

## Goalkeeping Edition 154

Welcome to the Goalkeeping Newsletter. Today's subject deals with dealing with common problems.

During the summer I get to work with a lot of different keepers in camp environments and over and over again I see the same basic mistakes. If these basic mistakes are not addressed, than everything else will not work either.

The biggest mistake I see are keepers not getting into a proper stance to start. Frequently, the keepers are too high up (almost standing upright) and their feet are too far apart. To correct this problem, remind the keepers to stand with their feet shoulders length apart which will allow them move quickly in any direction. Also remind them to get more of a bend at the knees, which will allow them to get low quicker, get high quicker and explode in every decision. Lastly, make sure the keepers are on the balls of their feet.

The next mistake I see is keepers who don't work hard enough to get their body behind the ball when catching. This is usually the result of laziness as well as poor stance.

Next there is the tendency for keepers to mishandle balls. This is generally the result of the first two problems plus a tendency to not watch the ball into their hands. Simply simply reinforcing to the keepers the necessity to watch the ball in every time can solve this.

One of the things you will notice is that the first three problems are a result of a weakness in the three most important parts of the body in catching (see )

Another big problem with keepers is a complete misunderstanding of the importance of fitness in goalkeeping. To be a successful goalkeeper you need to be as fit or more fit than anyone else on the field yet too many of our keepers are dreadfully out of shape and think it's a position to play for people who are not fit. This is so incorrect it's not even funny. The keeper must e willing to work hard in training and fitness lesions in order to be successful.

The last thing that I am seeing way too much of are keepers who are simply shot blockers and don't understand the need to be complete soccer players. If a keeper is not able to provide support with the feet and aren't able to contribute as the last defender as well as the keeper, they will be very limited in their development. Keepers have to be able to play as both the 11<sup>th</sup> field player as well as the keeper and not enough keepers seem to understand this.

If you are a keeper, take a look at yourself to see if you are making any of these common mistakes and if you are, see if you are able to correct them. If you are a coach, keep an eye on your keepers and make the simple corrections to make them more of a successful keeper.

Any comments, questions or suggestions should be sent to [comments@finesoccer.com](mailto:comments@finesoccer.com) or posted at <http://finesoccer.com/forum.htm>

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Have a great day

Lawrence

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