

Improving Goalkeeper Starting Positions

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Areas of Concentration	Coaching Techniques	Coaching Methodology
Physical	Catch them being Good	Coach - Goalkeeper
Technical	Freeze action & replay	Coach – GK - Fieldplayers
Tactical	Build Confidence	Coach – GK - Team
Psychological	Tone of voice/body language	

Technical Training: Repetition (fundamental – match related – match condition)

Tactical Training: Decision making (simple to complex)

Warm-up:

- Footwork and Agility Exercises
- Goalkeeper saving positions and basic movement

Exercise #1 – Attacks from the Flank (inside PA)

- 2/goal situation; 3/goal situation
- Point Blank
- 4v4 + 4 in the penalty area extended
- Training Games (wall game 4v4 with target options)
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Exercise #2: Attacks from the Flank (outside PA)

- Dealing with Crosses
- Playing the second six
- Boxing for clearing and possession
- Training Games (perfect game; modified pressure)

Exercise #3: Attacks from Central Positions (initiating from beyond midfield)

- Back pass Training – Serving balls between back defenders and goalkeeper
- Gker as a field player - 6v6 + goalkeeper backpass game

Exercise #4: Attacks from Central Positions (initiating in the middle or attacking third)

- Back to the Bar decisions and exercises
- Dealing with through balls
- Protecting the space behind the defense

Exercise #5: Positioning to improve shot stopping

- When to close the shooter; when to stay close to the line (8v8 shooting game)
- 'Angle Arc' Concept
- 'Pre-stretch' Concept

Questions and Answers:

- Go to www.goalkeeper.com