



# Canterbury Hockey

## Goalkeeper Skills Resource

Note: The skills covered in this resource are a general guide of how to perform the skills. We acknowledge that there is no one way of performing a skill and that everyone learns things in their own unique ways.



## Agility

- Warm Up — Jog a few laps, get the legs moving & the blood flowing. The warm up is a vital part of any goalkeeper's routine. It helps focus the keeper to the coming game & can determine how the keeper will perform
- Full body stretch, dynamic movements
- Catching Drill — some sort of catching drill to help get the hand eye coordination going before getting into gear
- Incorporate stance in to your agility routine





## Stance

- Stance is a very personal thing when it comes to goalkeeping. The points mentioned below are general rules of thumb, but as you continue to play and train, you will find little tweaks in your stance that will help you perform at your best
- Weight on the balls of your feet (not toes), balanced, weight on both feet. Hands shoulder height, forward from chest. Knees and chest forward.
- Feet shoulder width apart, avoid being too narrow or wide with your base, and stay tall in your stance.
- Hold stick halfway up, at the bottom of the grip





## Positioning & Angles

- Positioning is similar to stance in that it is personal preference & can differ from keeper to keeper, particularly one's depth off of their line. So naturally, as you continue playing and training, you will find the depth that works best for you.
- Keeper centred on a line from ball, between the goalposts
- Square to the ball/striker (shoulders & hips are perpendicular to the line of the ball & goal)
- Be aware of distance off goal line. The farther you're up from goal line, the more goal you fill standing (less reach)
- The closer you are too ball, the less reaction time you'll have for a shot and the more ground you'll have to cover to get on angle with a pass







## Save/Clear Kicking

- Being able to identify the saving foot early is an important part of saving & clearing the ball effectively. Don't get caught always trying to use your dominant foot, as when it comes to make those wider saves
- Clearing low and wide is always the priority for keepers, with the next best option being clear to a defender who can protect and clear the ball from there.
- Get your body on line of shot to minimize reach
- Pivot and push off plant leg (non-saving foot) to get power to clear, open shoulders and hips to take the ball wide
- Keep weight (upper body) forward to keep the ball down and aid in recovery for rebounds





## Aerial Right Hand

- Track the ball from striker's stick to stopping surface
- Push of your non-saving side leg to take your hand through the line of the shot
- Aim to take the ball as close to your hand protector as possible. Use stick as a saving surface only for those shots that are well wide of your body.
- Start hand forward, track back with your hand and open up with your shoulders and hips to take the ball wide. Avoid coming forward to bat at the ball.
  - Reset for rebounds







## Aerial Left Hand

- Track the ball from striker's stick to your stopping surface
- Push of your non-saving side leg to take your hand through the line of the shot.
- Aim to take the ball on the palm of your hand protector. Start hand forward, track back with your hand and opening up with your shoulders and hips to take the ball wide.
- In scramble situations, use your left hand protector to bat the ball to safety
  - Reset for rebounds





## 7 Metre Zone

- Recognize scoring threats and position accordingly
- Read the play to see where you can intercept a pass rather than defend against a dangerous shot
- Get as close to the ball as possible in in-close situations. Horizontal/sliding skills will offer more stopping surface
- Whether upright or sliding, priorities are 1) save 2) clear 3) recover







## 1 v GK

- Step up to engage striker (1 stick length engaging distance)
  - Break down steps to get control and stay in play
    - Hands knee heights and forward
- Small quick steps when keeping engagement to avoid getting wrong footed
- Stay with play upright as long as possible, diving only when ball is exposed or as a last resort





## General

- Be consistent in your preparation. If you have a good game, figure out what you did that helped you perform well. Take everything into consideration like how you warmed up, what you ate before the game, did you have a good nights sleep the night before the game. Little things can dramatically affect how prepared and successful you are in goal.
- Ask questions of your coaches and pairs. It is good to have insights into how other people do things as you may end up using or modifying how someone else does something to help improve your own game.
- Use trainings as a place and time to experiment and really focus on what you are doing in goal. Mistakes are learning opportunities, and there is no better place to make mistakes than in trainings. Don't let mistakes keep you down. Use mistakes as a chance to analyse why something went wrong and how to improve on them.
  - 1,000 repetitions of a specific skill = 70% mastery in a game.
- Enjoy the process. You will have ups and downs during your time as a goalkeeper, but it's important to stay humble in the ups and continue to work hard in the downs.

