

# Components of a Good Goalkeeper

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## **Technique**

As a goalkeeper, the more confident and comprehensive your command of fundamental technique is, the more effective you will be at general shot stopping. Goalkeeping technique is not always about continuous repetitions; it's about implementing exercises that simulate actual match play and force goalkeepers to learn how to use proper technique every time in situations that are constantly changing. Technical considerations:

- ✓ **Catching balls on the ground and in the air**
- ✓ **Punching (boxing) high balls**
- ✓ **Jumping, diving and landing**
- ✓ **1 v 1, winning the ball from the dribbling attacker**
- ✓ **Distribution – punting, passing (long and short) and throwing the ball**

## **Tactics**

The goalkeeper's tactics can be divided into positional play, coming off the line and building the attack. Positional play is important in normal game situations and set plays. Coming off the line is important for 1 v 1's against dribbling attackers, crosses from the outside and long through balls played in front of attackers. Building the attack is making sure as a goalkeeper you get your team's attack started safely with correct distribution. Tactical considerations:

- ✓ **Positional play on various shots from distances and angles**
- ✓ **Positional play on crosses and passes in front of the goal**
- ✓ **Positional play on set plays**
- ✓ **Organizing (directing) the defense**
- ✓ **Decision making as the first attacker**

## **Physical**

One look at the responsibilities of the goalkeeper, and it's clear the goalkeeper needs to be in excellent physical condition. Physical size, strength, speed, agility and power lend to a goalkeeper's confidence and general "presence" on the field. Physical considerations:

- ✓ **Mobility and agility**
- ✓ **Speed (thought and reaction speed)**
- ✓ **Basic endurance**
- ✓ **Jumping power**
- ✓ **Physical fitness (strength)**

## **Psychology**

For all goalkeeper's, performance is heavily influenced by psychological factors – much more so than field players. That's because a goalkeeper's mistake is typically serious and immediate. Therefore, goalkeepers have to deal with heavy stress and fear of failure can negatively affect a goalkeeper's performance. Goalkeepers must learn to deal with negative influence and stress. Psychological considerations:

- ✓ **Motivation and positive attitude**
- ✓ **Concentration**
- ✓ **Courage and willingness to take risks**
- ✓ **Assertiveness**
- ✓ **Self-confidence**