



**SWISS  
CHALET®**  
ROTISSERIE & GRILL

# Tip of the Week!

## KEY FACTORS FOR GOALKEEPING

Just how important is the Goalkeeper? Often referred to as the number #1 position on a team- just where do we start coaching from a technical perspective and how do players improve and develop?

As a Coach are you able to assess your Goalkeeper? Can you determine when and where mistakes are being made when assessing your no. 1 Team player ?

For a player to improve they need to know what they need to work on. Coaches should be able to assess the Goalkeeper in the following areas:

*Individual Offensive and Defensive Skills      Decision making-Offensive and Defensive      Attitude*

Key factors applied to Goalkeeping help to provide a cook book approach to breaking down goalkeeping techniques. It is important that both coach and player are familiar with the key factors for Goalkeeping To the Point:

The following Key points are just a few you should know as a Goalkeeper and as a coach:

**BASICS**

Eye on the Ball  
Starting Position  
Body Behind the Ball  
Set Position  
Attack the Ball  
1<sup>st</sup> Touch Decision

**COMMUNICATION**

Early  
Clear  
Concise

**SET POSITION**

Hands in front of body  
Feet shoulder width apart  
Weight forward  
Feet apart  
Balanced

**FOOTWORK**

Slide shuffle  
Cross over step  
Short step (forward & back)  
Power step



A goalkeeper must be fearless in addition to being a good communicator both verbally and physically! A goalkeeper dominates the Goal area and there will be no doubts when players enter into his/her area as to who rules. The goalkeeper must be confident and confidence comes from knowledge.

Coaches and players must know and understand the key factors to goalkeeping !