



CAPITAL HOCKEY

GOAL KEEPER RESOURCE



Capital Vision:

New Zealand's leading hockey brand demonstrating sustained success on the national and international stage underpinned by a connected and fully aligned Capital community.

Capital Hockey: Coaching Philosophy

- Growing people to reach their potential
- Hockey is simply the vehicle
- Positive and meaningful relationships are at the core of what we believe
- Cultivating authentic experiences drive our culture and makes us different
- Elevating those around us



Capital Hockey: Wants to see:

- People Centred Coaches – value the person holding the stick not the hockey playing ability of the person
- Participation is key – keep it **fun** and engaging with **equal game time, rotation of player positions and team roles**
- Happy, positive teams, focussed on person and athlete development, skill mastery & team bonding/culture
- Role modelling of **positive behaviours** – towards coaches, players, peers, umpires, officials, parents, administrators etc
- Praise **attitude, effort & improvement.**

Purpose:

The purpose of this document is to provide some assistance for coaches and goalkeepers to understand basic concepts around goalkeeping. This document will focus on the following themes:

- Stance, position & movement
- Pad saves & Kicking
- Glovework & Aerial Saves



Goalkeeper Principles

Successful Goalkeepers

What makes a successful goalkeeper? The obvious answer is, “they save goals” but successful goalkeepers need to remove the conditions a striker needs to score. A striker requires time to make the shot, space for the ball and to swing/push the ball, position in the circle for a clear shot and the skill to deliver the ball into the goal. The successful goalkeeper removes one or more of these conditions to stop the striker being successful and reduces the risk by taking the ball out of play or recycle it to their team.

Striker: time + space + position + skill = goal

Goalkeeper: speed + presence + position + skill = neutralise the attack

Goalkeepers need to use their judgement (decision-making), skills, equipment and courage to remove one or more of these critical conditions. Most successful goalkeepers (with a basic level of skill) are those with acute decision-making skills. Goalkeepers need to be able to constantly assess the attacking team’s tactics, striker’s abilities, player position, ball track and make judgements on what skills to use to neutralise the attack on goal. Most of these decisions need to be made in a split second. Coaching is required to teach and hone this decision-making and is as important as the technical skills and the drills.

In the early stages of goalkeeper development (especially), trainings should deliver steady and repetitive ball delivery to enable them to concentrate on technique and execution.



Goalkeeper Training Tips

- Allow goalkeepers to warm-up properly and offer one or two field players to (gently/moderately) hit balls to the goalkeeper as part of their warm-up routine. Encourage goalkeepers to be at training or games 15-20 minutes before other players so they are warmed-up and in their gear ready for their 'on ball' warm-up.
- Encourage routine in warm-ups and within the circle i.e. returning to the right position, in the *Ready Stance* with their hands up, ready for the next ball.
- In goalkeeper specific drills, remind field players the drills are to help the goalkeeper and steady, repetitive ball delivery is more important than the striker beating the goalkeeper.
- Stand behind the goals during some of the drills to see the goalkeeper's perspective and position/angle to the striker and provide feedback.
- If the goalkeeper is having issues with not being in the right position or the right angle, video the drills for the goalkeeper so they see the error. Alternatively, stop the drill and put a field player in the position the goalkeeper was in and ask the goalkeeper to stand where the striker was so they can see the open goal or incorrect position/angle.
- Don't use the goalkeeper as a target or a training aid for your strikers, particularly when they are not sufficiently warmed-up. This is how goalkeepers get hurt and/or stop wanting to play the position.
- It is hot in that gear! Offer goalkeepers a break behind the goals during drills or rotate with other goalkeepers. Encourage goalkeepers to have a water bottle behind the goals at training to rehydrate.
- Encourage your goalkeepers to watch You Tube clips of EHL, Hockey New Zealand, Hockey Australia, etc. to see other goalkeepers in action.
- **Encouragement** - Striker has 10 shots at goal and scores one = hero, Goalkeeper saves 10 shots at goal and lets one in = zero. It is very important to make sure you and the team congratulate goalkeepers for the good saves and not blame for the goals not saved and reward good play.
- Don't forget about the goalkeepers in your team environment. Make sure they are included in all team talks in an engaging and challenging way. Ask for their feedback to field players in drills as often they will know when the field players are doing something well, or not so well. One-on-one discussions between coach and goalkeepers is an important part of their development, as with field players. Understand your goalkeepers goals.

Stance, Position & Movement

Ready Stance

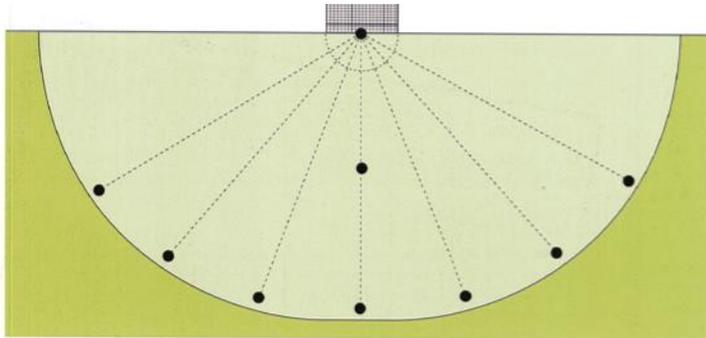
The aim of this stance is to ensure the goalkeeper has the right balance and body position to efficiently move to execute a save in as little time as possible.

As the above picture illustrates, the ready position is similar between all levels of goalkeeping. It is important from a coaching perspective that all goalkeepers are encouraged (nagged) to return to the *Ready Stance* once the play comes close to the circle (i.e. below the 23-metre line) and after each save or movement. In rapid save situations or in training with multiple players hitting at the goalkeeper, coaches should make sure the goalkeeper is returning to the *Ready Stance*.



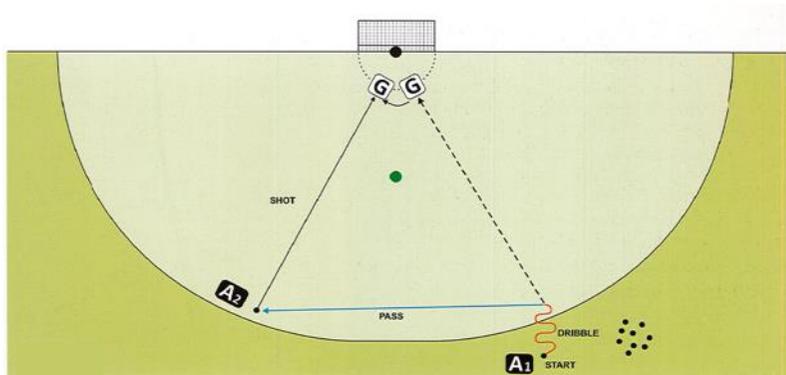
Position

To be effective as a goalkeeper, as much of the 'face of the goal' must be obscured from the striker as possible. Basic and Intermediate level goalkeepers should be between 2 and 3 paces from the goal-line and operate in an arc of that distance starting at each post and across the face of goal face (shown right). As the goalkeeper moves around this arc, the next important skill is being in the right position (or angle) to the striker (ball) to ensure the least amount of open goal is exposed to the striker. It is helpful to imagine a piece of string going from the centre of the goal to the striker through the middle (belly button) of the goalkeeper. Repetitive drills and practice are helpful in allowing goalkeepers to learn to be in the right position and understand spatially where they are placed without turning around to see it.

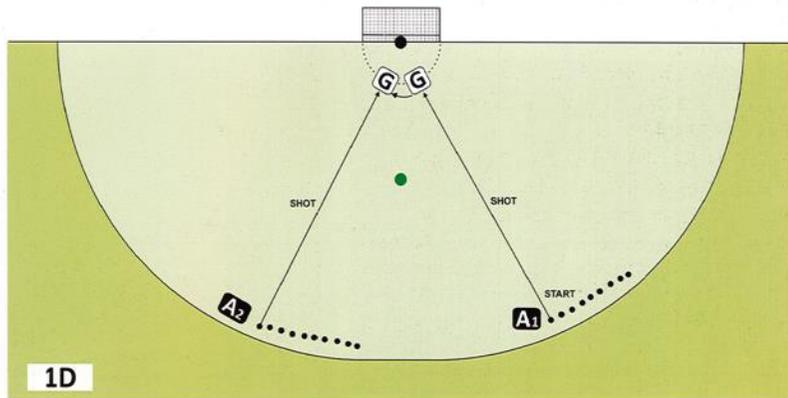


Teaching Positioning using string concept.

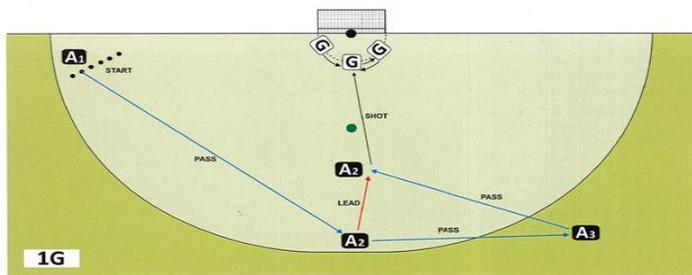
Drill 1 – is a simple drill aimed at the basic level goalkeepers to teach them to move around the arc (heels to the arc) maintaining the spacing from the goal-line (2-3 paces) – A₁ starts with the balls and either hits directly to the goalkeeper or passes to A₂ for a hit from that position. Coaches should ensure the Goalkeeper is in the right position/angle.



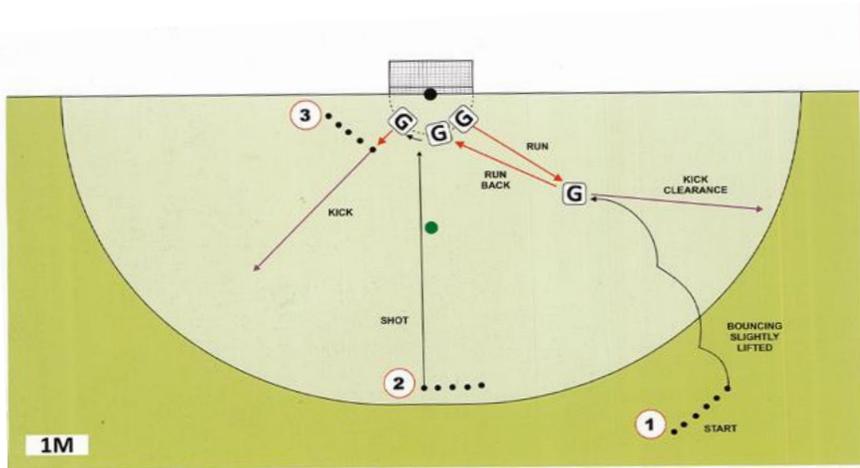
Drill 2 – is very similar, however A_1 and A_2 are both hitting alternatively from where the ball is positioned. The goalkeeper will need to make subtle adjustments when moving to each side of the arc. A variation is to ‘rapid fire’ the balls to increase the speed.



Drill 3 – here the drill is reinforcing the goalkeepers coverage of each striker. A_1 , A_2 or A_3 can hit/push the ball to the goalkeeper, so the goalkeeper must cover the angles. They start covering A_1 then move around the arc as needed.



Drill 4 - a combination drill reinforcing the need to reset back to the arc with a backwards shuffle run and move around the arc to meet the shots on goal.

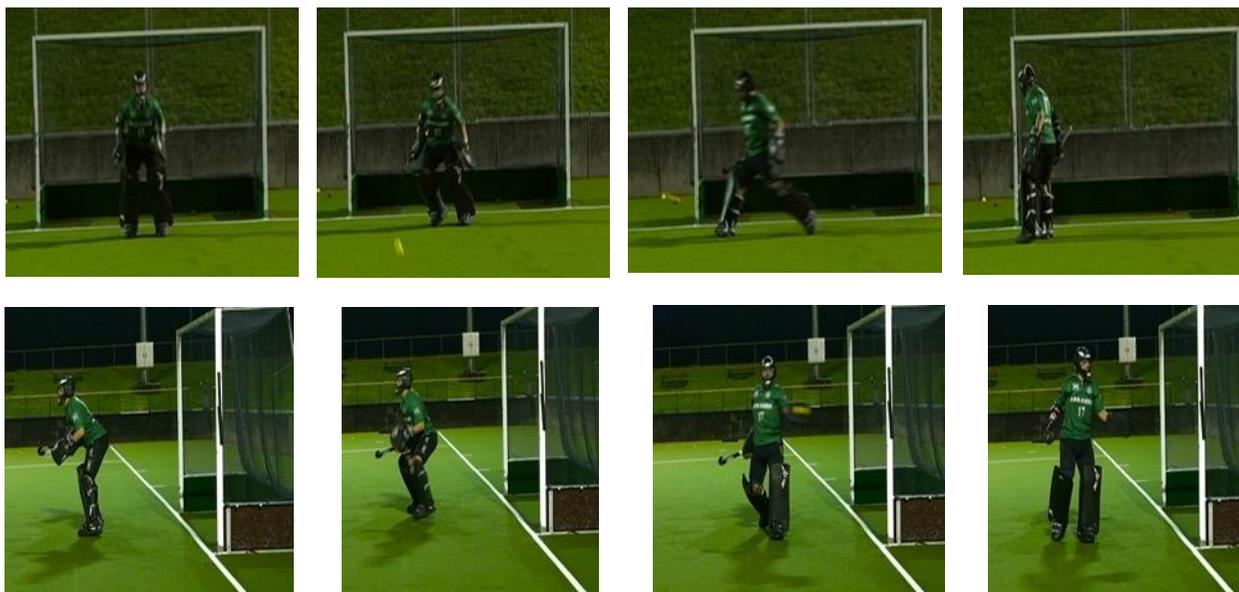


Movement

Goalkeepers movements need to be efficient because they need to execute the save in a way that sets themselves up for the next save or skill execution i.e. clearing kick. There is little value in a goalkeeper throwing themselves into a spectacular save only to be left off balance, in the wrong position or on the ground. At the Basic and Intermediate level, all goalkeepers should be taught the *Hip First Shoulder Follows* method of movement. Whether executing a save with the pads or the gloves, the body movement remains the same – the hips move first in the direction of the save, the leg moves at the same time the upper body rotates the shoulder in the direction of the ball. The opposite leg follows and the head is maintained over or level with the ball.

This is best illustrated in this Hockey Australia You Tube video entitled *Technical Development for Goalkeepers* at

http://www.youtube.com/watch?v=fp_qlhIDMOQ and in the pictures below.



If the goalkeeper does not bring the opposite foot through to a *Ready Stance* at the end of the movement, the goalkeeper 'starfishes' with their weight off balance and not ready for the next movement or save. In the *Hip First Shoulder Follows* movement, the balance is maintained as long as there is a fluid



execution of the movement and the head stays over the heel of kicker/ball or in the case of a glove save, over the kicker moving through the ball. If executed correctly, the goalkeeper should move easily into the *Ready Stance* in the right position, facing the right way and prepared for the next action or save.

Coaching Tip

These basic skills become engrained into goalkeepers after many hours of repetition. coaches should remind and reinforce these basics in all drills and trainings, especially returning to the *Ready Stance*. The *Hip First Shoulder Follows* movement and the *Ready Stance* can both be practiced at home in front of a mirror.

Pad Saves & Kicking

At the beginner level, goalkeepers should be able to stop a straight hit with two pads side-by-side and be able to reach and deflect single pad/kicker saves to their immediate left and right most of the time. They will be aware of the 'Hip First Shoulder Follows' movement principle and in 50% of cases demonstrate this in pad saves, recovering to the *Ready Stance*. They should be able to confidently kick the ball using their preferred leg with both toe and instep jab kicks.

The successful implementation of pad saves and kick clearances come from the implementation of the *Hips First Shoulder Follows* movement technique already explained. This technique allows the goalkeeper to move correctly through the save and set themselves up for the next action i.e. clearance or next save.

'Ball following' is the other technique critical to the successful execution of pad saves. As previously discussed, in the warm-up, goalkeepers need to train their eyes to track the ball from strike through to contact with the pads or kicker. Tracking allows the brain to map and predict the trajectory of the ball for intercept. It is advisable in the warm-ups and early part of the game or training goalkeepers are encouraged to over exaggerate watching the ball until the brain starts to automatically follow the ball.

The head position is important in ensuring the weight and balance is transferred through the movement and through the kicker/pad making the save. Bringing the back leg through the movement ensures the weight is also transferred correctly into the *Ready Stance*.

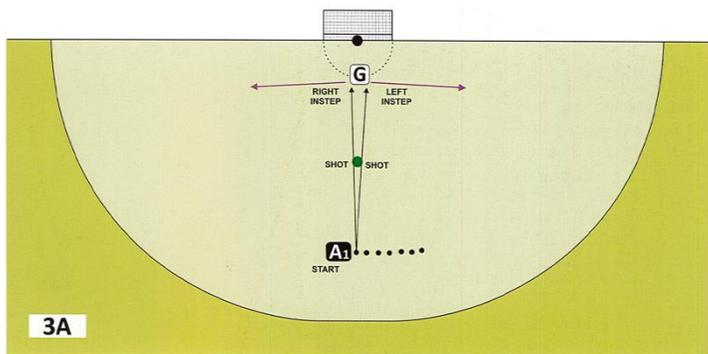
The location of the head plays an important part in kicking. If the head is not over the ball sufficiently, when the goalkeeper kicks the ball, the ball will lift, sometimes dangerously, and fail to gain enough speed and accuracy to remove the ball from play. When kicking, following through the ball allows the goalkeeper to transfer their weight through the ball giving the ball speed and keeping their balance.

In kicking the ball, ideally the non-kicking foot is placed with the heel in line with the ball and the head over the ball. This ensures the ball travels along the ground. If the ball is lifted, it is because the goalkeeper's weight is too far back, the non-kicking foot is too far back and/or the head is behind the ball.

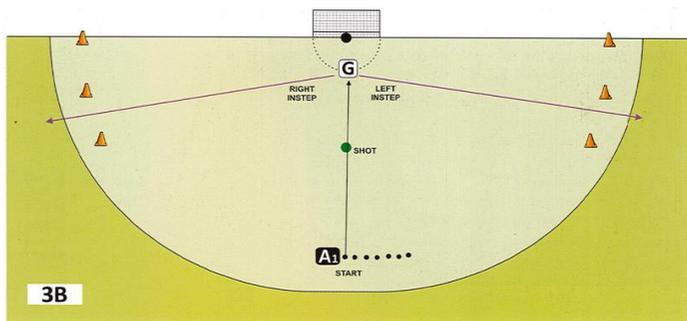
Pad Save Drills

In the drills for the Basic level goalkeepers, stopping the ball before clearing the ball is the priority. Once they can confidently stop the ball the two skills can be combined.

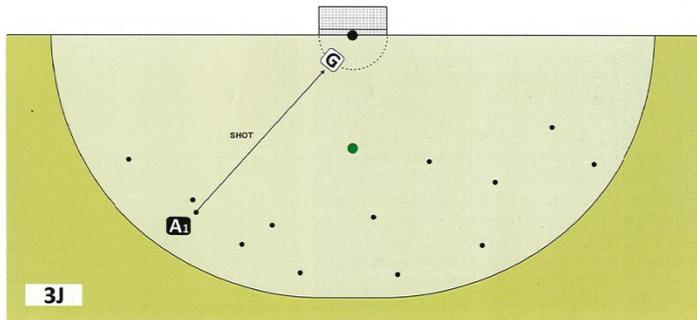
A simple drill to get the goalkeeper to alternate between feet and direct the instep kick at 90° to the shot. The speed of the shot can be altered to suit the level of goalkeeper.



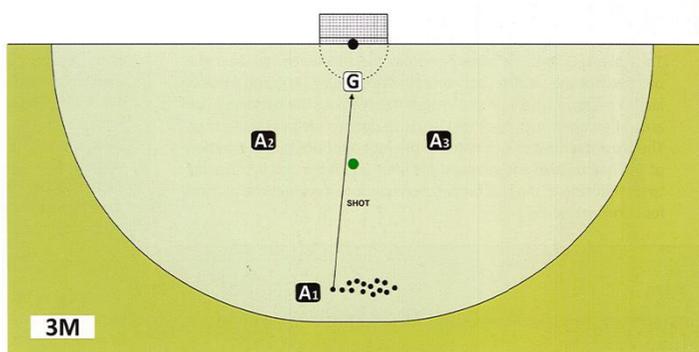
Similar to the drill above but the kick clearance needs to be forceful enough to kick through the different cones at the edge of the circle. The goalkeeper should kick to the gap as nominated by A₁ (Coach) i.e. 'Baseline Left' or 'Sideline Right'. Ball speed and stopping the ball is critical here.



This drill helps both with the stop & clear but also the goalkeeper's position. In this drill the balls are randomly spread around the circle and A₁ (Coach) moves and hits/pushes the balls as they move around the circle. The goalkeeper should stop & clear (or do so in one movement) to the sideline or baseline and return to the *Ready Stance*. For more experienced goalkeepers, 'rapid fire' each ball as quickly as possible.

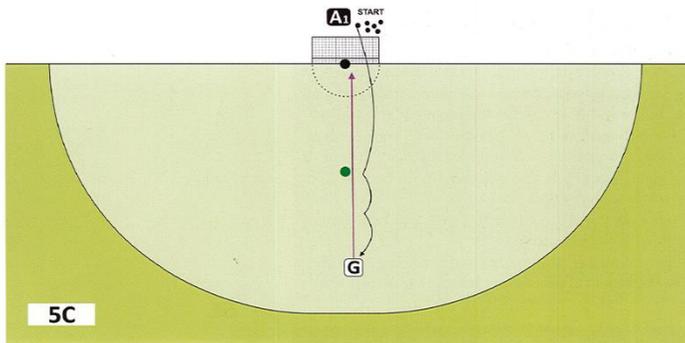


A straight shot by A₁ to the goalkeeper with A₁, A₂ & A₃ rebounding. This teaches the goalkeeper to control the ball and accurately clear the ball away from the two waiting strikers. With Basic level goalkeepers, A₂ & A₃ should wait until the stop and clear is attempted before trying to rebound the ball or if it bounces off the pads. If save causes the ball to rebound too far from the goalkeeper making it easy for A₂ & A₃ to gain possession of the ball, the goalkeeper needs to bend their knees further to limit the rebound. Intermediate and Elite level goalkeepers should be able to make a fluid stop & clear movement into the gaps.

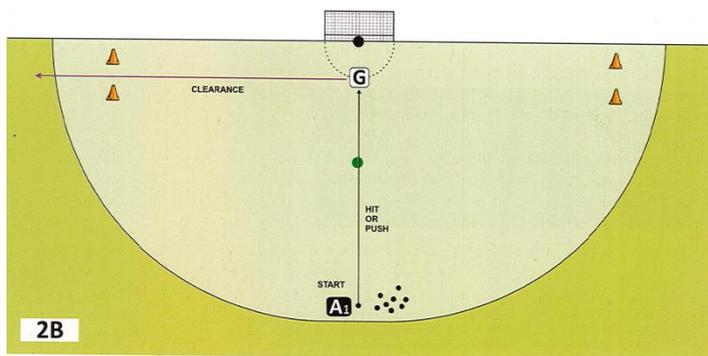


Kicking & Clearance Drills

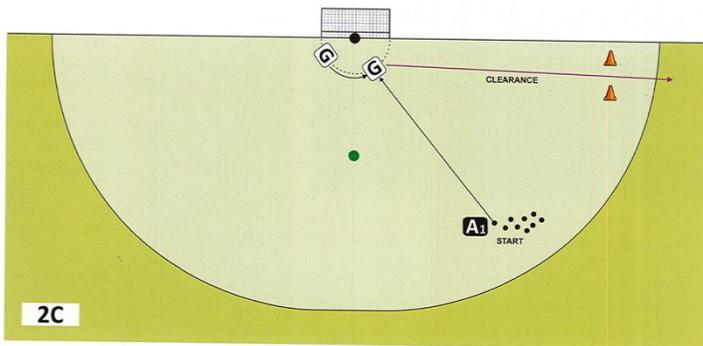
This is a simple drill that helps the goalkeeper deal with the difficult, slower bouncing ball, which are often hard to stop. The goalkeeper is encouraged to stop the ball first and then clear the ball with an instep jab left or right. The ball should be controlled first. Bending the knees will help with control.



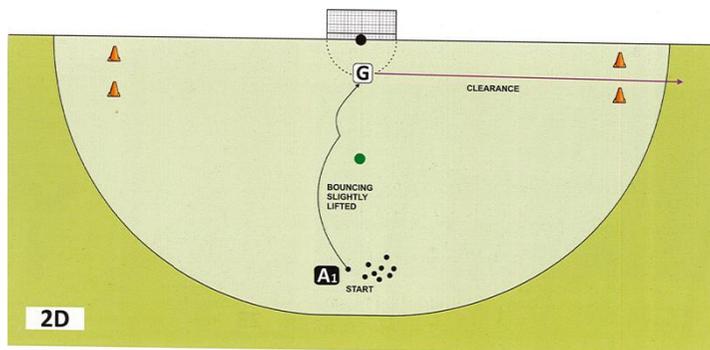
In this drill the goalkeeper should quickly rotate their body towards the cones before the kick ensuring high ball speed. This drill reinforces accuracy of the kick and high ball speed with either an instep or toe kick. At Intermediate and Elite levels, goalkeepers can slow and control the ball down to their left or right before kicking to the cones.



This drill simulates a game situation in stopping and clearing a direct shot and managing the goalkeepers position relative to the shot. Here Basic level goalkeepers should stop first then clear and then when confident, try and combine the skills into one movement.



This drill combines the kick and clear of the ball accurately through the cones on either side of the circle. The key with this drill is for the goalkeeper to control the ball first before attempting to clear the ball.



Remember – these drills are for the goalkeeper. The Coach must be mindful that steady repetition is key to practicing the skills and techniques. Attackers trying to beat the goalkeeper or get ‘too clever’ is not helping the goalkeeper.



Glovework & Aerial Saves

For a goalkeeper to be good at saving in the air, they need to concentrate on ball watching, tracking the ball through the air, using the same '*Hip First Shoulder Follows*' body movement as they would with a pad save (Hips, Knees Shoulders and Follow-through) to save and deflect the shot in one movement. Ideally, the save will either deflect the ball over the baseline or put the ball at their feet for a kick clearance to the sidelines or a defensive player. At the basic level, the ball needs to be stopped in the air and allowed to fall at the feet of the goalkeeper or pushed/hit away from the goal face to the sideline/baseline.

At the basic level, goalkeepers should be able to connect with and save the ball with their left hand and right protector and/or stick. Stick saves at this level are difficult.

Coaching tips

At the basic level, goalkeepers should have the sensation of 'catching the ball' and aim to contact the ball cleanly. At first the ball will feel heavy and younger players should be warned of the impact on their wrists. It is good practice at all levels for goalkeepers to warm-up by throwing and catching between the coach/another player 2-3 metres apart, concentrating on catching and throwing with each hand. At a higher level, coaches should aim to deliver consistent balls at a given height whether by throwing the ball or using a ball machine. Hitting or flicking the ball can be too inconsistent and inaccurate for the goalkeepers to develop their technique. Remember it is repetition that builds the skills.