

Book Sample

GOALKEEPING



by Alex VENCEL

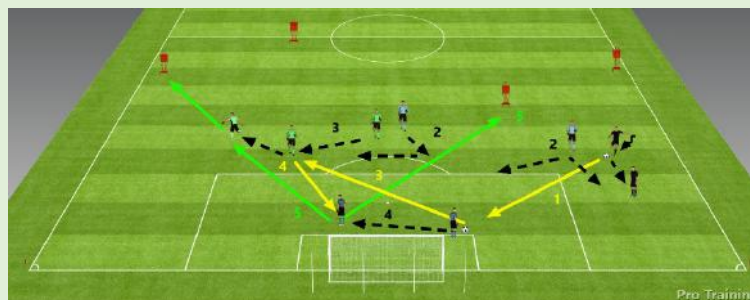
Example 5: Distribution according to the pressing. Targets are moving.

1. Back pass
2. Pressing (2 strikers)
3. One touch pass or control and pass or control, running with the ball and pass



Example 6: Distribution according to the pressing. Several back passes.

1. Back pass
2. Pressing (2 strikers)
3. One touch pass or control and pass or control, running with the ball and pass
4. Back pass
5. Collaboration and move the ball to the goals



Example 7: Distribution according to the pressing. Possibility to play short, medium or long ball.

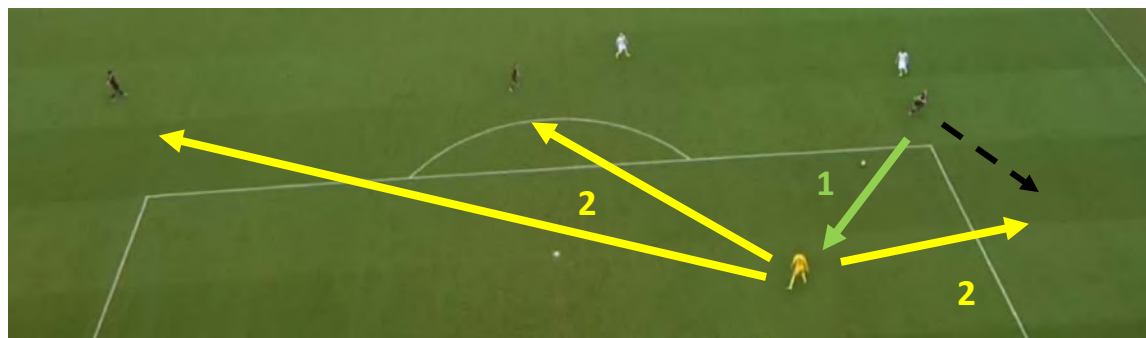
1. Back pass
2. Pressing (2 strikers)
3. One touch pass or control and pass or control, running with the ball and pass



Group training

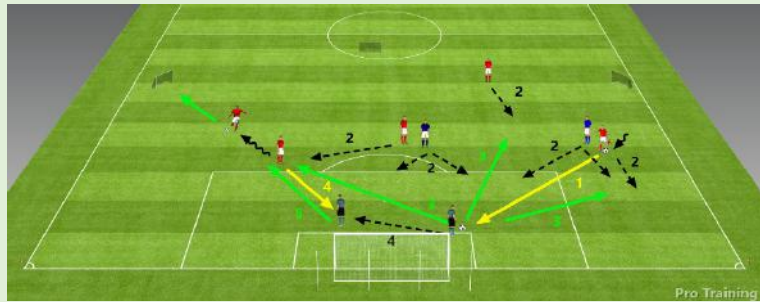
In this form of development, it is very important to use players in positions affected by the situation. This allows their own progression, but also the collaboration with the goalkeeper. The goalkeeper coach can direct this exercise and correct the players and the goalkeeper. If there are several players, he can collaborate with the assistant coach (the goalkeeper coach takes care of the goalkeeper and the defensive players, the assistant coach takes charge of the attacking team).

- simple situation: goalkeeper and players (only teammates 3 versus 0, 3 versus 1, 3 versus 2)



Example 1: Distribution according to the pressing. Several back passes.

1. Running with a ball and back pass
2. Pressing
3. One touch pass or control and pass or control, running with the ball and pass
4. Back pass
5. Collaboration and move the ball to the goals



- more complex situation: goalkeeper and players (5 versus 4, 6-5, 6-6)



Example 2: Collaboration of the goalkeeper with players.

1. Pass by coach and collaboration of the goalkeeper with players
2. Move the ball to the goals

If the opposing team regains possession, they can finish the move.



Diving for a ball on the ground

Catching the ball

Preparing to dive

- the goalkeeper does a short diagonal step with his jumping leg and he bends his legs at the same time
- the body weight shifts to the same leg as the side of diving

Drive to the side

- the goalkeeper drives slightly forward
- simultaneously moving his arms towards the ball, the goalkeeper pulls his body in that direction and can go to ground as quickly as possible

Holding onto the ball

- the goalkeeper grasps the ball with his arms outstretched, using the ground as “a third hand”
- the same hand as the side of diving is used as an opposing force to prevent the ball from passing
- the opposite hand presses the ball against the ground
- on completing the move, the goalkeeper’s body is between the goal and the ball, which provides extra assurance



If the ball is farther away from the goalkeeper, he must make a greater horizontal push towards the ball.



Attention!

The goalkeeper must:

- Dive to the ground quickly, with no interfering movements (which waste time). The arms pull the goalkeeper towards the ball.
- Dive forwards, not backwards (if the ball slips from his grasp, it will end up to the side of the goal rather than in the goal).
- Under no circumstances does the goalkeeper raise the ball from the ground after the save.

Diving for a high ball

Catching the ball

All explanations are identical as for the catching the ball at the medium height.



Movement

- the goalkeeper often has to move slightly before diving:
 - using sidesteps for balls close to him (1-2 m)
 - crossover steps for balls further away
- there is no movement for the direct diving

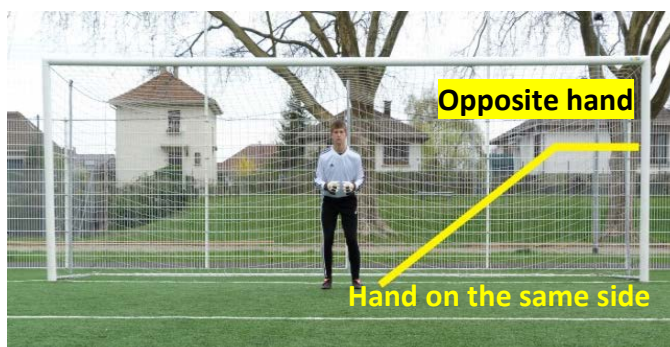


Deflecting the ball

The technical description is similar to that for catching the ball (see previous pages). The differences are in the position and role of the hands in the landing of the dive. The goalkeeper can deflect the ball:

- with both hands (open hands)
- with one hand
 - the hand on the same side as the dive (dive to the left, left hand)
 - the hand on the opposite side to the dive (dive to the left, right hand)

From experience, we know that in the part of the goal indicated in the picture, the use of the opposite hand is more effective. By using this technique, the goalkeeper can reach around 20 cm further than if he uses his hand on the same side as the dive.



Working on endurance with the team (using a ball):

- various games involving possession of the ball on a sufficiently large pitch with the participation of the goalkeepers (as outfield players). This work allows improvement of:
 - endurance (the goalkeeper is constantly involved in a natural way),
 - the technical/tactical aspect (playing the ball with feet, an alternative view of the game)
- shooting practice (if the goalkeeper is alone in the goal)

2. Fartlek

This type of exercise is categorised between continuous and interval training. It allows us to work on both endurance and maximum aerobic power. The duration of the fartlek session can vary between 10-30 minutes. This method can be practised on the pitch or during a run in the country.

Fartlek with the ball “Goalkeeper’s fartlek”

Experience shows us that goalkeepers do not like running too much. By using the fartlek principle, we can construct exercises that approximate the goalkeeper’s main activities. We can associate running with technical manoeuvres, strength building or coordination exercises. This is called the “goalkeeper’s fartlek”:

- the goalkeeper is constantly in movement for 10-30 minutes and alternates the exercises
- HR must be between 140 to 160 bpm
- the exercises correspond to the intensive phase (the goalkeeper conducts them in a dynamic way, but not at 100%)
- slow running is used for recovery

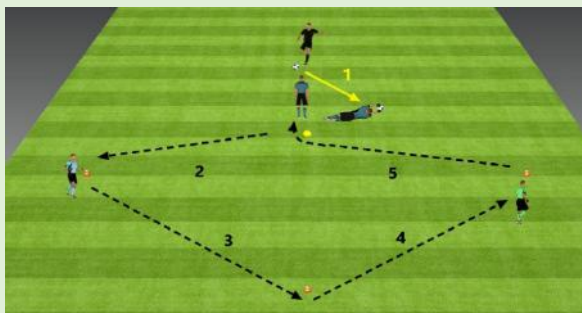
Different content can provide:

- goalkeeper’s fartlek with warm-up exercises (endurance in the warm-up)
- goalkeeper’s fartlek with technical manoeuvres (endurance for manoeuvres)
- goalkeeper’s fartlek with strength building, coordination

Example 1: of an endurance fartlek - warm-up.

- Exercises with a ball (catching, diving ...)
- Movement (run)
- Upper body warm-up
- Lower body warm-up
- Movement (run)

Duration 10 minutes (5 minutes recovery after the exercise).

**Example 2: of an endurance fartlek with strengthening and coordination:**

- on the station the goalkeeper can work some time, a number of repetitions or simply a passage
- the coach organizes the session according to the available area

- Work on station
- Movement
- Work on station

Duration 10 minutes (5 minutes recovery after the exercise).



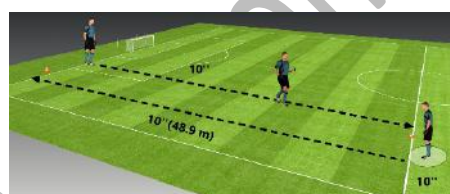
3. Intermittent exercises (intervals) - endurance development

Without a ball

- these are exercises interspersed with recovery periods
- the intervals used are 30"-30", 15"-15", 10"-10" or 5"-5" (exercises using long intervals are not useful to goalkeepers)
- recovery can be passive or active (catching, juggling...)
- intensity can vary from 105-130% of $\dot{V}O_2$ max
- it is necessary to know the $\dot{V}O_2$ max of the goalkeeper and to determine the distance that the goalkeeper should run
- duration of the exercise 4-8 minutes, 3 sets
- recovery time between 2 sets is 5 minutes

Example: if the coach wants that the goalkeeper in 10"- 10" exercise run with 110% of his $\dot{V}O_2$ max, he should cover the distance of 48.9 metres.

Temps de passages – VMA 16 km/h							
% VMA	10"	12"	14"	15"	16"	18"	20"
100	44,4	53,3	62,2	66,7	71,1	80	88,9
110	48,9	58,7	68,4	73,3	78,2	88	97,8
120	53,3	64	74,7	80	85,3	96	106,7



(Extract from table, Cazorla - Léger, 1993)

With a ball

- the exercises described above can be carried out with a ball
- these intervals (15"-15", 10"-10" or 5"-5") correspond to the efforts of the goalkeeper during the small sided games with the team (development of the specific endurance of the goalkeeper)
- in the work interval, coordination elements or jumps can be added, finishing with a dive
- the exercise can be done outside of the goal or in the goal (orientation for the goalkeeper)
- the goalkeeper must complete the distance in the specified time at the appropriate speed (no sprinting)
- duration (according to the performance level)
 - 6 to 8 minutes for the exercise 15"-15", 2-4 sets with 5 minutes recovery
 - 4 to 6 minutes for the exercise 10"-10", 2-4 sets with 5 minutes recovery
 - 3 to 4 minutes for the exercise 5"-5", 2-4 sets with 3-5 minutes recovery

Example: of the interval exercise 15"-15".

- Catch the ball
- Movement
- Jumps

- Dive for a ball on the ground

- Movement (backwards)

Duration of effort 15". Recovery 15". Duration of the exercise **6 minutes** (+ 5 minutes recovery after the exercise).



The example of analysis - the goalkeeper's offensive actions (back passes)

Each pass was materialized by indicating the start of the ball, the place where it was intercepted, how it was played (1 touch pass, control and pass, control, running with the ball and pass) and where it was played.

1. Back passes

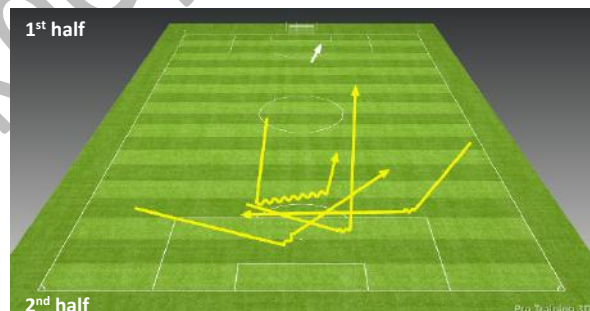
The players played 20 "back" passes with Tim Howard. As we can see in the table, he played 16 short passes and 2 long passes. 17 were made after a control (without or with running with the ball) and only 1 was with 1 touch. These observations are linked to the tactical choice of the coach, the availability of the players and also depends on the progress of the match (score). 2 passes to the goalkeeper were recovered with the hands (passes with the head). It depends on the coach if he will observe short, medium-long and long passes.

Back passes	1 st half		2 nd half		Extra time 1 st half		Extra time 2 nd half		TOTAL		TOTAL
	Short	Long	Short	Long	Short	Long	Short	Long	Short	Long	
Control et pass	6		6	1			3	1	15	2	17
1 touch pass	1								1		1
Hands			1		1				2		2
Tim Howard - back passes											20

In black - 1 touch passes, in yellow - pass after several touches, in white - back pass with the head (catching the ball)



Observation during the regular time



Observation during the extra time

2. Back pass - departure and arrival of the ball (example 2nd half)

Depending on the objectives, the coach can analyse several factors related to the pass to the goalkeeper:

- collaboration with the teammate
- passing solutions proposed by the teammates (same side, middle, opposite side)
- from where the ball is coming and where the goalkeeper is passing it on
- the context in which the pass was given
- how the goalkeeper is asking for the ball

If the passes to the goalkeeper are always followed by a long distribution, the explanations may be as follows:

- choice of the head coach
- no pass offered by the players (their turn their back to the goalkeeper)
- problem of the goalkeeper (lack of confidence to play short, lack of technique ...)

If the ball never comes back to the player who sent the pass, it means that he does not propose solutions.



Chapter 10: Match observation

It depends on the coach, if for the observation he divides the ground into 2 parts, left and right, or in 3 parts, left, axis and right. This allows a more precise analysis.



In analysing the half-time played by Tim Howard, we can see that there were enough pass solutions given by the players.

3. Quality of the passes and accuracy (example 2nd half)

In green are the successful passes. In red the pass considered negative by the observer. As you can see from the pictures below, the choice of the goalkeeper for his distribution was not good. Even if the ball fell in the area where the numerical superiority was (B), the ball was lost. There was another solution to play (A: short pass or medium-long pass).

