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Goalkeeper Profile



GOALKEEPER PROFILE

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COACHING TIPS | THE GOALKEEPER



GOALKEEPER PROFILE

A. OVERVIEW

The Goalkeeper Profile is composed of the Player as an individual person as well as the Player, which includes the individual player's attacking and defending actions related to the game of soccer. These two combined provides the Goalkeeper Profile and is paired with the session themes of the curriculum which guides coaches in developing players as well as identifying the player's strengths and their areas for improvement.

B. THE PERSON

The information below provides the definition for the person as well as the individual attributes of the person within this profile.

The Player is an individual person and how they manage themselves, their performance and interactions with their teammates is related to the technical, tactical and physical components of the game.

Character	The player's mental and moral qualities relate to an individual and within the team.
Self-Belief	The player's ability to recognize their identity and self-worth as it relates to them as a person as well as their performance.
Emotions	The player's ability to manage their emotion and mood during the varying situations presented in sessions and games.
Connection	The player's ability to form relationships with others and how they work within the group.



C. THE GOALKEEPER

The information below provides the definition for the player and the individual players attacking and defending actions related to the game of soccer.

ATTACKING

Receiving- When the keeper receives the ball, which typically includes all parts of the foot, the thigh, chest and head.

Dribbling- When the keeper has the ball at their feet and either must implement a skill to beat an opponent, a turn to change their direction or take larger touches to exploit space.

Passing- When the Keeper is transferring the ball to keep possession by passing to a team-mate using techniques that include, side foot, laces, driven lofted, curled and first time, and dropping a volley or half volley from their hands.

Throwing- When the Keeper is throwing the ball to a teammate or into space using techniques that include, underarm, overarm, javelin, or discus technique.

DEFENDING

Saving- The Keeper's shot stopping ability and general handling techniques.

Challenging- When the Keeper attacks a high ball / cross under physical pressure from an opponent to catch or punch the ball, or dives at an opponent's feet in a one v one situation to disrupt or regain possession of the ball from the opponent.

Intercepting- When a keeper advances to catch a cross or a through-ball from the opponent with the intent to regain possession or clear the danger with their hands, feet or head, to prevent a goalscoring opportunity.

Organizing- When the keeper marshals / instructs their defenders to prevent goalscoring opportunities in open or set play situations.

D. THE POSITION

The information below provides the general positions that players can play within a team as well as a brief definition of the actions that the position requires when attacking and defending.

The location on the field the player is designated to occupy while implementing the positional requirements of the role within the collective team when attacking and defending.

Attacking- Connects passes with players in advanced positions either in front , between or behind lines of the opponent. Is a passing option for the defenders as well as a safety pass if teammates cannot go forward or sideways.

Defending- Stops the ball from going in the goal from a variety of shooting situations including, long range, short range, from crosses and in one v one situations. Prevents goalscoring opportunities by intercepting crosses and through balls or directs teammates to intervene instead.

E. THE ATHLETE

The information below provides the definition of the athlete related to the physical actions a player will implement during the game.

The athlete captures the general physical attributes of the player. It highlights the players capacity to action the requirements of the game, taking into consideration the overall physical demand on the body to compete.

Agility- The keeper's ability to perform quick whole-body movements with a change of direction and or speed in response to a situation, such as a reacting to save a deflected shot.

Endurance- The keeper's ability to sustain physical effort or concentration for long periods of time, such as a keeper having to react quickly after being un-involved for an extended portion of the game.

Speed- The keeper's ability to move quickly with and without the ball for a variety of short distances. Such as running to intercept a cross or a through ball from the opposition.

Strength- The keeper's ability to exert force to overcome resistance. Such as challenging for a high ball under physical pressure from an opponent.



Coaching Tips the Person

The coaching tips have been formulated to support coaches in developing the person against the player profile and focus on the key attribute of a person.

A. CHARACTER

The mental and moral qualities of the player relate to an individual and within the team.

Take responsibility for your development and performance by consistently doing your best in every session and game.

Always show respect to the game, including the rules, the officials, your opponents as well as your teammates and coaches.

Develop the virtue of sportsmanship in your behaviors by being fair when competing against your opponents.

B. Self-Belief

The player's ability to recognize their identity and self-worth relates to them as a person as well as their performance.

Believe in your abilities and keep setting new targets to improve upon and achieve.

Know that everyone makes mistakes and it's how you recover and continue to play to your strengths that is important.

Always reflect on the positives from your performance and be your own biggest fan.

C. Emotions

The player's ability to manage their emotion and mood during the varying situations presented in sessions and games.

For a positive outcome, draw from your different experiences so that you can learn to control your emotions.

Soccer should be fun, make the most of your opportunity when you get to play and enjoy it.

Things may not always go to plan, try to focus on what you can control which includes your mood and state of mind.



D. CONNECTION

The player's ability to form relationships with their teammates and how they work within the group.

Demonstrate humility and treat your teammates how you would like to be treated

Interact with your teammates as often as possible and try to build trust and friendships.

Support your teammates and try to acknowledge their contributions and achievements.

Coaching Tips the Goalkeeper Attacking

The Coaching Tips have been formulated to support coaches in developing players against the player profile and focuses on the technical attacking attributes of the goalkeeper.

RECEIVING

- Before receiving it, scan the opposite side of the field to create a picture of where your teammates and opponents are located. Identify where the space is to receive the ball. Try and receive the ball on an angle, 'side on' so that you can see the ball, your opponent, as well as the area you would like to advance into.
- Decide which part of the body you choose to control the ball with, judge the surface area and required weight of your touch needed to go forward or move the ball away from pressure.
- Protect the ball from your opponent, by either placing your body between your opponent and the ball and/or using your arm as a shield to keep your opponent away from the ball.

PASSING

Pass the ball to your teammate by placing your standing foot next to the ball and pointing it in the direction you want the ball to go in and then follow through with your selected passing foot through the middle of the ball. If you want to pass in the air you will need to hit underneath the ball. A pass could even be with your head. If you wish to kick the ball a longer distance, it can be volleyed or half-volleyed from your hands from your penalty area.

- Consider the technique of your pass, for example, if you want to make a short pass, use the inside of your foot, a long pass can be the front of the foot considering the weight and power of your pass to cover the distance required.



DRIBBLING

If you have limited space, then you will need to take smaller touches to keep the ball close to you. If you have a lot of space, then you can take larger touches to travel with the ball over distance and with speed.

You may need to change direction to avoid an opponent or change the point of attack. To do this use a variety of turn techniques including, inside and outside of the foot, the bottom on the foot or even inventive and make your own turn technique up.

You may need to dribble past an opponent to evade a tackle. Consider using a skill technique by changing your direction and speed as well as protecting the ball as you pass the opponent.

THROWING

When choosing where to throw always attempt to look forward first and sideways second. Consider the receiving player's options before you throw the ball. i.e. can they turn and play forward or do they have support underneath or to the side. Then throw the ball accordingly.

Determine which throwing technique to use. For shorter distances you may be able to roll the ball under the arm. For longer distances an overarm, javelin or discus technique may be required, especially if you need to elevate the ball to throw over an opponent. Ideally if you roll or throw the ball into the space in front of your team-mate, they can run onto the ball at full speed to attack the opponent.

Remember if you've received the ball from one side of the field, often the area to throw first will be on the opposite side of the field. Wide defenders and wide attackers are often available in these scenarios and should be looking to receive the ball to exploit the space and counterattack.

CHALLENGING

Make sure to keep your eye on the ball so you can determine when you need to challenge for the ball whether that be on the ground, attacking the ball with the hands, with the head tucked in behind the hands and the ball, or in the air by catching the ball, punching, or even heading the ball away from danger.

Goalkeepers can also make a tackle with their feet, usually when they're outside of the penalty area. The goalkeeper can do this by staying on their feet through a block tackle using the side of the foot to contact the ball. A slide tackle is when a goalkeeper needs to go to ground and should only be used as a last resort if the opponent is progressing past with possession of the ball and needs to be stopped.

When challenging for high balls or crosses, the goalkeeper must keep their eye on the ball to time their jump properly. Jumping off 1 foot and bringing up the opposite knee will give more height to the jump and more momentum through the line of the ball. This technique also protects the goalkeeper should they collide with the opponent at the same time.

INTERCEPTING

To intercept the ball, you will need to be positioned with your weight forward, where you can see the ball and where the opponent that you are closest to may be positioning to receive the ball.



As the ball is travelling to the player you are closest to or into the space in front of them, can you anticipate where the ball is going and disrupt the path of the pass or even better win possession of the ball and prevent goalscoring opportunities.

Be sure to inform your teammates early that you are coming to get the ball by shouting "KEEPERS" loud and clear. They can adjust their position accordingly either, disrupt the path of the opponent, cover behind you, or defend the goal if you are in an advanced position.

COACHING TIPS

THE GOALKEEPER: DEFENDING

The Coaching Tips have been formulated to support coaches in developing players against the player profile and focuses on the technical defending attributes of the goalkeeper.

SAVING

- Make sure you are protecting the space in front of your goal, with the correct angle and distance from the goal line. As the ball is struck it's important to be perfectly set and balanced to be able to react quickly in any direction and make the save.
- Determine whether to catch or deflect the ball wide and away from goal, as soon as possible. When catching low, direct shots, it may be better to use the scoop technique, with the hands cupping underneath the ball. Catch higher shots using the "W" technique with the hands, with both thumbs positioned centrally and directly behind the ball.
- If the ball is placed wide into the corners of the goal it's important to move your feet quickly and laterally either with a shuffling or cross-over technique before diving for the ball to make the save. For very close range or 1v1 situations, dropping your body lower and into a "K save" shape can be effective in blocking the ball.

ORGANIZING

- Goalkeepers can see everything in front of them. To help prevent goalscoring opportunities can you tell your teammates where they need to be in relation to the opponents and any imminent threat to your goal.
- Help your teammates by reminding them of their correct positioning, particularly when defending set-play corners, free-kicks, throw ins and even penalty kicks.
- Scanning the whole field and not just following the ball when the opponent has possession can give you valuable insight into where the danger may be coming from next. i.e. When the opponent switches the play, try to check the opposite side of the field and remind any teammates who have not shifted across, or are unaware of opponents that need to be marked