

Goalkeeping Edition 185

Welcome to the Goalkeeping Newsletter. Today's subject deals with dropping to the knees for low balls.

Too often, when a ball is rolling to the keeper, rather than going forward to meet the ball, they drop down to either one or two knees and wait for the ball to get to them.

The problems with dropping to the knees on low balls include the following:

If the ball takes a bad hop, the keeper is unprepared to react to the hop and make the save. When you consider how many goalmouths of soccer fields are all "chopped up" due to the amount of activity in that area, you realize this becomes an extremely big issue.

By dropping to the knees, it automatically means the keeper is waiting on the ball instead of trying to get to it at the earliest point possible. This allows for opponents (and teammates) to get to the ball first which could cause a deflection (intentional or unintentional) leading to a goal or a goal scoring opportunity.

It's extremely difficult to make the transition from defense to offense quickly while starting on the ground so being on the knees makes it easier for the opponent to get back on defense quicker than you can look for the early counter-attack.

When you consider these three disadvantages and the fact there are no real advantages, keepers should be able to understand that dropping to their knees on low balls makes them less effective keepers.

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Have a great day

Lawrence

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