



# Youth Goalkeeping Techniques & Practices

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*Together we're developing the future of football in England*

# Outcomes

To give basic principles of goalkeeping techniques

To provide some practice ideas to incorporate goalkeepers in team sessions and for goalkeeper only sessions



*Goalkeeping practice is often undertaken in isolation, utilising unopposed and semi opposed situations with the purpose of developing technique ....*

*The Future Game - Page 236*



# Techniques

## Set Position / Ready Position –



**Eyes:** On the ball

**Chest:** In line with knees  
facing the ball

**Elbows:** In front of line of  
body

**Hands:** In front of feet,  
Fingers open

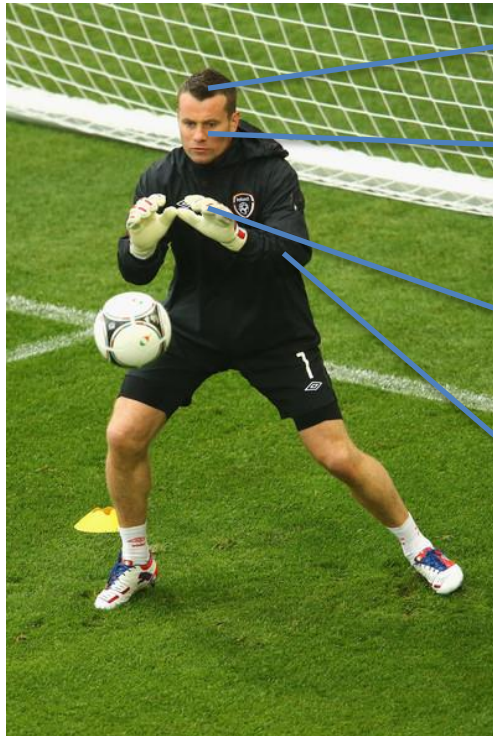
**Knees:** Slightly bent

**Feet:** Just wider than  
shoulders



# Techniques

## The 'W' –



**Head:** In line with the ball

**Eyes:** On the ball

**Hands:** Form the shape of a 'W' – Thumbs shouldn't overlap

**Elbows:** In front of line of body – used as shock absorbers



# Techniques

## The 'Scoop' –



**Head:** In line with the ball

**Eyes:** On the ball

**Body:** In line with the ball

**Hands:** Fingers spread to create a basket with little fingers creating a 'V' – little fingers shouldn't overlap

**Legs:** Depending on height creates a 'K' shape



*Isolated practice alone will not help goalkeepers develop the decision-making and game understanding necessary to perform at the highest level. The role of the goalkeeper must be developed in the context of the team. Regular practice should take place with the outfield players in order to coordinate attacking and defending understanding.*

*The Future Game - Page 237*



# Fundamentals

## DESCRIPTION

Goalkeepers in blue move around the middle area which has a cluster of cones. –  
Replicate how a goalkeeper may have to move,

When players in the middle feel ready, break out into 1 of the 3 outside squares.

Square with yellow player – When Goalkeeper is set in goal, yellow attacker advances on goal .Goalkeeper collapses at attacker's feet to save.

Square with red player – Goalkeepers try to keep ball up between them using palms of hands / fingertips / fist. (Smaller size 3 ball may be required for younger players)

Square with orange player - Goalkeepers have a ball each, one throws high, other throws low. Throw at the same time and repeat until a ball is missed. How long can they keep balls going?

Blue Goalkeepers return to middle area and practice restarts.

## COACHING POINTS

Efficient ways of moving – body / feet position  
Collapsing as an introduction to diving – hands first / angle of approach / distance from attacker

Effective ways of using hands – select part of hand to use in relation to ball / height / player





# Handling

## DESCRIPTION

Goalkeeper in blue defend a Goal each.

Keepers look to score against each other by throwing or rolling ball past each other.

If Goalkeeper saves they then look to score themselves.

Keep score

Play till ball is dead, rebounds.

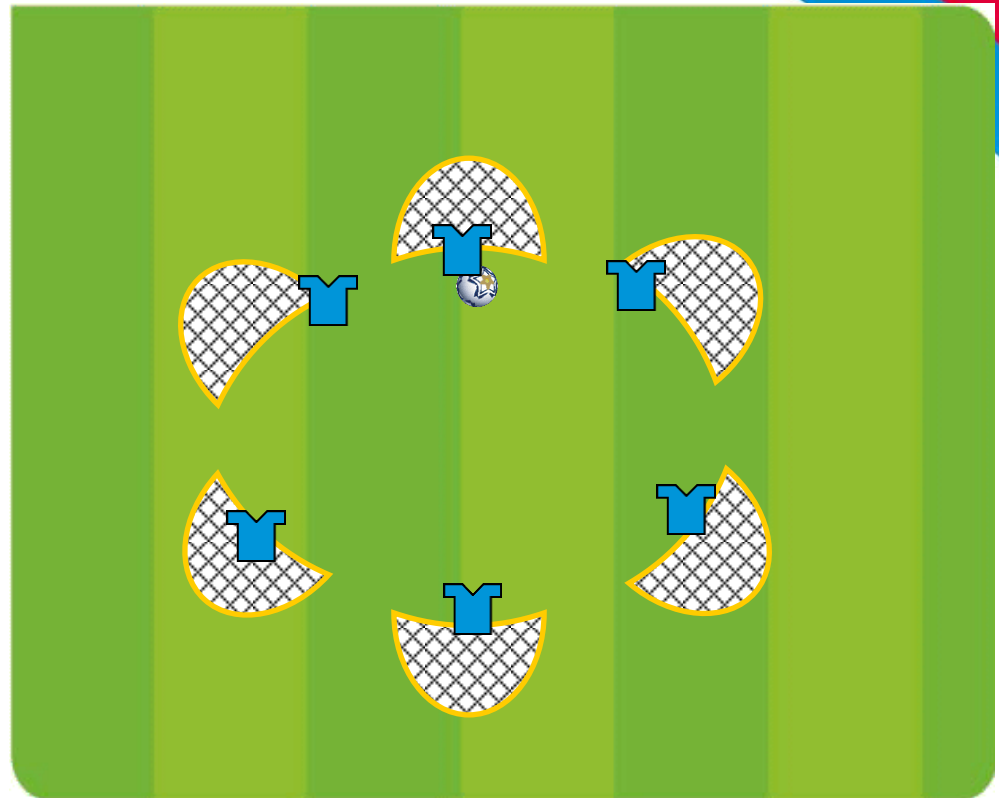
## COACHING POINTS

What type of handling should I use in relation to how the ball comes at me?

Angles when ball is in in the Goal next to yours. Near post.

Distribution into goals with power and placement

Look to hold onto ball and react to any lose balls



# 1v1's

## DESCRIPTION

Goalkeepers in blue defend a Goal and 2 gate goals each.

Attacking players start in the middle square and look to attack a Keeper and dribble round them through a wide gate for a point. They then return to middle square and wait to attack another goal.

Once the Attackers have scored 3 points they can look to score. Goalkeepers will not know when this will be, keeping their main focus on protecting the Goal.

Keepers look to force players wide and away from goal and claim the ball as they look to go through a gate.

Keepers score a point each ball they claim and keep hold of.

## COACHING POINTS

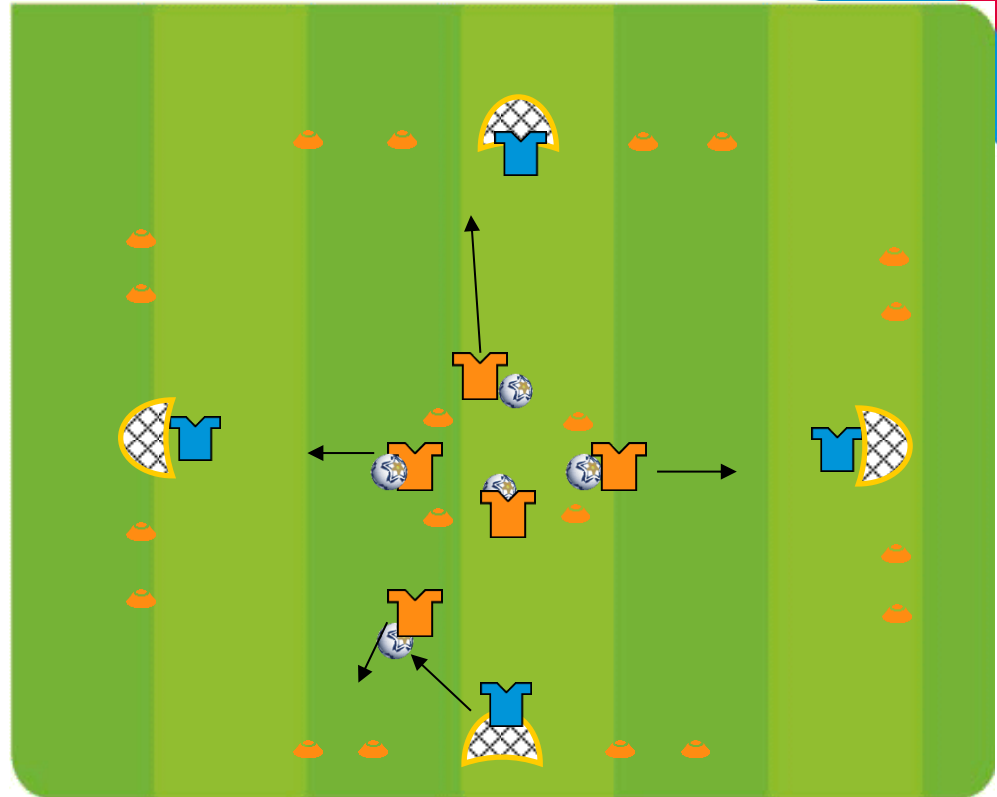
Speed of approach

Force attack wide

Stay on feet and don't commit and let play go round you easy

Win ball with two solid hands and not with feet

React to mistakes from attacker and any lose balls



# Take Home Messages

Goalkeepers should be included as much as you can within your practices

Don't forget them when planning your session

Goalkeepers play with a 7:1 ratio of feet to hands. Therefore, allow them to play outfield to practice using their feet.

