

Southern Crescent Goalkeeper Academy Curriculum/Tips



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Set Position

1. Find appropriate width for your body type—being too narrow or too wide can limit your explosion. With the base no one should be able to move your body.
 2. Keep shoulders slightly forward and chest slightly down.
 3. Hands in slightly front of body; carried about mid-thigh—palms facing. Arms should be loose with no tension anywhere
 4. You want to have your knees bent a little but not bent where your backside is parallel to the ground or weight is behind you
 4. Heels slightly up with the weight on the balls of your feet.
 5. Tension in calf muscle—nowhere else.
 6. Feet should be parallel. Balance should be evenly dispersed in your body.
 7. Before the shot is taken you want to take a little hop to get your momentum flowing and being light on your feet.
 8. As the ball is being kicked you should land your hop (feet) and arms will go slightly back then moving forward as ball is kicked.
 9. Work on setting out of forward, backwards, sideways, and even diagonal footwork.
 10. When you take your hop you want your feet to go sideways and not out or back. If you step forward the foot you step will take your hop sides from where that foot is in the ground. When take you step where ever your foot is should be the middle of your body when you land your hop no matter if it to the sides, forward/backwards or at an angle.
- *You must get set for all shots unless the balls are close in and you are making yourself big or diving for a ball.

Things to remember

These situations are if the balls are around 20 yards out.

1. If ball is touched in front / falls in front of the striker the ball will be driven. So, you want to be further off your line. You want to stand about 5 yards off your line
If the ball is touched to the player or on the side of the player it will be floated / curved. You will want to stand about 2 ½ yards off your line and get ready to move feet then dive.
2. If you are off your line and the ball is crossed in and you do not come out for it you want to drop back to your line to make the save.
3. If you are off your line for a driven shot and the ball gets played backwards you want to drop back 2 yards so you will not get chipped.

Positioning

1. Make sure you never get beat near post
2. Around 5 yards off your line if it is a driven shot
3. Floated or curved ball you want to be about 2 yards off your line to react to ball and move your feet
4. Square your shoulders to the shooter / ball in middle of chest.
5. Shuffling with the ball when it moves in the box before the shot.
6. **The higher off you line when you are in the middle of the goal.**
7. Don't be afraid to steal a few steps off the line when shooters are in a central position or with their head down.
8. When the ball is well outside the penalty area, step further up the field to assist the defenders; you can also use a "sprinter's stance," with one foot in front of the other

Footwork

1. Footwork gets the body behind the ball.
2. Challenge yourself to make more saves moving your feet. If you can cover more ground this way, it will enhance your diving range.
3. You want to work on Shuffle and Dive if it is a shot.
4. If the ball is a cross over your head either drop step and run or cross over step run.
5. If the ball is over your head for a shot or chip you want to drop step then run and jump and tip ball over goal

Catching the ball.

Use the W-Catch

1. Keep elbows tight and arms should be right on the outside of your body.
 2. Hands in front of body.
 3. Hands on top/mid part of ball.
 4. Catch the ball where your elbows are slightly bent and not too close to your body. You are stronger with your arms away from your body than keeping them close in. You can hold the ball in your hands and have someone push the ball against you to find the right place to catch the ball.
 4. First contact with fingers.
 5. Hands stay relaxed
- *You will use this for all your catches. (The diamond catch is old school and used back in the 80's Stay away)

Diving while Catching

1. Make sure you keep the ball on the ground at all times.
2. You want to have one hand behind/around the ball and one hand on top of the ball. The third hand will be the ground.
3. Whatever the line of the ball is traveling on is where you want to keep the ball. This will prevent you from moving the ball after the catch. This will help you hold on to more balls.
4. If the ball is traveling at a high speed you want to trap the ball on the ground rather than try to catch it. This will help you from fumbling the ball.

Basket / Forward Dives

Make sure you catch underneath the ball. You should pin the ball to the chest. You should hear one sound when you pin the ball to the chest.

*If you are doing a forward dive make sure you are laying down flat on the ground with your legs together.

Diving

1. You want to take a 45 Degree angle step in the direction you are diving. Make sure your angled step starts from the foot you step with. If you take the right step you should be able to drag the foot back and it will be in the same spot you got set at.
2. Make sure your hips and chest are turned towards the way you are diving. Do not turn too much because you will go backwards.
3. Your toes should always point to the way you are diving.
4. You want to push off and while you are diving you want to turn/twist your body to land on your side. This will allow you to explode further then having your chest face the ball the whole time.
4. You want to have your chest in front of your legs. If your chest is behind your legs you will dive backwards every time.
5. Your hand should shoot towards the ball. * remember your arms should be slightly swing when get set this will help you shot your hands to the ball faster.
4. The hand closes to the ball slides down and behind the ball and then the other hand will come across and on top of the ball.
5. One hand on top, one behind on catch.

Things to remember when diving

1. When you take your step if you drag your foot backwards it should be the same place where your foot was when you got set.
2. Step goes out to far you will go backwards.
3. If your toe is forward and is not pointed to where you want to dive will fall of the side of your foot.
4. Chest is not down you can't explode to the ball and will go backwards.
5. Hips are not turned you will fall instead of diving.
6. Hands are too high you will not be able to shot them to the ball. Your body will follow your hands.

Diving for ball by your feet

1. Try to take a small step if the ball is hit slowly by your feet and you cannot do a forward dive or a regular dive. You want to get your upper body in front of your legs so the ball will not go under your body. Hands must be by your side and low to make sure you do not dive backwards and it go under you
2. If the ball is traveling fast you cannot take your step you want to kick your feet out quickly to the side (do not kick your feet out in front of your body. You will dive backwards and not be able to make a save.) Doing this your hand must be low by your thighs and remember you can only reach balls as far as your arm will extend. You will extend the hand closes to the ball and push it wide. You will not be able to catch these balls when performing this dive.

Breakaways

Rule Number 1: Do not be scared of the ball if you are play another position

1. When the ball is away from their foot you need to cover ground quickly. Make sure every time they touch the ball you are set and ready for the shot
2. Feet no further than a balls length. This will prevent people from putting it between your legs.
3. Remain balanced with feet parallel and feet are not moving when forward is in a position to shoot; hands are low and wide, Hands should be about a foot from the ground and palms out facing the ball. Keep hand in front of your body.
4. Don't leave your feet too soon and prepare to move your feet if they touch it by you.
5. Make the shooter pick his spot and make him think under pressure. Do not dive for the ball and make his decision easy for him.
6. If the ball is in between you and the goal and he shoots make yourself big.
7. If the ball is to the side of you, you are going to have to dive hand to the ball.

How to make yourself big

1. You want to take as much space as possible.
2. Extend your legs and arms out wide. Your legs cover the low balls; Arms cover wide and mid-range shot; body cover where you are standing.

*Only shot that should go pass you are balls up high over your head/arm.

This prevents the balls that go over you when you dive for a ball when ball is in between you and the goal.

Thing to Remember

1. Do not dive unless you know you can get it. **The best place for the ball is in between you and the goal.**
2. Do not dive for the ball when it is at their feet.
3. You do not need to keep coming out if you are at the right angle for the shot
4. Make sure you stay low and make yourself big

Crosses

1. Use a starting stance that leaves you open to see the whole field; don't hug the line or near post. Start off your line so the person kicking the ball will serve the ball further away from you.
2. Avoid running forward without assessing the flight of the ball—stay sideways on and chop the feet until you recognize its path. (Remember it is easier to run forward than it is backwards)
3. On lofted serves, use the 'J' run so you can catch the ball coming forward, at a high point, with momentum.
4. Bring up the leg closest to the forward in order to protect yourself.
5. Just as with shots, you can take a small hop just before the ball is struck.
6. If you do not come for the ball you should drop back to your line so the ball cannot chip you off a header and you have more time to react to the ball (Make them hit a perfect header)

The Drop Step

1. For balls chipped over the head, use this technique to retreat to your line. Pivot the hips and drop the back leg. Remember, a chipped ball 'sounds' different.
2. Turn and run while watching the ball
3. Use the front hand to tip, with the front leg driving the body up, and use open fingers as opposed to punching.

The 'Three Goal' Situation

1. When an attacking player is dribbling the end line inside of 10 yards, the goalkeeper can approach the near post with their body angled at the post.
2. First priority is to not get beat to the near post.
3. Second priority is a dive to cut out any cross from the near post out to about 5 yards out of the post.
4. Third priority, for balls the keeper cannot cover with a dive, is to execute a 'drop step' then run across the goal. For balls sent to a back post runner, running is preferred because it is the fastest way from point A to point B.

Punting

1. Try to drop the ball with the opposite arm from your kicking leg—this will enable some hip torque to develop and will enhance power.
2. Don't toss the ball.
3. Get the knee bent back as the ball is in the air.
4. Strike the ball on the laces (juggle to practice).
5. Strike the ball just as it drops below knee height.
6. Keep head down when striking.
7. Remember to follow through the ball.
8. The more you get under the ball the higher it goes.

Goal Kicks

1. Lock the ankle; you will strike the ball where the bone bumps up on your foot.
2. This will require rotating the foot so that the toe is pointed down and to the side.
3. Starting your run with taking four steps back from where you plant your foot then 3 steps at a 45 degree angle. When you plant your foot make sure your knee is bent and plant your foot a ball and half-length away from the ball and leaning to the side and away (and slightly back) from the ball slightly will help you get underneath the ball.
4. When running towards the ball make sure your hip and body is going through the ball to get more distance
5. Keeping the arm on the non-kicking side up is also beneficial for maintaining balance.
6. Follow through can either be straight ahead, or low and across the body (whatever creates the right combination of backspin and distance).

Back Passes/Clearing balls

1. Have your feet staggered ready for a through ball.
2. Make sure when ever clearing a ball your first thing is safety. Never force a ball to someone when you can just clear it down the field or out of bounce.
3. First option is short; second option is long down field; Third option is clear it out of bounce.
4. Take a touch if someone is not within 15-20 yards of you.
5. Make sure you are not in front of goal for back pass in case of bad pass or bad touch
6. Move with ball from side to side to support team for back pass.
7. Do not lead someone when passing the ball.(Play to feet)

Throwing

1. You need to cup the ball against your forearm
2. The front arm points at the target, and then twists to the side to drive the back arm through.
3. Keep the throwing arm / elbow straight.
4. Throwing arm should brush past the ear, or just to the side of it; don't come too much from side.
5. Transfer weight from back leg to front leg.
6. Try to lead players into space—ball on ground

Punching

Have your fist together and flat. You want to time extending your arm through the ball when making contact. Punching the ball hard will NOT make it go further. The ball goes its distance by the pace of the ball coming in.

*Punching a ball should be used when coming out for a cross with lots of people around or a hard shots in the air ONLY.

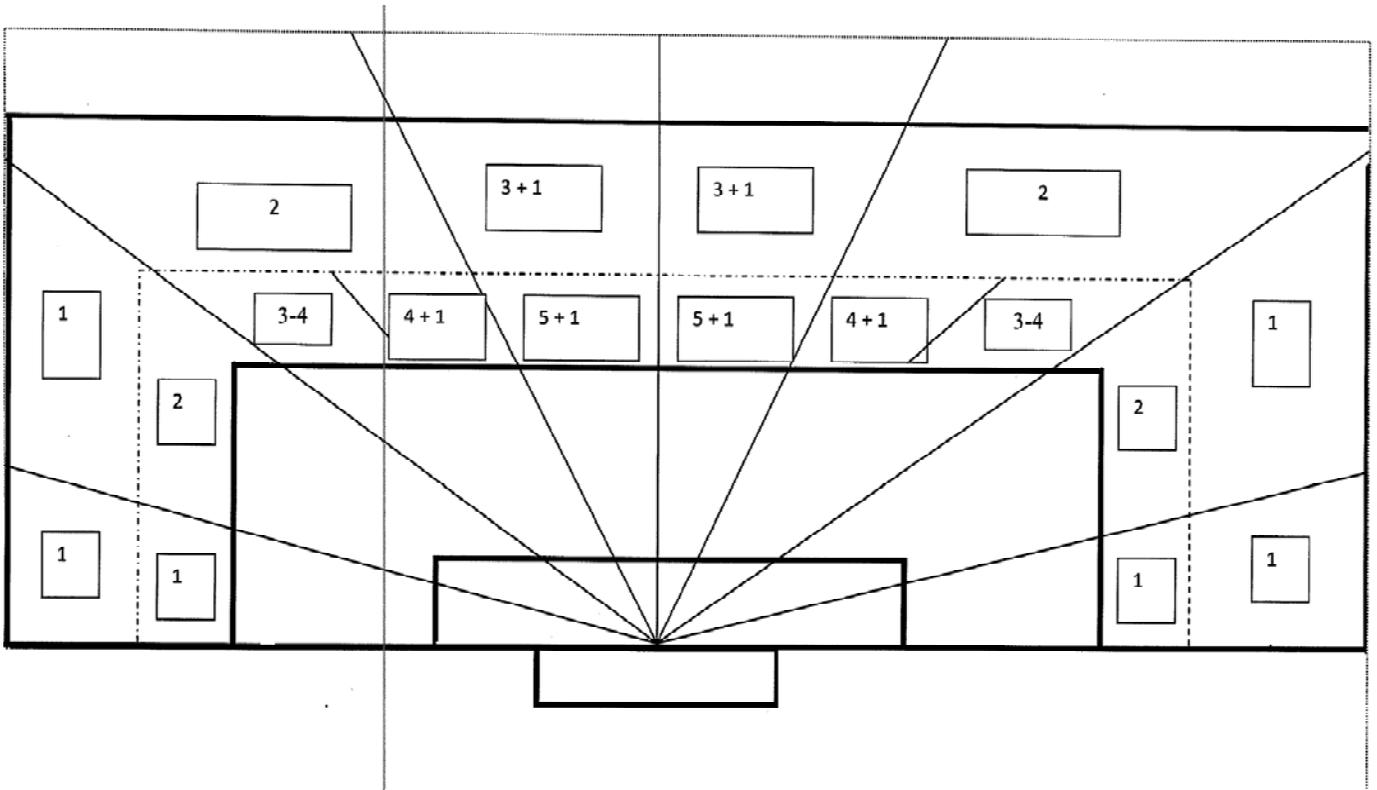
Tipping Balls

Tipping balls should be used with your finger tips or palm of your hand. If the ball is right under the bar you want to use your fingertips to push it over. If you are trying to tip the ball over the goal further away from the goal you should use your palm. If it is a shot low on the ground you want to use your palm instead of catching to make sure the ball does not fall in front of the goal.

WallForFree Kicks

- - - - 24 yards out-----32 yards out after that I would just have one in front of the ball if you want someone on the ball

#'s number of players in wall; +1 means on person charging for indirect kicks



Things to Remember

1. When the ball is in front of the goal you want to have your tallest players in the wall. Start with the tallest player on the near post side.
2. If the ball is out wide they will most likely serve the ball so have your tall players in the box.
3. If the free kick is 35 yards out or further you want your players to hold the 18 yard box.
4. When setting the wall you want to stand at the near post. Your second player shoulder/mid body should be line with the post and the ball.

5. If the ball is out on the flank for a free kick with two players on the ball you want add another player if you just have one out there in case they play it short.

Communication

Be loud and repetitive- It can be hard to hear out on the field, especially for someone on the ball with their head down. Make sure the message gets through.

Be specific with commands- Yelling “mark up” or “who is on 10” often isn’t enough- tell specific players what to do “John mark number 10 or Ashley shift one right”

Work from the ball outwards- The keeper should focus on the ball carrier first, and arrange defenders near the ball first. When danger is less imminent, set the defenders who are further away

Arrange to get feedback from defenders- it can be eye contact, a wave of the hand, a verbal okay, but have defenders let the goalkeeper know they were heard. The goalkeeper will be able to focus on something else then (let your defenders know what you like or want)

If the keeper does not call, the defenders must take responsibly- the defense should never assume the keeper has the ball unless the keeper calls for it. They should always go for every ball. This is why it is important to communicate loudly.

Communication between the goalkeeper and defenders is a key to making the defense function as a unit.

Basic things to yell to your defenders during games

***Every time you say something it should be linked with a persons name**

What to say is in bold

Keep them wide-Telling your players to force the player with the ball wide and do not let them come to the middle.

Step up or Push up-telling your defenders to step up the field. If you say **hold the line** - that means you don’t want them to drop back and more

Left or Right Shoulder-telling your player which way to look for the player

Shift or slide right or left-means you want to player to move right or left. If you give a distance like 5 yards left then they will know how far to move.

Tell them not to dive in and hold feet- Means you want the player to jockey them and hold their feet (don’t tackle the ball)

In the Air- Telling you defenders to win the ball in the air and do not let it hit the ground