
COACHING CONTENT: GOALKEEPING

Specific technical, tactical, physical and psychosocial goalkeeping aspects

GOALKEEPING

TECHNICAL

1. Ball Handling
2. Dealing with Crosses
3. Dives & Saves
4. Footwork
5. Positioning
6. Shot Stopping & Blocking

PHYSICAL

1. Agility & Reaction
2. Coordination & Balance
3. Flexibility
4. Perception & Awareness
5. Strength & Power

TACTICAL

1. Throws & Distribution
2. Support Play
3. Controlling the Tempo

PSYCHOSOCIAL

1. Focus/Attention
2. Decision/Determination
3. Communication

