

The Ten Principles of Goalkeeping.

All of these principles will apply at any age, any level of play. The principles are the foundations to build ALL of your goalkeeping skills from.

1. THE HANDS:
 - a. The leaders...hands out to meet the ball at all times. Palms facing ball at all times.
 - b. “W’s”
 - c. “High piano”
 - d. Ready position
 - e. Ground coverage

2. SHAPE
 - a. Facing field of play
 - b. Balance forward, not backward
 - c. Shoulders square to the ball or shot

3. EVER READY
 - a. Always moving
 - b. Always communicating
 - c. Always light
 - d. Always on the balls/toes of the feet

4. STAYING ON YOUR FEET
 - a. Make the shooter beat you
 - b. Go to ground to secure high risk or “in between” shots
 - c. Allows for quick distribution

5. SECONDARY COVER
 - a. Body behind the ball
 - b. Ground as a third hand
 - c. Stomach, chest and thighs rather than elbows, knees and hips
 - d. Absorption
 - e. Meeting the ball hands first

6. SET POSITION
 - a. Decision to hold and be the wall
 - b. Moving during or recovering during the shot = goals
 - c. Set, hold and say to the shooter “beat me”

7. REACTION
 - a. Don’t anticipate
 - b. React, don’t predict
 - c. Don’t second guess
 - d. Judge the shot

