

Topic: Improving a Goalkeepers Distribution



Introduction:

A good ladies Gaelic football coach will ensure that they do not neglect the area of ‘coaching the goalkeeper’ in their coaching sessions. For all players in a team of all ages, it is imperative that the basics are continually trained to ensure they can be the best they can be on the field of play, a goalkeeper is no different. For goalkeepers, the basic areas are handling, footwork, reaction and distribution. Drills for these areas should be included in all training sessions.

All these areas have specific teaching points, similar to if coaching the hand-pass, solo etc. Therefore, it is imperative as a coach that you continually remind them of the technical points associated with whatever exercise they are doing. In particular for younger goalkeepers, it is important to develop good technique before speed, stamina and intensity are introduced.

The LGFA recognise the important role the goalkeeper plays in our game and therefore have devised a specific ‘**Goalkeeper workshop**’ to educate and upskill coaches on how to devise basic drills to assist with developing the above areas as outlined above in more detail. The workshop also looks at ways of improving communication and psychology as both play huge significance to role of the goalkeeper also.

For more information on this workshop and how to organise then please log onto www.ladiesgaelic.ie.

Scenario:

As highlighted above there are many areas associated with coaching the goalkeeper but for this edition of PEIL we will focus on the whole area of distribution. In ladies football, the goalkeepers ability to find a colleague and maintain possession is critical in our game. There are two types of distribution:

- Kick-outs
- During general play

Goalkeepers must be given time to practice a pre kick routine and technique. Consistency is of the utmost importance. It is better to have a GK that has a reliable short kick rather than an erratic long kick. The outfield players must take responsibility to make runs when required for the goalkeeper. The coach needs to work with both the goalkeeper and the outfield players to develop an understanding between the two. Kick-outs need to be practiced regularly.

Common errors with distribution are trying to kick the ball too hard, inconsistent routine or technique, panicking when put under pressure or having no plan with outfield players and therefore see below a few basic drills to assist with developing same.

Aim of Drills

Focus on good kicking technique from kick-outs & general play

Stage 1

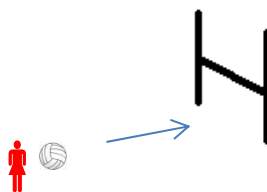
What will this drill do?

- Develop a consistent clean kicking strike

What do I need to set up this Drill?

- A goalpost or utilise the stop nets behind the goals.
- Footballs

What will drill layout look like?



How do I execute this drill?

- GK stands 6 yards in front of the stop nets or the goal (with net)
- GK simply kicks the ball into the net as if performing a kick out. GK focuses on keeping good technique. (see skill card)
- GK does not try to kick the ball as hard as possible but focus always on a smooth technique to warm up
- This is a great opportunity to define technique i.e. how many steps required, how the ball should be held etc.
- Carry out sets of 8 kicks, 2 -3 sets is sufficient.
- Work off both sides of the body when executing the kicks

How can I progress the above drill?

- Kick ball over the bar as if they executing a kick out.
- If kick is good and accurate (between posts) then GK can move back a few yards and repeat.
- As distance increase the GK **SHOULD NOT** try to kick the ball much harder but rather focus on maintaining technique and following through with kick leg

Drill 2

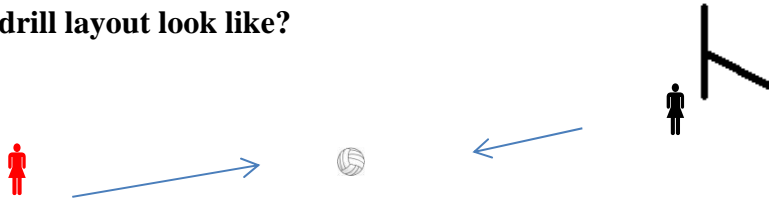
What will this drill do?

- Develop coming off the line and distribution

What do I need to set up this Drill?

- A goalpost
- A partner
- Footballs

What will drill layout look like?



How do I execute this drill?

- GK starts in goal
- Coach or partner stands out the field about 30 yards away and plays the ball in front of the goal so that the goalkeeper must come off the line quickly to gather the ball
- Once the ball is secure by the GK, she must deliver an accurate kick-pass back to the coach/partner
- Work off both sides of the body when executing the kicks

How can I progress the above drill?

- GK must distribute the ball to a moving player out the field
- GK utilises non dominant side to distribute ball

Drill 3

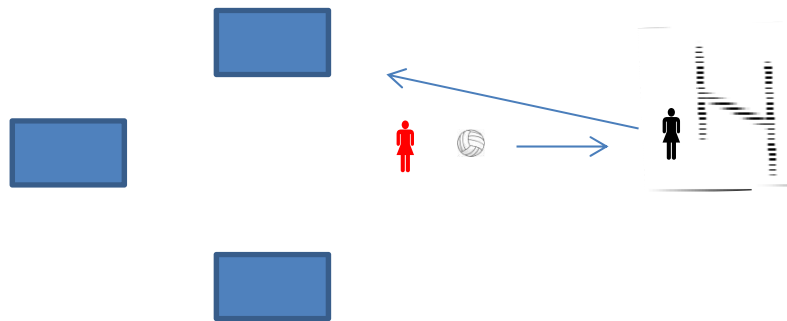
What will this drill do?

- Save and distribute

What do I need to set up this Drill?

- A goalpost
- A partner
- Footballs
- Cones

What will drill layout look like?



How do I execute this drill?

- Coach marks out three squares with cones. Important all squares are within kicking distance for the goalkeeper. Coach gives each square a number.
- GK starts in goal. Coach kicks or throws (dependant on ability) the ball.
- When GK has secured the ball they must get to their feet. As they are doing so the coach shouts a number and the GK must deliver an accurate kick-pass to that square
- GK must perform good technique not only for the kick but also for the save. GK must learn how to perform high intensity reaction save then quickly switch to a controlled delivery of the ball.
- Important GK works off both sides of the body.

How can I progress the above drill?

- Move squares further away
- Replace squares with players who are moving to the ball. Assist with kicking into required space
- Put an attacker in front of the GK to put pressure on them when they try to deliver the ball