkeepers must excel at:

1. Shot Stopping
 - Handling
 - Angles
 - Technique in diving
 - Footwork
 - Bravery
 - Reading the game
2. Dealing with Crosses and Serves
 - Timing
 - Bravery
 - Handling
 - Boxing vs. Catching
 - Range
 - Footwork
 - Reading the pressure on the ball
 - Organization
 - Communication
3. Dealing with 1 v 1's and Breakaways
 - Timing (patience vs. aggressive)



GOALKEEPING

- Bravery
 - Technique
 - Footwork
 - Reading the game
4. Distribution
- Technique
 - Tactical application
 - Throws (sling vs. baseball vs. bowling)
 - Kicks (punt vs. drop kick vs. side winder)
 - Goal kicks
 - Dealing with back passes