



Canterbury Hockey Junior Coaching Resource Exemplar



Session Focus:

- Stance
- Positioning
- Footwork

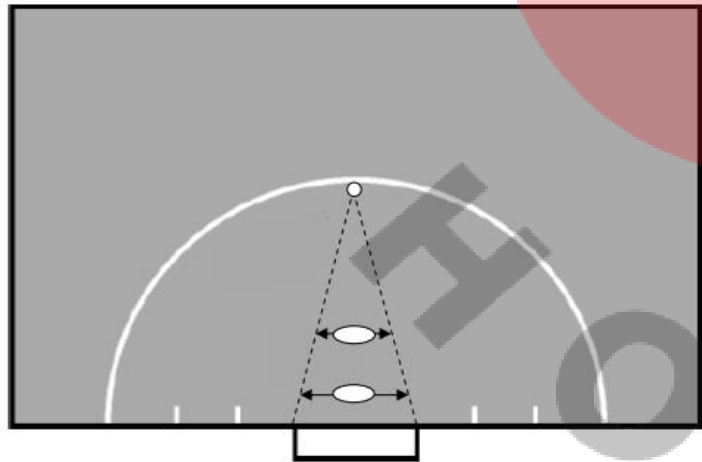
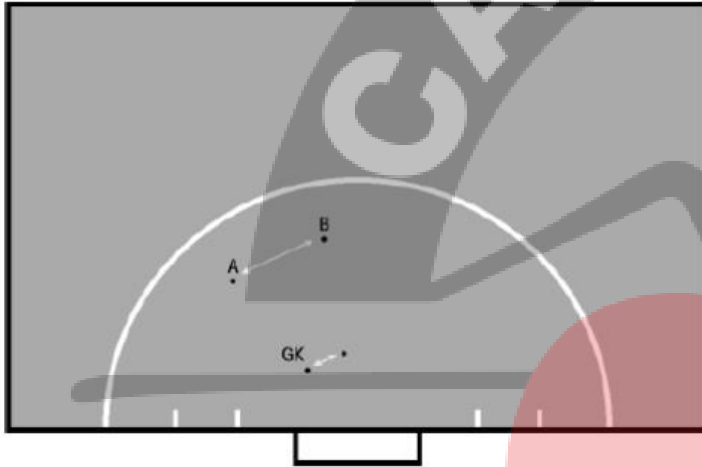


Stance



- The Stance of a goalkeeper is very important when it comes to goalkeeping. When done correctly, it places the goalkeeper in the best possible position to make a save.
- The goalkeepers weight should be on the balls of their feet.
- Feet should be roughly shoulder width apart.
- Knees slightly bent so that they are over their toes.
- Head and chest leaning forward in line with knees and toes.
- Arms and hands should be forward of chest and shoulders and above waist height.
- Stick facing forward.
- Balanced and still before a shot.
- Goalkeepers will grow to find what stance works best for them.

Positioning



- Positioning is another important aspect of goalkeeping as it once again gives the goalkeeper the best possible chance at saving the ball if done correctly.
- It is all about knowing where to stand in relation to where a shot is coming from and covering as much goal as possible.
- This comes down to covering angles correctly.
- Goalkeepers should square themselves up with the line of the ball and not the line of the player.
- Depth off the line is also important. This will be different from keeper to keeper, with shorter keepers needing to stand further out and taller keepers being able to stand deeper.
- The further out a keeper stands, the more goal they will cover, but there is a trade-off, with less time to react to shots as you move further out of the goal.



Basic Kicking



- Kicking and footwork in general are the most important skills required for goalkeeping. They provide the base for all goalkeeping skills.
- Basic kicking is used for balls that are just wide of your feet. The aim is to save and clear the ball to a safe place all in one action.
- To do this the keeper must be in their ready position, covering the right angle, square with and eyes on the ball.
- Lean into the kick with weight going forward, kicking with the inside of the kicker to increase accuracy.
- Keeping head and chest over knees and toes will stop the ball from bouncing up off the kick.
- Follow through with the kick and finish up in the ready position.

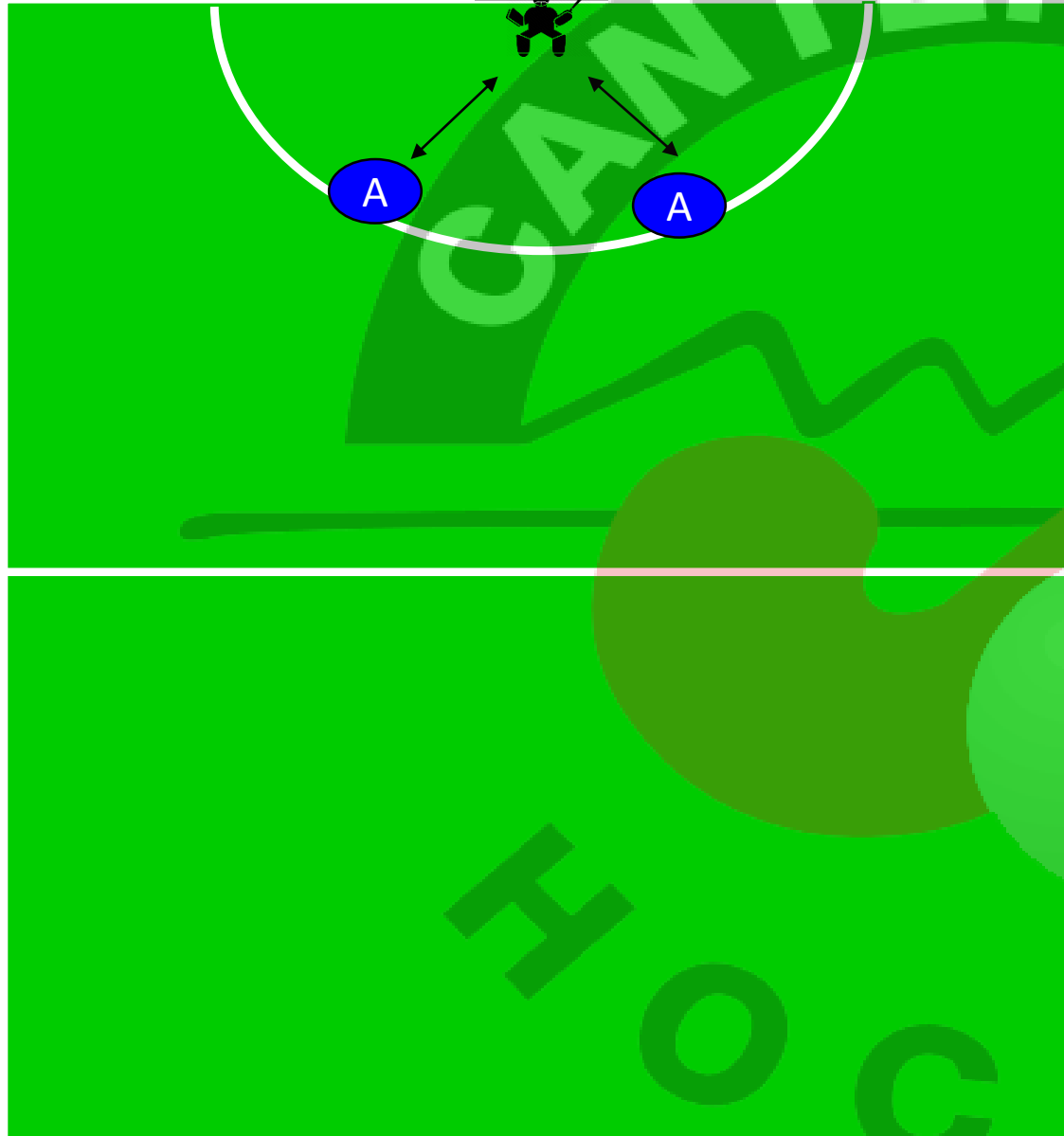


Kicking Warmup: Get keeper and player to warm up together

Extension: Get pairs to string together 20 consecutive kicks/passes over 3 distances – 7 metres, 15 metres, and 23 metres

Key Coaching Points:

- Reinforce proper technique – getting body behind the ball, kicking through the ball and following through to the target.
- Having weight forward and head/chest/knees over the balls of feet.
- Lateral movement to pick up wider balls that may not have been kicked accurately back.



Kicking Drill: Fan

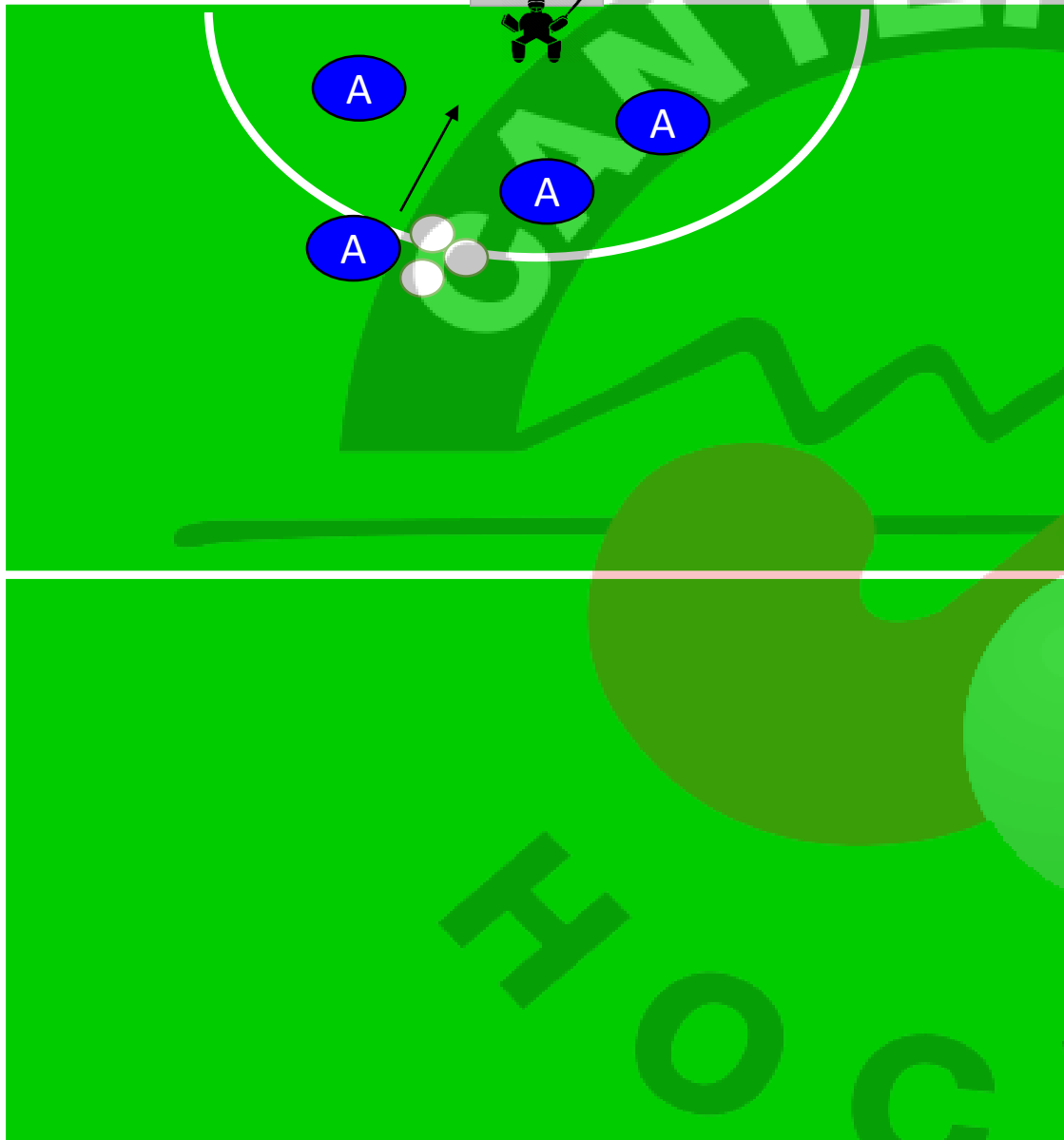
- Keeper in the middle with field players on either side in a V formation.
- Field player pushes ball into the keeper in the middle who then has to find the opposite field player, then repeat the opposite way.

Extension:

- Change the angle at which the outside keepers are standing, the wider they are, the harder it gets to change the angle.
- Decrease the distance between keepers by bringing them closer together.

Key Coaching Points:

- If kicking to right side with right foot or left side with left foot, make sure keepers are pivoting with the plant foot, opening up the shoulders and hips, following through to target while keeping weight forward.
- If kicking to right side with left foot or left side with right foot, make sure to play the ball early and in front. Follow through to target while keeping weight forward.



Clearing Exercise:

- One keeper will set up inside the goal. All Attackers will spread out around the circle.
- Ball will be fired in from Attacker and the keeper will be required to make a clearing save by finding gaps between the players or clearing over the baseline.
- Rebounds will be played, so the set is not over until the ball is cleared wide or outside of the circle.

Extensions:

- Switch the side the ball is being fed in from.
- Have specific zones that the keepers are required to clear the ball out through.

Key Coaching Points:

- Making the save and the clear in the same action is always best. Don't want to give attackers another chance at goal.
- Being set and ready when the shot is coming through. Keeping weight forward and clearing in a safe and controlled manner.
- Make sure all the goal is covered from whatever angle the ball is being shot from. Getting body square to the ball to set yourself up for best possible chance to save the ball.