

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

GOALKEEPING SKILLS

Goal keeping

This is preventing the opposing team from scoring a goal. Goalkeepers are considered the most specialized position in football.

Goalkeeping Teaching points

Set Position:

1. Balanced, weight equally distributed on both feet
2. Heels un-weighted, shoulders forward, elbows in front of body
3. Hands relaxed in front of body
4. Toes, hips, shoulders square to ball

Footwork:

1. Short quick steps (shuffle) when ball is close to shooter, shot is imminent
2. Longer sprinting steps to cover space when ball is “out of touch”
3. Match rhythm of shooter to get set

Handling:

1. Shape hands to ball
2. Keep the ball where you can see it (in front of the body line), eyes fixed on the ball.
3. Early footwork to get as much body behind the ball as possible.

Low ball: hands under ball, pinkies together, forearms parallel



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Chest height: hands reach slightly over the ball, thumbs behind the ball, look through the forearm window.

High Ball: hands reaching slightly over ball, use leg to drive into the air, catch above head height, Tuck ball away “hug ball” when a late hit by opponent is likely.



Diving:



1. Keep hands in front of body, small lateral step or shift to the side ball is shot.
2. Collapse or extend knee depending on distance that needs to be covered
3. Use contour catch to hold ball, flatten hands to parry and push wide
4. Land on your side – not your stomach or back, get elbow out of the way.
5. Ball breaks fall, hands to ground first – not knee, hip, or elbow.
6. Top leg keeps hips squared up and allows momentum for re-stand.
7. Bottom hand to parry shoulder height or lower, top hand to parry above shoulder height.

Techniques in Goalkeeping

<https://mojo.sport/coachs-corner/9-essential-goalkeeping-skills>

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The Basket Catch

Best for balls coming in below waist-height when you can get your body behind the ball, the basket catch is an underarm catch that uses the hands, arms and chest to form a cradle for the ball. And it's one goalies use fairly often



The Diamond Catch

Also known as the contour catch, a goalie uses the diamond catch when the ball is coming in at chest height or higher. And it's so-named because you create a diamond shape with the thumbs and index fingers, which prevents the ball from flying through your hands.

The Collapse Dive

When there's no time for a goalie to move their feet to get fully behind the ball, a collapse dive is a great way to still make the save.