



**Field Hockey Canada Resource:
Principles of Goalkeeping**

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INTRODUCTION

The field hockey goalkeeper position, like other sports is unique and requires specific skillsets. The goalkeeper is arguably the most important player on the field and can support the play in various situations. Obviously, a goalie's number one priority is to prevent the opposition from scoring. However, they can learn to be the eyes for their defenders, one who can quarterback both the defense and offense.

For many coaches, coaching goalies can seem like an after-thought especially when there are 20-30 field players and most often 1-2 goalies at practices and/or games. All too often, coaches may lack experience in playing or coaching the goalkeeping position and therefore do not know how to incorporate goalkeepers into sections of their practice plan (ie. skills development). This is a reality for most, especially at the introduction and recreational levels of the sport.

This manual is designed to help field hockey coaches coach their goalkeepers and, at the very least, help get them familiarized with the positions. It outlines and demonstrates basic goalkeeping principles, techniques and tactics.



SPECIFIC RULES FOR GOALKEEPERS

The complete FIH Rules of Hockey can be found at the following link
<https://fih.ch/inside-fih/our-official-documents/rules-of-hockey/>

Definition of a Goalkeeper: One of the participants of each team on the field who wears full protective equipment comprising at least headgear, leg guards and kickers and who is also permitted to wear goalkeeping hand protectors and other protective equipment.

Field of Play:

1.3 The goal-lines are the parts of the backlines between the goal-posts.

1.10 Goals are positioned outside the field of play at the centre of and touching each back-line. No equipment or items, 13 such as helmets, face masks, hand protectors, towels, water bottles etc. may be placed inside the goals.

Composition of Teams:

2.2 Each team has either a goalkeeper on the field or plays only with field players. Mandatory Experiment from 1 January 2019: the team no longer has the option to play with a player with goalkeeping privileges.

Each team may play with: – a goalkeeper wearing a different colour shirt and protective equipment comprising at least headgear, leg guards and kickers; this player is referred to in these Rules as a goalkeeper;

or –

Only field players; no player has goalkeeping privileges or wears a different colour shirt; no player may wear protective headgear except a face mask when defending a penalty corner or a penalty stroke; all team players wear the same colour shirt. Any change between these options, must take place as a substitution.

Players Clothing and Equipment:

4.1 Goalkeepers must wear a coloured shirt or garment which is different in colour from that of both teams. Goalkeepers must wear this shirt or garment over any upper body protection. Elbow protection does not need to be covered by the shirt or garment.

4.4 Goalkeepers must wear protective equipment comprising at least headgear, leg guards and kickers except that the headgear and any hand protectors may be removed when taking a penalty stroke. The following are permitted for use only by goalkeepers: body, upper arm, elbow, forearm, hand, thigh and knee protectors, leg guards and kickers.

4.5 Clothing or protective equipment which significantly increases the natural size of a goalkeeper's body or area of protection is not permitted.

4.6 The stick has a traditional shape with a handle and a curved head which is flat on its left side: a the stick must be smooth and must not have any rough or sharp parts b inclusive of any additional coverings used, the stick must be able to pass through a ring with an interior diameter of 51 mm c any curvature along the length of the stick (the rake or bow) must have a continuous smooth profile along the whole



length, must occur along the face side or the back of the stick but not both and is limited to a depth of 25 mm and the stick must conform with the specification agreed by the FIH Rules Committee.

Conduct of play: goalkeepers:

10.1 A goalkeeper must not take part in the match outside the 23 metres area they are defending, except when taking a penalty stroke. Protective headgear must be worn by a goalkeeper at all times, except when taking a penalty stroke.

10.2 When the ball is inside the circle they are defending and they have their stick in their hand: a Goalkeepers are permitted to use their stick, feet, kickers, legs or leg guards or any other part of their body to deflect the ball over the back-line or to play the ball in any other direction. Goalkeepers are not permitted to conduct themselves in a manner which is dangerous to other players by taking advantage of the protective equipment they wear.

10.3 Goalkeepers must not lie on the ball.

10.4 When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick.

Penalty Corners:

A Penalty Corner is awarded when the ball becomes lodged in a player's clothing or equipment while in the circle they are defending. Or, for intentionally playing the ball over the back-line by a defender however, Goalkeepers are permitted to deflect the ball with their stick, protective equipment or any part of their body in any direction including over the back-line.

Not more than five defenders, including the goalkeeper, must be positioned behind the back-line with their sticks, hands and feet not touching the ground inside the field



LTAD AND GOALKEEPING

Stage 1: Active Start (0-6 yrs)

No goalkeepers at this age. All players should learn basic movement skills as well as basic ball handling techniques. The objective of this stage is to develop a diversity of physical skills including but not limited to basic footwork drills, shuffling, skipping, throwing, catching, kicking and jumping.

Stage 2: FunStix (6-10 yrs)

Clubs and Organizations with teams in this age group should ensure availability of correct equipment and safety gear for goalkeepers. Coaches should encourage a rotation of goalkeepers, if possible. It is vital that goalkeepers in this age group continue to develop basic movement skills, footwork skills, burpees, coordination skills, throwing, catching and kicking. Introduce ready position/stance, angles, low-block, and kicking technique.

If more than one player expresses interest in playing as goalie, make sure all players have the opportunity to play and when not in goal, they can develop ball handling skills and other field hockey techniques. The development of physical skills is still the focus.

Stage 3: Learning to Train (Male 9-12 yrs, Females 8-11 yrs)

If possible, continue to encourage a rotation among the goalkeepers on the team. Resist in only allowing one goalkeeper to play. Goalkeepers should continue to focus on and develop physical skills such as agility, flexibility, footwork, coordination skills and balance. Introduce low clears, sliding and diving techniques. To the latter part of this stage, goalies should be introduced to penalty corners and other tactical situations, learning to communicate “keeper’s ball” to other players on the field.

Stage 4: Training to Train (Male 12-16 yrs, Females 11-15 yrs)

Goalkeepers consolidate the skills learned in the previous stage such as precision of low clears, sliding and diving with purpose and recovery phases of such techniques. In the later phase of this stage, goalkeepers begin position specialization. Medium, high blocking skills and clears are introduced during this phase. As with all players, goalkeepers have an active role in both defensive and offensive situations especially during set plays when they have to support the organization of team’s defensive and offensive structures. This will promote understanding, leadership, accountability and team cohesion.

Goalies should work with coaches to set goals prior to training and matches and reflect on whether they were successful in achieving their goals. Goalies need to make note of different adjustments made so they can become their own coach during training and/or in games.

Stage 5: Train to Compete (16-19 yrs)

Most goalkeepers are now in their specific positions. They are working at refining and perfecting their technique. Newer techniques are modified versions of other skills learned, such as diving, clearing and sliding. The coach works with the goalkeepers to tweak an element of a save or a specific phase of a skill. There is greater emphasis communication, tactical positioning, directing of players in specific situations. As well, mental focus and concentration during a match should be trained. Goalkeepers are perfecting their pre-game, in-game, and post-game routines.



Stage 6: Train to Win (19+ yrs)

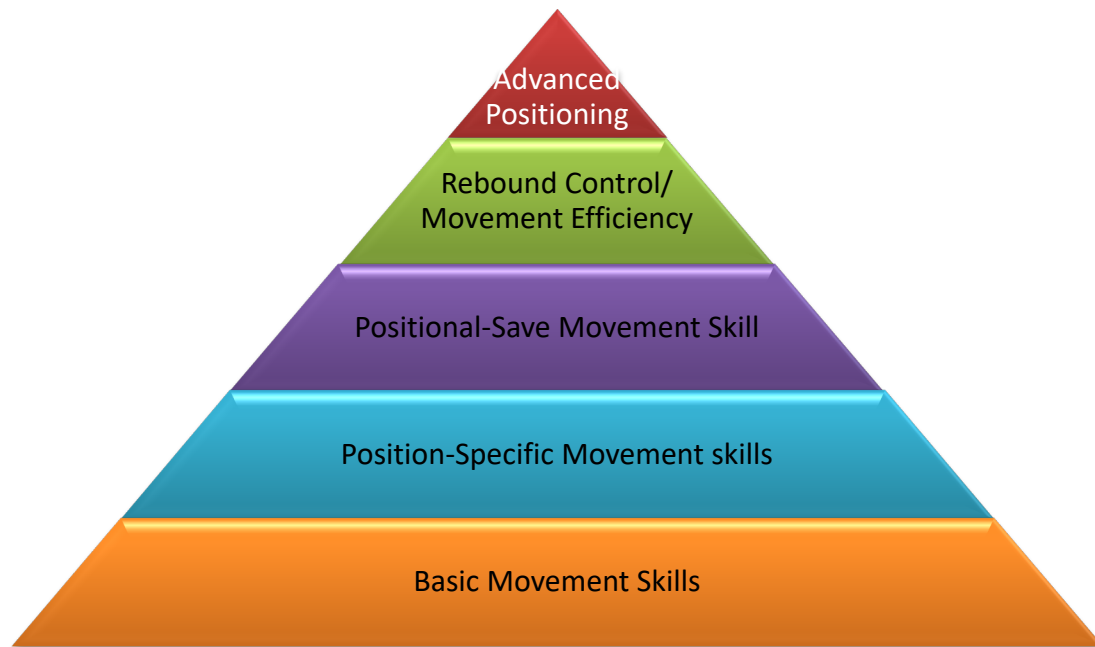
Goalkeepers are specialists. Most skills are being refined or mastered/perfected at this level. This is where the development of the tactical goalkeeper and the mental side of goalkeeping takes precedence. The on and off-field interaction with field players is critical to the success of the team. High leveled competition is important to the development during this stage.



GOALKEEPING PRINCIPLES

1. Athlete first, goalie second!

Aligned with the LTAD principals, young aspiring goalkeepers must have a strong athletic foundation to allow them to grow into the technical and tactical demands of the position. Athleticism is the basis to success at the elite levels of any sport especially in field hockey. Having a diverse arsenal of strength, speed, agility, balance and coordination will also limit injuries and allow young goalkeepers to play the sport and position that they love.



2. Set position

The set position is integral in preparing the body for receive a shot. If the body is kept in motion, it is near impossible to move in direction of a shot unless the momentum is in the same direction or if the ball hits the goalkeeper's body. It is important to teach goalkeepers to get their body, hands and feet set (balanced) for when a shot is being taken.

3. Stay on your feet!

Goalkeepers like any player on the field must try to remain mobile and compete for the ball. Remaining on their feet as long as possible allows goalies to do just. The other option is that when goalies do go down to contest for the ball, they must win the ball.



4. Progression from blocking to redirecting/clearing

As young goalkeepers hone and develop their skills, they will progress from blocking the ball to redirecting shots to safe areas away from opposition's attackers. Since goalies are not able to hold onto or smother the ball, they must rely on deflecting balls away from the opposition.

5. Reading the game

Learning to read the tendencies of attackers, (ie. how they carry the ball, shooting position) and coordinating play with defenders are proof of growing netminders as they learn to use cues to grow their game. Goalkeepers can then be proactive in their approach.

6. Reaction vs Anticipation

As young goalkeepers, learn to read game situations, they will develop skills in anticipation and rely less on reaction to make saves. Reading and anticipating plays enables goalies to move more efficiently by putting themselves in the correct position. However, at the top of their game, goalkeepers will require both skills and use them in appropriate situations to keep the ball out of the net.

7. Positive head position – Tracking the ball

Tracking the ball is essential to the goalkeeping position. Leading with the head / eyes helps goalkeepers to make economical movements where goalies know exactly where they have to get to, which angles to establish as well as when to challenge a player in a one on one situation.

8. Keeping to one-side

When a goalkeeper has made the decision to challenge a player on a one on one situation, his/her position relative to the ball and goal will dictate where the ball carrier will go. This directional influence needs to continue in the same direction and the goalkeeper should not allow the player to change direction in other words the goalie dictates the play.

9. Communication (propel offense)

Goalkeepers need to communicate in defensive situations. Conversely, they should, like every player on the team learn team systems to support defenders in offensive situations as well.

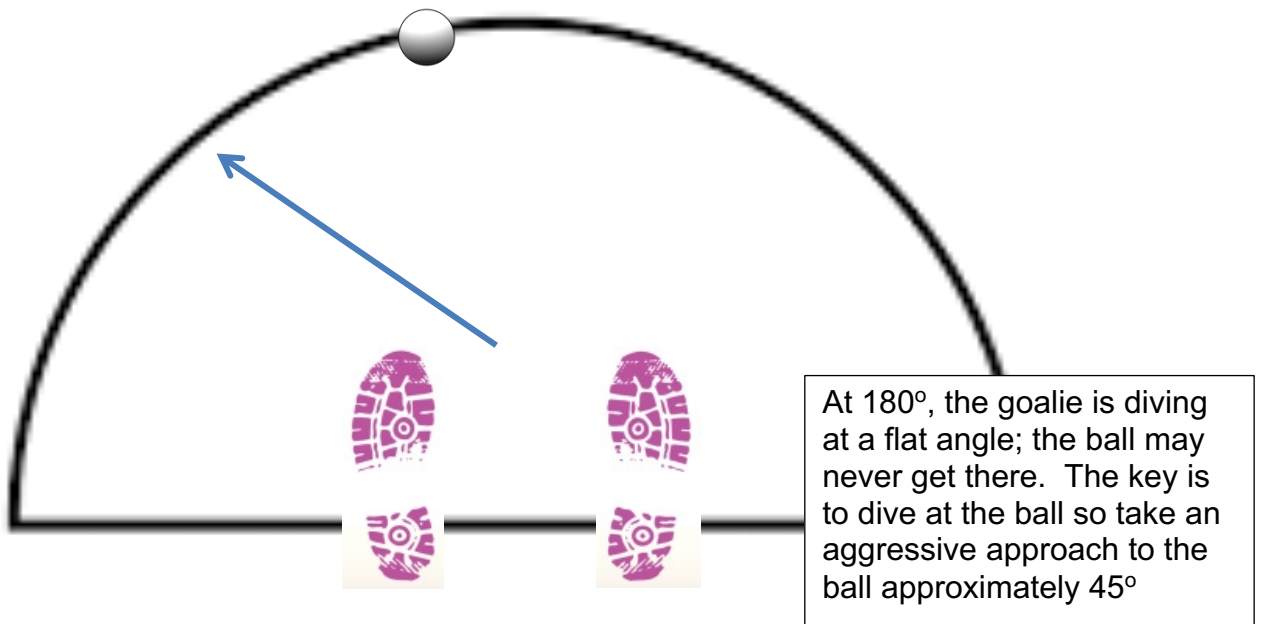
10. Three Parts to making a save

Making a save is a three part process. The preparation phase is essential to actually making a save. Most of the work is done preceding the actual save, preparing the body and getting in position to making the save. While making a save / contact with the ball, redirecting the ball is important to limiting opposition's second chances. The recovery is important in being balanced and set for rebound opportunities.



11. Time and Space

Time and space is a recurring theme in all sports. How do goalkeepers apply this concept? Goalies are constantly approaching the ball at angles (45°) cutting off their opponents time and space – which is the key to winning the ball. Dive to cut off the attacker and win the ball. (**Avoid diving flat in the same plane as the goalie)



12. 4D goalkeepers

- i. **Athleticism**
- ii. **Ability to make saves**
- iii. **In-game management – ability to read plays**
- iv. **Mental strength / durability**

4D goalkeepers are durable and have diverse skillsets. One that gets overlooked is the ability to recover mentally after a goal and/or after a game. Goalkeepers require a unique ability to stay in the game mentally and be able to endure the entire game. The ability to refocus after a goal and following game is important in the resilience of a netminder.



GOALKEEPING EQUIPMENT



Aside from the aesthetics and the bulkiness of goalie equipment, the underlying message of goalie equipment is to ensure a goalie's safety, performance, confidence, and overall enjoyment of the game. Goalkeepers require:

Proper fit of equipment allows goalkeepers to move well and efficiently in the circle.




Maintenance of equipment is essential for the safety of the goalkeeper and the players around them. Over time, the integrity of the equipment will deteriorate due to regular wear and tear.

Sometimes goalkeepers need to do on the spot repairs so it is important to keep some extra equipment in your gear bag: • Tape • Spare straps • Screwdriver (for helmet repairs) • Spare goalkeeper shirt which is a different colour • Change of clothes

FROM HEAD TO TOE

<p>Goalie Mask (Shell and cage as one piece) Fit: Check with different manufacturers for proper fitting of their products. Improper fit can lead to head and neck injuries. Helmets and masks should not be altered for fit.</p> <p>Maintenance: As helmets get worn and used over a time, they may get scratched and chipped and/or the cage may get dented. Also the inner lining of the helmet may diminish over time where its flexibility (cushion response) may deteriorate. If the construction and/or the structure is compromised, the helmet needs to be replaced.</p>	
<p>Goalie Helmet (Shell and strapped cage) Fit: Check with different manufacturers for proper fitting of their products. Improper fit can lead to head and neck injuries. Helmets and masks should not be altered for fit.</p> <p>Maintenance: As helmets get worn and used over a time, they may get scratched and chipped and/or the cage may get dented. Also the inner lining of the helmet may diminish over time where its flexibility (cushion response) may deteriorate. If the construction and/or the structure is compromised, the helmet needs to be replaced.</p>	



<p>Throat guard (hard/soft) Fit: One size fits all</p> <p>Maintenance: (SOFT) Ensure cleanliness or risk skin irritation or infection. (HARD) If, cracked, replace guard.</p>	
<p>Chest and arm protection (One or three pieces) Fit: Fits over arms and chest to ensure full range of motion in the arms and shoulders. One piece may be bulkier but more areas are protected.</p> <p>Maintenance: Ensure cleanliness of the chest and arm pads as it makes contact with the skin. If left unclean over time, it can cause skin irritations and risk bacterial infection.</p> <p>Arm Guards should always be worn at youth and introductory levels of goalkeeping. This ensures the goalkeeper is safe and protected.</p> <p>Advanced goalkeepers (LTAD Stage 5 and beyond) may choose not to wear arm guards.</p>	
<p>Elbow Guards Fit: Ensure there is adequate protection on the inner portion of the elbow. These are specific goalkeeping elbow guards for field hockey. If using ice hockey elbow guards flip right for left side and vice versa.</p> <p>Maintenance: Elbow guards are low maintenance as it can be cleaned by placing in the washing machine.</p>	





<p>Blocking glove Fit: Children / Adult sizes</p> <p>Maintenance: Blocking gloves do not require a lot of maintenance however, best to keep them out of sun when not in use.</p>	
<p>Stick glove Fit: Children / Adult sizes</p> <p>Maintenance: Stick gloves do not require a lot of maintenance however, best to keep them out of sun when not in use.</p>	
<p>Over shorts Large shorts to fit over protective pants</p>	
<p>Protective Pants Fit: Pants that fit too large can impede movement.</p> <p>Maintenance: Pants are low maintenance as it can be cleaned by placing in the washing machine.</p>	



<p>Pelvic protector The pelvic protector specific to the goalkeeping position provides much better support and protection due to the nature of the position.</p> <p>Fit: Varies with waist size.</p> <p>Maintenance: Pelvic protectors are low maintenance as it can be cleaned by placing in the washing machine.</p>	
<p>Leg Guards Fit: Check with manufacturer's sizing charts and information.</p> <p>Maintenance: Leg guards do not require a lot of maintenance however, best to keep them out of sun when not in use.</p>	
<p>Kickers Fit: Check with manufacturer's sizing charts – varies with shoe sizes.</p> <p>Maintenance: Kickers undergo the most wear and tear. With time, the padding (cushion response) will deteriorate and this will have some effect on one's clearing attempts. In addition, the outer surface of the kickers will deface due to the impact with the ball and the turf. Due to the deterioration of kickers over time, they will need replacing as toes may get exposed.</p>	



<p>Turf Shoes Appropriate footwear that offers traction</p>	
<p>Stick Fit: There are many length of sticks to choose from - 36.5" or a 35". This is up to the goalkeeper's preference. Goalkeepers can choose from a specific goalie stick with bent shaft that has more surface area or use a regular layer's stick.</p> <p>Maintenance: Sticks are low maintenance but chipping of the stick is inevitable – ensure that any rough edges are sanded down to prevent risks of injuries to self and others.</p>	

** to prolong the life of equipment, airing out of equipment as well as washing regularly in the washing machine is recommended.



Goalkeeping Technique

Ready Position

The 'Ready Position' is the most important technique because it provides the base, the strength and power from which all other movements stem from. The "ready position" offers a balanced position where goalies can move in all directions, make a save and/or change directions. As goalkeepers progress through the developmental stages and hone their skills from blocking the ball to clearing the ball in one motion. An effective ready position allows a goalkeeper to move with ease and explosively all at the same time. It is the foundation for all the goalkeeper's movements. A goalkeeper's ready position may take some time and adjustment to find what best suits the individual. There is no perfect ready position as each goalie can adopt a slight variation. However, key elements and principles to an effective ready position include the following:



PRINCIPLES	KEY ELEMENTS	FOLLOW THROUGH
1. Balanced	Feet shoulder width apart or wider (solid base); Weight should be on the toes, evenly distributed on both feet.	Any directional movement should be performed with small steps (lateral or forward)
2. Lower Body	Knees are bent slightly so that they are forward or over the toes; ankle joint (less than 90°) Waist is slightly bent so that the head and chest are over the knees Hands and elbows are in front of the shoulders / body	A good reminder is the saying "Eyes over Knees over Toes"



3. Upper Body	<p>Arms and Hands should be forward of the shoulders and chest.</p> <p>Hands are held above waist level and be able to move either upwards or downwards quickly.</p> <p>Hand position varies – most common finger are pointed straight up or slightly pointed upwards</p> <p>The Stick can be held horizontally or vertically and be angled forward so that if the ball hits it, it won't be deflected backwards into the goal. The flat side of the stick should be opened.</p> <p>Each Goalkeepers ready position could be slightly different, but should be comfortable for them.</p>	
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Kicking

The Basic Kick: Kicking the ball is an important, active, skill. Kicking is not simply allowing the ball to hit the foot and rebound off. The goalkeeper should be able to assess the shot, speed and angle and can use kicking to control it.

Kicking is used when the ball is going wide of your feet, but not wide enough to need to stretch or lunge to get to it. The goal of this is to save and clear the ball wide in one action. It is more than simply allowing the ball to hit and rebound off the kickers.

MOVEMENT PHASE	CONCEPT	KEY ELEMENT
Preparation		<ul style="list-style-type: none"> ▪ Ready position ▪ Know your angles ▪ Tracking of the ball, eyes and head in line with the ball. ▪ Assess the direction and speed of the ball. ▪ Determine your target – where you want to send the ball. ▪ Body lean forward and move towards the ball
Action (Backswing)	<ul style="list-style-type: none"> ▪ Head over loading knee - keep the ball down ▪ Body position (accuracy of kick) 	<ul style="list-style-type: none"> ▪ Approach the ball and plant the loading leg and bend loading knee ▪ Depending on the decision of the goalkeeper to kick in whichever direction, body positioning is important either opened, closed or neutral (disguise) ▪ Head and shoulders should be over the loading leg and foot ▪ Eyes tracking the ball ▪ Loading foot should be slightly behind the ball at a 45° angle
Force Production		<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Head and shoulders over loading knee ▪ Activate loading leg ▪ Swing kicking foot/leg forward
Critical Instant		<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Extension of loading hip/knee while extending kicking leg with power ▪ Power clear – ball at toe of the kicking



		<ul style="list-style-type: none"> Pass to teammate – ball at the inside of the foot
Follow Through	<ul style="list-style-type: none"> Accuracy of kick 	<ul style="list-style-type: none"> Drive kicking knee upwards Extend kicking leg towards target Balance over loading leg



Cross-Over Kick

This technique should be used when the ball is hit directly at the goalkeepers feet to clear the ball wide. This kick allows the goalkeeper to clear the ball wide and parallel to the back line. It is important when using the crossover kick to position your feet correctly, and be aware of speed of the ball / timing of the kicking action. Missing the ball with your front foot will result in a goal if your back foot is not in the right place.



Block – Low / Lunge Save

The Skill: This technique is used when the ball is shot low and hard going wide of the keeper. The goalkeeper must move towards the ball and deflect it away from the goal. The following-through phase is crucial in decreasing the number of rebound opportunities for the opposition.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> Balanced and set 	<ul style="list-style-type: none"> Ready position; lead with forward head position (over the toes) Tracking of the ball Reading cues of the ball carrier/shooter Identify the shot direction
Action (Backswing movements)	<ul style="list-style-type: none"> Head over loading knee Lead with head 	<ul style="list-style-type: none"> Tracking of the ball Shift weight towards opposite side of where the ball is being hit and load the leg by locking ankle joint and bending knee
Force-Production	<ul style="list-style-type: none"> Load and drive 	<ul style="list-style-type: none"> Eye tracking the ball Lead with the head over the lunging (saving) leg (skimming the turf) Turning foot outwards and opening the hips Activate loading leg – extension of loading leg towards the ball Move lunging foot/leg towards the ball
Critical Instant	<ul style="list-style-type: none"> Timing /Clear 	<ul style="list-style-type: none"> Eye tracking the ball Lead with the head Contact made with the inside of the foot pointing towards the corner flag or pointing just



		<p>beyond the penalty corner pull-out field marking.</p> <ul style="list-style-type: none"> ▪ Timing: Make contact with the ball when moving through the ball so that the lateral momentum created is carried through the ball to ensure clearance of the ball (one time clear)
<p>Follow-Through Movements</p>	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Track the ball ▪ If the ball is cleared, return to a balanced position ▪ If the ball is not cleared, stay low and set feet for the next play to clear the ball or for another shot



Block – Mid-Range

The Skill: The mid-range block skill is similar to the low block. However, the ball is being raised from mid shin- mid upper leg height and just to the left and right of the keeper. The mid-range save poses some difficulties to goalkeepers as they have to decide whether to make contact with the ball with his/her leg guards or hand pads. The goalkeeper must move towards the ball and deflect it away from the goal.

The following-through phase is crucial in decreasing the number of rebound opportunities for the opposition.



Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Ready position; lead with forward head position (over the toes) ▪ Tracking of the ball ▪ Reading cues of the ball carrier/shooter ▪ Identify the shot direction and height
Action (Backswing movements)	<ul style="list-style-type: none"> ▪ Head over loading knee ▪ 	<ul style="list-style-type: none"> ▪ Tracking of the ball ▪ Shift weight towards opposite side of where the ball is being hit and load the leg by locking ankle joint and bending knee
Force-Producing Movements	<ul style="list-style-type: none"> ▪ Load and drive 	<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Lead with the head over the lunging (saving) leg ▪ Turning foot outwards and opening the hips ▪ Activate loading leg - extension of the loading leg driving the body ▪ Move lunging foot/leg towards the ball
Critical Instant		<ul style="list-style-type: none"> ▪ Track the ball ▪ Lead with the head ▪ Move hands to right above and in front of saving leg ▪ Watch the ball onto the leg guard ▪ Timing: Make contact with the ball when moving through the ball so that the lateral momentum created is carried through the ball to ensure clearance of the ball (one time clear)
Follow-Through Movements	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Track the ball ▪ If the ball is cleared, return to a balanced position ▪ If the ball is not cleared, stay low and set feet for the next play to clear the ball or for another shot



Dive – Stick Side

The Skill: Diving to the right is a desperation skill. It allows the keeper to cover as much distance as possible in the least amount of time. Although an important skill, diving, like sliding requires the keeper to give up being on his/her feet. However, even when the keeper is out of position, he/she must still have the ability to make a save.

When the goalie is out of position laterally (caught on the left side of the goal), he/ she will rely on being able to dive to the right.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> Balanced and set 	<ul style="list-style-type: none"> Ready position; lead with forward head position (over the toes) Turning head to the right and tracking the ball Reading cues of the ball carrier/shooter Identify the shot direction
Action (Backswing movements)	<ul style="list-style-type: none"> Head over leading knee Eyes on the target Cut down angles of the shooter. 	<ul style="list-style-type: none"> Tracking of the ball Step with the right foot (not too large) in the direction of the ball (to the right) on 45° to cut down angles if possible Weight shifting onto the right foot/leg Right leg loaded and knee is bent (90°-100°)
Force-Producing Movements	<ul style="list-style-type: none"> Dive directly at the ball – in a straight line Stay low Timing (not too early) 	<ul style="list-style-type: none"> Eye tracking the ball; Lead with the stick, the stick will pull the body closer to the ground and negates upward movement. Torso is opened towards the play allowing maximum coverage of the goal and vision Driving the right foot into the ground; fully extending/pushing off the right leg (laterally and at a forward angle if possible)



<p>Critical Instant</p>	<ul style="list-style-type: none"> ▪ Timing to ensure clearing of the ball on contact (if too early the ball will be stopped but the ball will not be cleared) 	<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Lead with the head ▪ Torso is opened towards the play allowing maximum coverage of the goal and vision ▪ Extension of the right arm and stick ▪ Make contact with the ball with stick angled towards the base/end line ▪ Blocker glove in front of chest in case of a high ball
<p>Follow-Through Movements</p>	<ul style="list-style-type: none"> ▪ As quick as possible depending on rebound - one motion 	<ul style="list-style-type: none"> ▪ Cushion landing with stick and then the right forearm ▪ <u>If the rebound is cleared</u>, keep eye on the ball; use right hand while rolling the left leg over to get up as quick as possible ▪ <u>If the rebound is not cleared</u>, keep eye on the ball; push up onto the right hand while dropping the left leg and foot behind the right knee area and push up onto feet.

Common errors

- Diving when the keeper can get to the ball on his/her feed
- Diving too early
- Torso is facing the ground
- Recovery techniques where keeper requires 3 more movements
- Diving angle is (negative) towards the goal – the ball hits goalie and still goes into the net
- Landing on the elbow – risk injury to the shoulder joint







Dive – Glove Side

The Skill: Diving to the right is a desperation skill. It allows the keeper to cover as much distance as possible in the least amount of time. Although an important skill, diving, like sliding requires the keeper to give up his/her upright positioning. However, even when the keeper is out of position, he/she must still be able to make a save.

When the goalie is out of position laterally (caught on the right side of the goal), he/ she will rely on being able to dive to the left.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Ready position; lead with forward head position (over toes) ▪ Turn head to the left and track the ball ▪ Reading cues of the ball carrier/shooter ▪ Identify the shot direction
Action (Backswing movements)	<ul style="list-style-type: none"> ▪ Head over leading knee ▪ Eyes on the target ▪ Cut down angles of the shooter. 	<ul style="list-style-type: none"> ▪ Tracking of the ball ▪ Step with left foot (not too large) in the direction of the ball on 45° to cut down angles if possible ▪ Weight shifting onto the left foot/leg ▪ Left leg loaded and knee is bent (90°-100°)
Force-Producing Movements	<ul style="list-style-type: none"> ▪ Dive directly at the ball – in a straight line ▪ Stay low ▪ Timing (not too early) 	<ul style="list-style-type: none"> ▪ Track the ball; ▪ Lead with the stick ▪ The difference on the left side is that GK can land on their tummy as it makes them longer as their stick can extend past their glove. ▪ Driving the left foot into the ground; fully extending/pushing off the left leg (laterally and at a forward angle if possible) ▪ Arm begins to extend ▪ Turn over stick using reverse grip on the stick ▪ Stick held in front of chest
Critical Instant	<ul style="list-style-type: none"> ▪ Timing to ensure clearing of the ball on contact (if too early the ball will be stopped but the ball will not be cleared) 	<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Lead with the head ▪ Torso is opened towards the play (right shoulder is stacked on top of the left) allowing maximum coverage of the goal and vision ▪ Extension of the left arm ▪ Make contact with the ball with the blocker hand deflect off the endline whenever possible. ▪ Stick is held in reverse in front of chest



Follow-Through Movements	<ul style="list-style-type: none">▪ One motion▪ Depends on clearance of the ball	<ul style="list-style-type: none">▪ Cushion landing with the left forearm▪ If the rebound is cleared, keep eye on the ball; using both hands and feet in one powerful motion▪ If the rebound is not cleared, keep eye on the ball; may have to stay down and close distance on the ball (inching forward) until ball is cleared then get up in one motion using both arms and legs
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Sliding (Double Leg Block)

The Skill: The slide is a power maneuver used in 1vs1 situations. The objective of the technique is to win the ball while putting pressure on the opposition. The slide is effective because it provides a large surface area while attacking the ball with speed. The slide is performed with the right side of the body along the turf.

During the slide, the goalkeeper is moving forward, sliding through the ball. Sliding requires the keeper to give up his/her upright position (*Recall Principle: Stay on your feet!*). So it is somewhat of a desperation skill to contest for a loose ball.

At the high levels of the sport, the slide is used less often as a way to dispossess the ball from the opposition. However, it is used to win a “free” ball while pressuring from the attacker.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> ▪ Balanced and set ▪ Ready to advance forward 	<ul style="list-style-type: none"> ▪ Ready position; lead with forward head position (over the toes) ▪ Tracking of the ball ▪ Reading cues the play ▪ Identify the speed of the ball relative to the attacking player ▪ Decision to attack the ball
Action (Backswing movements)	<ul style="list-style-type: none"> ▪ Generating speed ▪ Alignment with ball not player 	<ul style="list-style-type: none"> ▪ Tracking of the ball ▪ Approximately 2m away from the ball, plant the left foot as it will initiate the propulsion of the body forward. ▪ Align (plan) to have knee contact with the ball
Force Production	<ul style="list-style-type: none"> ▪ Be as low to the ground as possible at the beginning of the slide to ensure flush coverage along the turf 	<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Push forward with the left foot; knee should be almost at 90° ▪ Drag right leg behind the left foot forward – parallel and along the turf
Critical Instant	<ul style="list-style-type: none"> ▪ Make contact with the ball ▪ Slide through the ball 	<ul style="list-style-type: none"> ▪ The right hip is the first point of contact with the turf ▪ As the right leg becomes horizontal, it will slide along the turf. Drive the right leg through the ball at point of contact. ▪ Track the ball onto the right pad (mainly at the knee area) ▪ Depending on equipment (stick glove), get right knuckles along the turf or get right elbow along the turf ▪ Left hand is free to move to provide more surface area above the pads (vertically) or up over the midsection depending on the location of the ball.



Follow-Through Movements	<ul style="list-style-type: none">▪ One motion▪ Always facing forward – keep eyes on the ball▪ Lower body strength▪ coordination skills	<ul style="list-style-type: none">▪ If on elbow (right), push up onto the right hand – push up while simultaneously roll the left leg/foot forward and step over of the right leg (using forward momentum)▪ If the goalie has lost all momentum push up onto the right hand while dropping the left leg and foot behind the right knee area and push up onto feet.
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Common errors <ul style="list-style-type: none">▪ Initial sliding position is too high (too far away from the turf) and dropping into the slide▪ First point of contact with the turf is the right leg instead of hip (see the images below for reference)▪ Sliding while leaning back – weight is on the backside rather than on hip▪ Attempting to slide when the ball carrier has full control of the ball – the ball carrier can pull around the keeper.
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Block – High

The Skill: The high block is used when any shot is above waist level. The goalkeeper will incorporate either the blocker glove or the stick/stick glove to make the save depending on the location of the shot that is wide of the keeper.

The lower body during a high save essentially is identical to low save. When the ball is wide of the keeper he/she will deflect the ball down and off the end line if applicable. If the ball is shot above the keeper’s head, he/she will deflect the ball (punch the ball) upwards and behind the goal.

Movement Phase	Concept	Key Elements
Preliminary Movements	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Ready position; lead with forward head position (over the toes) ▪ Arms in front of the body ▪ Tracking of the ball ▪ Reading cues of the ball carrier/shooter ▪ Identify the shot direction and height
Initiation Movements (Backswing movements)	<ul style="list-style-type: none"> ▪ Head over loading knee 	<ul style="list-style-type: none"> ▪ Tracking of the ball ▪ Shift weight towards opposite side of where the ball is being hit and load the leg by locking ankle joint and bending knee
Force-Producing Movements		<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Lead with the head towards shot direction ▪ Opening up the hand ▪ Extend arm and hand towards the ball ▪ Activate loading leg – driving and extension through the knee joint of the loading leg pushing the body towards the ball ▪ Move lunging foot/leg towards the ball
Critical Instant		<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Lead with the head ▪ Watch the ball onto the saving hand/stick ▪ If the shot is below the shoulders: hand or stick is angled down and past the end line (away from the goal) to ensure low chances of rebounding opportunities ▪ <u>If the shot is below the shoulders and on blocker side:</u> contact the ball with the base of the hand – pronate the hand to deflect it away from the goal



		<p><u>If the shot is below the shoulders on the stick side:</u> contact the ball with stick hand – opening up the stick hand and deflecting the ball away.</p> <ul style="list-style-type: none">▪ <u>If the shot is above the shoulders:</u> Make contact with the ball while hand or stick is angled upwards and off the endline (away from the goal).▪ Timing: Make contact with the ball when moving through the ball so that the lateral momentum created is carried through the ball to ensure clearance of the ball (one time clear)
Follow-Through Movements	<ul style="list-style-type: none">▪ Balanced and set	<ul style="list-style-type: none">▪ Track the ball▪ If the ball is cleared, return to a balanced position▪ If the ball is not cleared, set feet for the next play to clear the ball or for another shot





High – Cross-Over Clear

The Skill: The cross-over clear for high shots allows the goalkeeper the ease of clearing the ball away from the opposition. It frees the keeper from getting “handcuffed” and consequently giving up a bad rebound. When the ball is shot right at the keeper, a different set of skills are required to ensure no rebounds.

The cross-over method requires the keeper to be able to read the shot early. It does not require much lower body movement nor upper body movement. It refers to the blocker glove only. It is too cumbersome to cross-over with stick glove.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Ready position; lead with forward head position (over the toes) ▪ Tracking of the ball ▪ Reading cues of the ball carrier/shooter ▪ Identify the shot direction (at the keeper) and height
Action (Backswing movements)	<ul style="list-style-type: none"> ▪ Head over toes ▪ Patiently wait for the ball to come 	<ul style="list-style-type: none"> ▪ Tracking of the ball ▪ Leaning forward. ▪ Hands are still ▪ Activate loading leg – same side as where the shot is coming from
Force-Producing Movements		<ul style="list-style-type: none"> ▪ Eye- tracking the ball ▪ Lead with head ▪ Small feet adjustment ▪ Activate saving leg by slightly picking it up
Critical Instant		<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Lead with the head (forward) ▪ Watch the ball onto the kicker approximately 1-1.5 feet in front of ready position ▪ Deflect ball across the body to ensure ball is cleared away from the opposition
Follow-Through Movements	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Track the ball ▪ If the ball is cleared, return to a balanced position ▪ If the ball is not cleared, set feet for the next play to clear the ball or for another shot



Common errors

- Not moving forward – the ball can hit the goalie and bounce in the net
- Not watching the ball onto the glove
- Cannot decide if the ball is shot at the keeper or wide of the goalie and performs the cross-over method, forcing the ball across the body which can deflect off the keeper and into the net – poor choice in skill selection





Low Cross-Over Glove Clear

The Skill: The cross-over clear for low shots is an intermediate/advance level skill. It allows the goalkeeper the ease of clearing the ball away from the opposition. It frees the keeper from getting jammed and consequently giving up a bad rebound. When the ball is shot right at the keeper, a different set of skills are required to ensure no second chances. At lower levels, keepers can learn to block the ball then clear it away.

The cross-over method requires the keeper to be able to read the shot early. It does not require much lower nor upper body movement. It refers to the blocker glove only. It is too cumbersome to cross-over with the stick glove.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> Balanced and set 	<ul style="list-style-type: none"> Ready position; lead with forward head position (over the toes) Tracking of the ball Reading cues of the ball carrier/shooter Identify the shot direction (at the keeper) and height
Action (Backswing movements)	<ul style="list-style-type: none"> Head over toes Patiently wait for the ball to come 	<ul style="list-style-type: none"> Tracking of the ball Leaning forward. Hands are still Activate loading leg
Force-Producing Movements		<ul style="list-style-type: none"> Eye tracking the ball Lead with head Slight left arm adjustment Small feet adjustment laterally and forward Activate loading leg – move towards (forward to meet) the ball
Critical Instant		<ul style="list-style-type: none"> Eye tracking the ball Lead with the head Watch the ball onto the blocker hand (left) Push hand across the body to deflect to the right Angle blocker downwards and if possible off the endline (away from the goal).
Follow-Through Movements	<ul style="list-style-type: none"> Balanced and set 	<ul style="list-style-type: none"> Track the ball to the right of the keeper If the ball is cleared, return to a balanced position If the ball is not cleared, set feet for the next play to clear the ball or for another shot

Common Errors:

- Not stepping forward to meet the ball (ball hits the other leg and goes in the net)
- Crossing over when the shot is too far over – misreading the play and poor choice in skill



Double Leg Upright Block

The Skill: This skill is for shots that occur in tight within 2-3 metres of the goal area. The goalkeeper can stay upright and apply pressure by getting right in front of the attacking forward who has just received a pass. The keeper staying upright will not leave openings for the shooter while still applying pressure and a large blocking surface area.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> ▪ Balanced and set ▪ Ready to advance forward 	<ul style="list-style-type: none"> ▪ Ready position; lead with forward head position (over the toes) ▪ Tracking of the ball ▪ Reading cues of the ball carrier/shooter ▪ Identify the speed of the ball relative to the attacking player ▪ Decision to attack the ball
Action (Backswing movements)	<ul style="list-style-type: none"> ▪ Generating speed 	<ul style="list-style-type: none"> ▪ Tracking of the ball ▪ Shift weight forward ▪ Plan steps so to arrive at the intended receiver right when the ball arrives
Force-Producing Movements	<ul style="list-style-type: none"> ▪ Low and large surface area 	<ul style="list-style-type: none"> ▪ Track the ball ▪ Take one or two quick steps (not too large) ▪ Stay low with hands right by leg – can almost touch the turf ▪ Weight is forward
Critical Instant	<ul style="list-style-type: none"> ▪ Block the ball 	<ul style="list-style-type: none"> ▪ Track the ball onto the pads and the rebound
Follow-Through Movements	<ul style="list-style-type: none"> ▪ Balanced and set 	<ul style="list-style-type: none"> ▪ Track the ball ▪ If the ball is cleared, return to a balanced position ▪ If the ball is not cleared, adjust positioning and set feet for the next play to clear the ball or for another shot

Common Errors:

- Leaning back
- Running out and blocking player not the ball
- Too upright



Penalty Corner Log/Lie Down

The Skill: The penalty corner log / lie down is performed only on penalty corners where a straight shot is being taken. Due to the attacking drag flick options and the many tipping options, the log/lie down is not being used as frequently as in the past. This may be strategically used after scouting an opposition.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> ▪ Balanced and set ▪ Ready to advance forward 	<ul style="list-style-type: none"> ▪ As the ball is being pushed out, walk out from the goal (the number steps will determine the location of the log/lie down) ▪ Ensure that with the log, the stick (or near post) side of the goal will be covered and the blocker side will be covered by the post person
Action (Backswing movements)	<ul style="list-style-type: none"> ▪ Reading the play ▪ Anticipate ▪ Balanced 	<ul style="list-style-type: none"> ▪ Tracking of the ball and opposition ▪ Read the opposition's penalty corner and have most of body weight to the on the left foot – try not to lean too much to give up balanced position (in case the opposition does not shoot)
Force-Producing Movements	<ul style="list-style-type: none"> ▪ In one quick burst, flatten out your body along the turf 	<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Kick out the right leg/foot towards the left and squeeze pads together ▪ Punch out the stick and gloves to the right with stick parallel to the turf
Critical Instant	<ul style="list-style-type: none"> ▪ Block the ball 	<ul style="list-style-type: none"> ▪ When the ball comes: ▪ <u>Top of the backboard (stick/near side):</u> trap with blocker ▪ <u>Along the turf:</u> deflect with stick angled at the penalty corner pull-out marking past the end line ▪ <u>At the goalkeeper:</u> let the ball hit the keeper and post person will clear rebounds ▪ <u>To the outside of the goalkeepers feet (at the far post)</u> the GK will rely on their post defensive player to clear.
Follow-Through Movements	<ul style="list-style-type: none"> ▪ Return to feet as quickly as possible 	<ul style="list-style-type: none"> ▪ Track the ball to the right of the keeper ▪ If the ball is cleared, return to a balanced position and retreat to the goal ▪ If the ball is not cleared, stay behind the ball; drop the left foot behind the outstretched right knee and with the right hand remain mobile on the ground until cleared. Then return to feet using left foot and



		right hand in one motion pushing upwards while watching the ball
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Common errors

- Leaning too much during the preliminary and initiation phases and cannot recover
- Not tracking the ball onto the body
- Going down too early
- During initiation phase, position is too high and therefore flattening out from too high position leaving large openings.
- When kicking out the feet, the legs are not flush (not squeezed together)

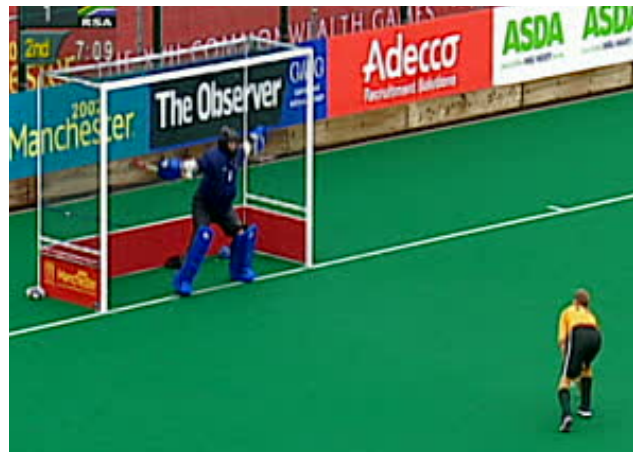




Penalty Strokes

The Skill: Essentially there is no one way of defending a penalty stroke. It is a compilation of many ball stopping skills and mental strength. The goalkeeper has to be confident in his/her abilities.

Principle	Skill
Set and Balanced	Ready position – head over toes; not leaning; elbows and in front of the chest; hands are up; knees bent
Patience / Anticipate	Read shooter's cues – body position, stick angle, feet position
React	Diving skills are essential in covering a great amount of space as quick as possible
4D Goalkeeper	Ability to employ all the skills and strengths a goalkeeper has – keeper must be able to calm emotions, refocus, and anticipate the shot and react





Shootout / 1-on-1 Situation

The Skill: In the shootout or in any 1v1 situation on the keeper, the number one role of the keeper is to dictate where the attacker will go by giving space and then taking it away. A 1v1 situation calls on all the skills of a netminder and he/she must rely on his/her strengths to engage the attacking forward such as quickness, speed, agility, patience and intelligence.

Movement Phase	Concept	Key Elements
Preparation	<ul style="list-style-type: none"> ▪ Balanced and set ▪ Ready to advance forward 	<ul style="list-style-type: none"> ▪ Ready position; lead with forward head position (over the toes) ▪ Tracking of the ball ▪ Decision to challenge the ball carrier ▪ Close the distance between the keeper and the ball carrier by meeting the attacker near the top of the circle
Action (Backswing movements)	<ul style="list-style-type: none"> ▪ Generating speed 	<ul style="list-style-type: none"> ▪ Tracking of the ball ▪ Weight is forward and feet are slightly off-set (not flat footed) ▪ Knees are bent and ready to engage the attacker ▪ Stick should be low on the ground held near the top of the stick to poke check the ball if possible – ▪ If running to the left, stick should be held in reverse grip and if running to the right stick is held with the forehand grip
Force-Producing Movements	<ul style="list-style-type: none"> ▪ Patience/Stay on your feet! 	<ul style="list-style-type: none"> ▪ Eye tracking the ball ▪ Approximately 1 metre away from the ball, goalkeeper should align right shoulder to right shoulder with the attacker. ▪ Force the player to one side and take away attacker's ability to cut back in the opposite direction ▪ <u>When moving right:</u> the stick is leading held near the top of the stick – forehand grip ▪ <u>When moving left:</u> the stick is held in reverse grip; held near the top and in between the feet protecting the opening
Critical Instant	<ul style="list-style-type: none"> ▪ Dive/Poke check 	<ul style="list-style-type: none"> ▪ The goalkeeper may dispossess the attacker with his/her stick ▪ Dive (at 45° angle) to cut off the attacker and win the ball ▪ <u>When diving to the left:</u> Push off with the right leg followed by the more powerful push by the left leg (almost simultaneously) <ul style="list-style-type: none"> ▪ Stick must be held at the top and in reverse grip ▪ <u>When diving to the right:</u> Push off with the left leg followed by the more powerful push by the right leg (almost simultaneously) <ul style="list-style-type: none"> ▪ Stick held with forehand grip



Follow-Through Movements	<ul style="list-style-type: none">▪ Keep eye on the ball▪ Return to feet as quickly as possible	<ul style="list-style-type: none">▪ Cushion landing with the left/right forearm▪ Keep eye on the ball; using both hands and feet in one powerful motion return to upright position▪ Retreat back to the goal as quickly as possible while tracking the ball
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Common Errors:

- Over-playing the ball and allowing the ball carrier to cut back in the opposite direction.
- Playing the player rather than the ball (misalignment)
- Not cutting off time and space and allowing the ball carrier the freedom to do as he/she wants.



Tactical Principles (outnumbered situation)

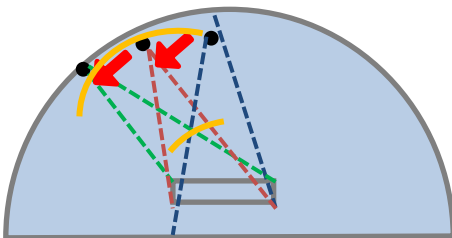
1. **Dictate the Opposition** by establishing body position
2. **Force a pass when possible under the goalkeeper's terms**
3. **Patience**
4. **Engage defenders to work back and help**
5. **Communicate with defenders**
 - “One/Two on” - one/two player(s) is on you
 - “Turn” – time to turn with the ball
 - “Mine” or “Keepers” – goalie's coming out
 - “Clear” – clear the ball to safety
 - “On you left/right” - Directional communication letting defenders know where their check is
 - “Left/Right shoulder/baseline/stroke mark” - Relative directional communication
6. **Work in small spaces** with defenders and remind them to be patient as well.
7. **Angles**

The science of goalkeeping starts with the understanding of angles. It is the keeper's inner GPS system. A goalkeeper has to develop the knowledge of where to be when an attacker is ready to shoot to ensure maximum coverage of the goal. This is how a goalkeeper can make themselves look bigger in the goal and yet sometimes appear smaller. A goalkeeper will learn where to be that fits his/her style of play.

When a player moves laterally, the goalie must adjust their positioning but at a much smaller scale.

When the opposition's forward is making this run, the keeper will adjust using small shuffle steps. However if the ball is passed over this distance, the goalkeeper will drop step 45° and move up to cut the angle again.

Furthermore, the further out a goalkeeper plays from the goal, the less he/she has to move. But this means less reaction time for the shot and if the opposition does not shoot the ball but decide to pass it, the more the goalie has to move to return to the middle of the goal.



At three different locations in the circle, a goalie must adjust his/her positioning but moves much less compared to the player.



Basic movements across the circle

Movement across the D should be natural for the goalkeeper. Break the footwork down only if the goalkeeper is having trouble moving smoothly across the circle.

Options to initiate the movement:

1. Drop the outside foot, pivot on it and run to the next spot
 2. Drop the inside foot, pivot on it and run to the next spot.
- Train the basic movements with and without pads to reinforce the patterns
 - Use small steps and take the quickest line to your destination (if time allows, moving across the net in a slight arc will allow you to cut down the potential angles of the shot)
 - Train the goalkeeper to use basic landmarks to orient themselves in the net and in the circle (penalty stroke spot, corner flags, opposition net)

Positioning at the posts:

- Outside leg flush with the post
- Feet at 45 degrees to the end line
- Stick down in anticipation of cutting off a cross into the circle with a dive if necessary.





Training Equipment (A Few Starters)



A – Agility Hurdles

B – Reaction Ball (partner drill fun!)

C – Agility Ladder

D – Tennis Balls (can do everything without risk of injuring keeper)

E – Pylons

F – Lacrosse Stick (Aid for high shots)

G – Tennis Racquet (Aid with high shots)

