

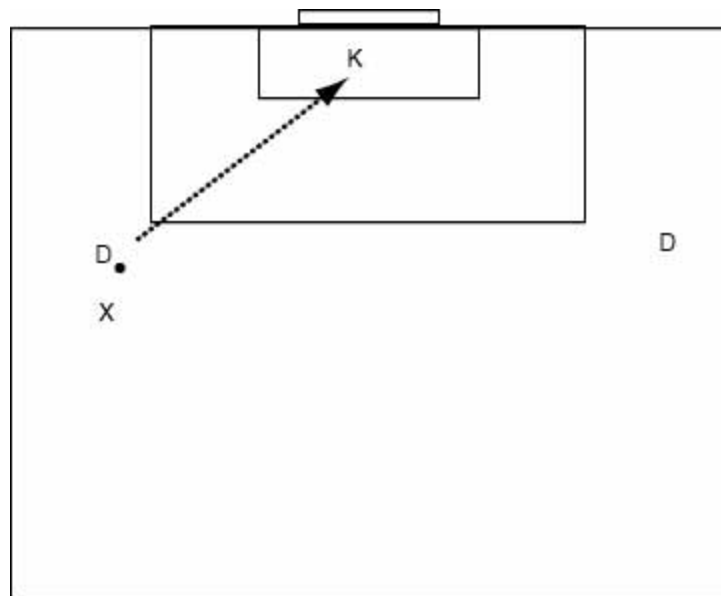
Goalkeeping Edition 178

Welcome to the Goalkeeping Newsletter. Today's subject deals with proper support of teammates when your team has the ball.

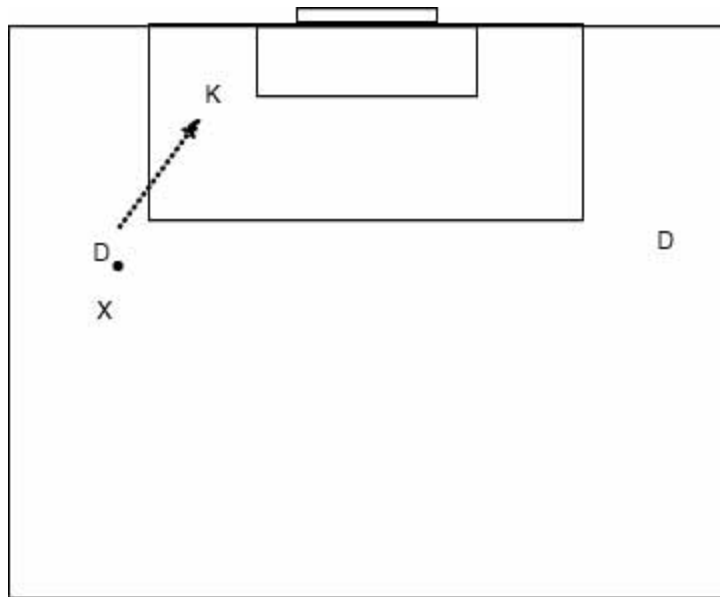
When a team's backs have the ball (or the midfielders for that matter), it's important for the keeper to provide support. This is when the team changes from 10 field players plus one keeper to 11 field players. If the keeper just stands in her goal and doesn't provide this support, it puts her teammates at a tremendous disadvantage.

One of the risks in passing the ball back to the keeper is that, since she can't use her hands if the ball is an intentional pass back with the feet from a teammate, she must be able to play as a field player and be comfortable on the ball. If the keeper is not comfortable with the ball at her feet (and other parts of her body) she becomes a liability.

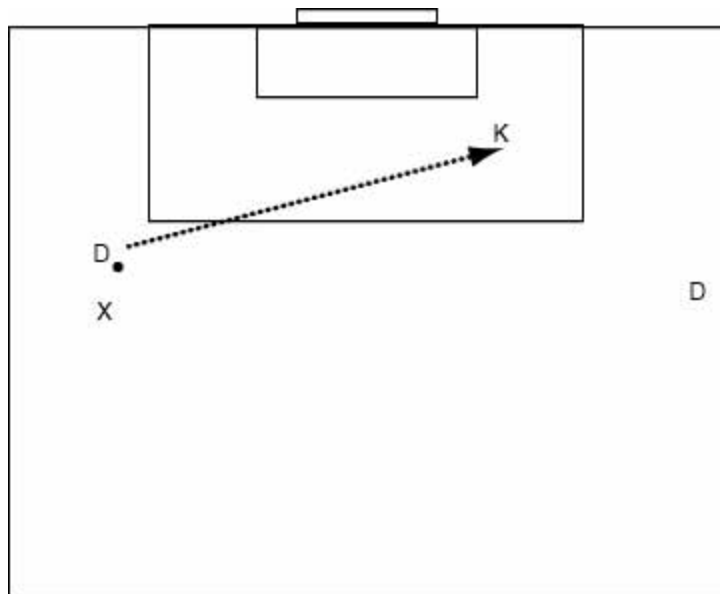
Another risk in passing the ball back to the keeper is if it's a bad pass, or if it takes a bad bounce, there is always the chance of the ball going in the goal. The way to significantly minimize this risk is for the keeper to make herself available at angles that do not involve passing the ball back directly in front of the goal. The diagram below shows a keeper putting herself in a risky position by being right in front of the goal (and inside the 6 yard box) when the ball is passed back



There are two better options for the keeper to position herself to be more available for a pass back. If the back (D) is under a lot of pressure, the keeper should go wider to the near side to offer support. See diagram below



If there isn't a lot of pressure on the back, but it's still in her best interests to play the ball back to the keeper, the keeper could go wider to the far side which will make it easier to quickly change the point of attack. See diagram below



The advantage of this last option of going wide to the far side is that it allows for the changing of the point of attack very easily. It's slightly riskier IF the back is under pressure and that is why it's in the best interests of all, for the keeper to read the pressure and react accordingly.

This is one of the many parts of goalkeeping that keepers do NOT pick up by being sent off with a coach to have shots hit at her. This comes from training with the team and understanding the roles and responsibilities of all of the players.

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

Remember that all newsletters are archived at <http://finesoccer.com>.

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Have a great day

Lawrence

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