

Goalkeeping Edition 188

Welcome to the Goalkeeping Newsletter. Today's subject deals with how to react to a goal being scored.

Most coaches when they train keepers spend all of their time trying to teach them how not to let up goals. However, a very small amount of the time should be spent working with them on how to react when a goal is scored on them.

The keeper's reaction when a goal is scored on them is a lot more important than most people realize. Too often, the goal is scored and the keeper either lies on the ground for a few minutes "pouting" (which sends the message to their teammates and opponents that they are "quitting" or they get up and punch the goal, kick the ball away and start screaming at their teammates which lets both teams know there is a lack of composure. Either of these reactions sends a bad message to both teams.

When a keeper has one of the above-mentioned negative reactions, the message sent to the rest of the players is that the keeper is mentally unprepared to play at that time. This results in the keeper's teammates playing scared because they have a beaten teammate and it results in the opponents "smelling blood" and looking to increase the intensity since they see a beaten opponent.

The alternative is for the keeper to stand up and take some responsibility for the goal (whether the goal was scored because of poor shot blocking or poor communicating the keeper will always have some responsibility for the goal being scored), then real quickly figure out what can be done differently to prevent this from happening again and move on. By doing this, it will give the keepers teammates some confidence that their keeper is still in the game and also doesn't give the opponent and additional satisfaction or confidence.

The way a keeper reacts to a goal being scored (especially if it's a 'bad' goal) might seem like a small issue but it actually can have a big effect on the outcome of a game or even a teams season.

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

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Have a great day

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