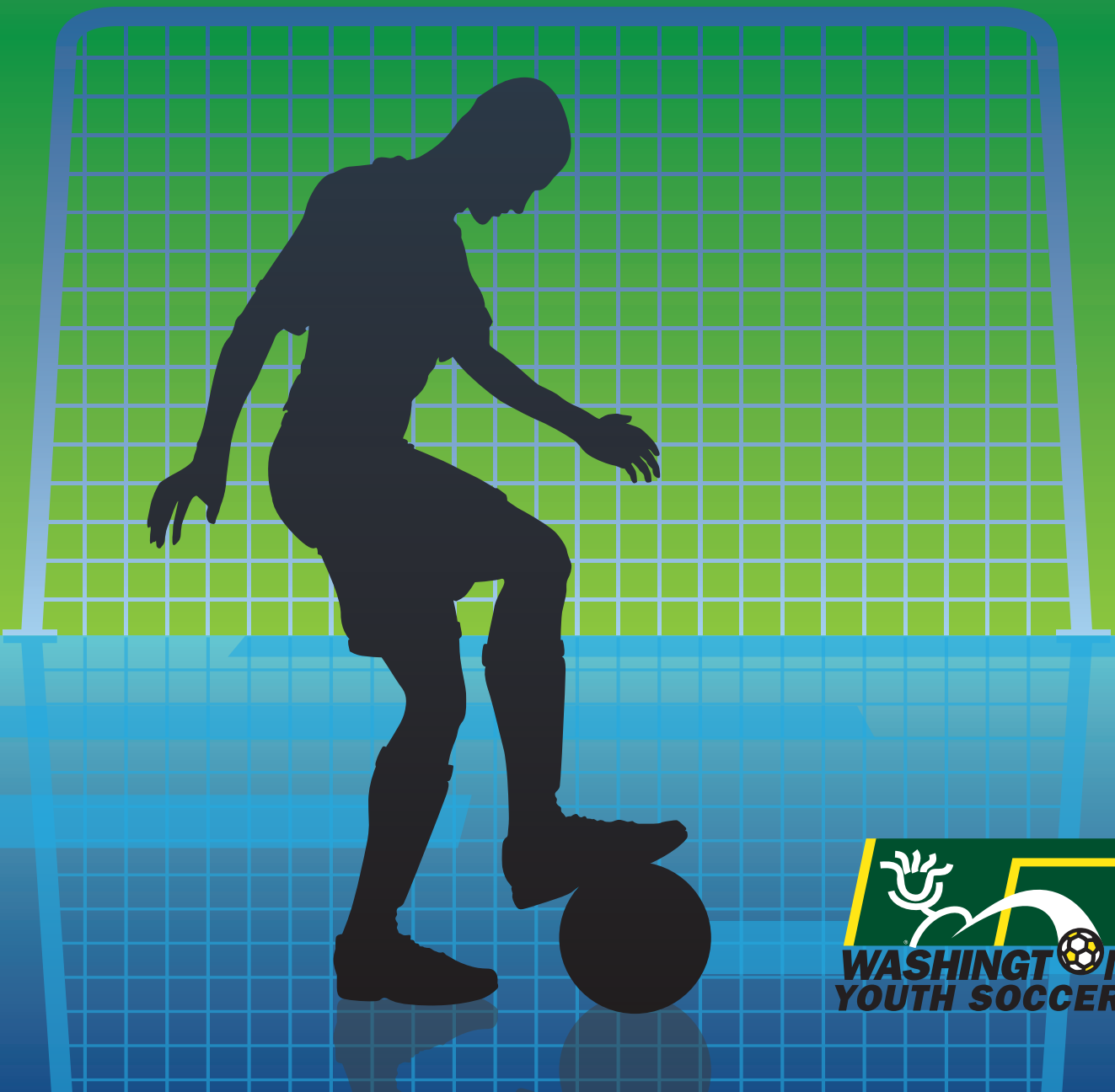


# Futsal

# Goalkeeper Manual

Adapted from FIFA

Compiled by Gary White & David Griffiths



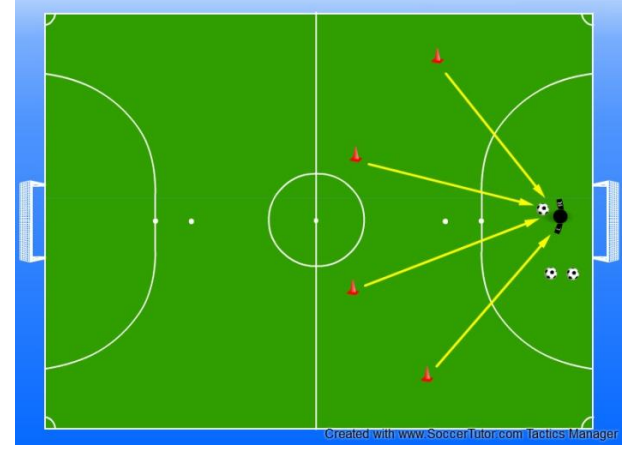
**Technical Maneuvers**

**Offensive Clearances**

This is when the goalkeeper recovers the ball and then returns it to play by throwing or kicking.


**Activity #1 - Clearances to cones**

Four cones are set out on different parts of the pitch at different distances. The goalkeeper has a supply of balls available in the goal and throws them out trying to hit the cones.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Practices the technique of making a clearance.</li> </ul>	<ul style="list-style-type: none"> <li>Same exercise, but the goalkeeper kicks the ball out</li> <li>A defender can be placed around the second penalty mark to make the exercise more difficult</li> </ul>	<ul style="list-style-type: none"> <li>Focus on the goalkeeper's inclined body position when making the clearance</li> <li>Focus on the arc that the goalkeeper's arm should make when throwing the ball</li> </ul>	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

**Activity #2 - Clearances to the pivot**

One attacker and one defender. The goalkeeper has to match the throw to the attacker's movement as he tries to lose his marker.


Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Clearing the ball in a match situation.</li> </ul>	<ul style="list-style-type: none"> <li>Same exercise, but the ball is kicked out.</li> </ul>	<ul style="list-style-type: none"> <li>In addition to the previous coaching points, the attacker also has to synchronize his movement to the goalkeeper's clearance.</li> </ul>	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Defensive Positioning

The goalkeeper must try to take up the most effective position possible when facing an attack from the opponents.


**Activity #1 - Shots from different angles**

Three attackers at different locations on the pitch each have various balls. The attackers take it in turns to shoot and the goalkeeper must correct his positioning for the next shot.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>• Maintaining correct positioning with shots from different angles.</li> </ul>	<ul style="list-style-type: none"> <li>• The attackers are given numbers and the coach indicates which player should shoot, not necessarily in numerical order</li> <li>• A defender can be placed in the way to make positioning more difficult</li> </ul>	<ul style="list-style-type: none"> <li>• The goalkeeper should have his weight on his toes so that he is better able to react</li> <li>• The goalkeeper should always try to take up a position on the imaginary line between the ball and the centre of the goal</li> </ul>	

**Activity #2 - Positioning when faced by numerical superiority**

Two attackers, one on each side of the pitch. The attacker with a ball can shoot at the near post or pass to the teammate at the far post.


Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>• Positioning in a match situation.</li> </ul>	<ul style="list-style-type: none"> <li>• A time limit can be imposed on finishing.</li> </ul>	<ul style="list-style-type: none"> <li>• The goalkeeper's positioning should guarantee cover of the post nearest to him and he should try to defend the passing channel to the other attacker by stretching out a leg</li> <li>• The goalkeeper should try to close down the passing channel to the attacker as much as possible</li> </ul>	

Movements

The goal keeper has to move to reach the ball as quickly and efficiently as possible.

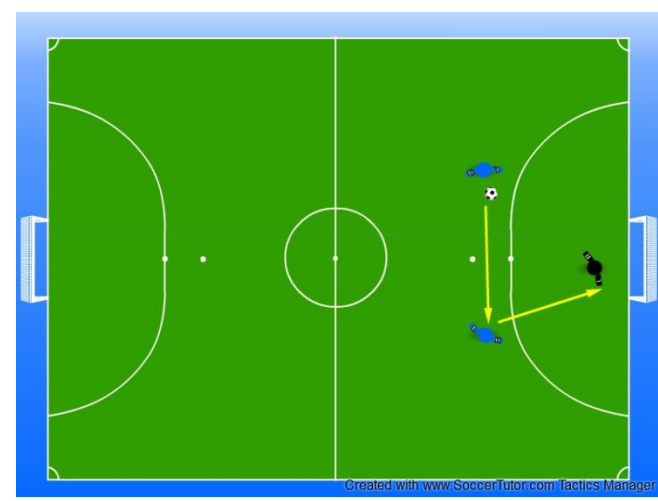
**Activity #1 - Touching the post**

An attacker has a supply of balls at the penalty mark. The goalkeeper moves to touch a post; the attacker then immediately kicks the ball towards the opposite post. The exercise continues in this way.

Objective:	Variations:	Coaching points:	 <p>Created with www.SoccerTutor.com Tactics Manager</p>
<ul style="list-style-type: none"> <li>Working on lateral movements.</li> </ul>	<ul style="list-style-type: none"> <li>The goalkeeper can also be brought forward and then lobbed over to work on backwards movement.</li> </ul>	<ul style="list-style-type: none"> <li>The most important point is that the body weight should be on the toes so that the goalkeeper can move quickly. The goalkeeper should not move backwards when the player shoots.</li> </ul>	

**Activity #2 - Lateral passes**

Two attackers stand in a line parallel to the goal, inside the area. The players pass the ball to each other. This continues until a player decides to shoot at goal. The goal keeper has to move while taking into account the trajectory of the ball and remain alert to when a player decides to shoot.

Objective:	Variations:	Coaching points:	 <p>Created with www.SoccerTutor.com Tactics Manager</p>
<ul style="list-style-type: none"> <li>Movement of the goalkeeper in a match situation.</li> </ul>	<ul style="list-style-type: none"> <li>Impose a maximum number of passes.</li> </ul>	<ul style="list-style-type: none"> <li>In addition to the coaching point above, the goalkeeper takes a small step forwards in order to reduce the attacker's shooting angle.</li> </ul>	


Catching

This is the action of the goalkeeper receiving the ball with their hands.

**Activity #1 - Goalkeeper facing backwards**

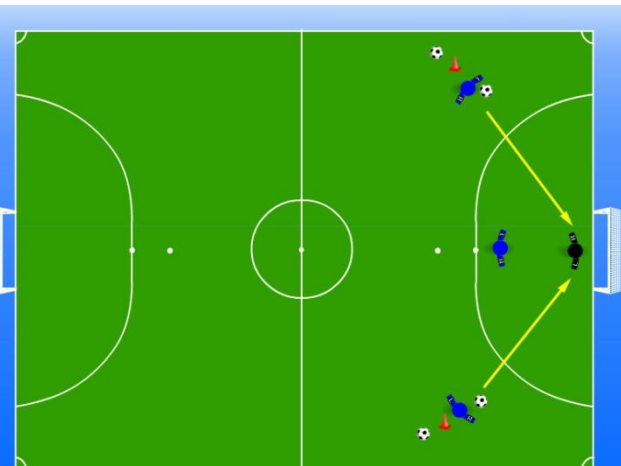
An attacker is positioned on the edge of the box with a supply of balls. The goalkeeper has his back to the attacker.

When the attacker shouts "Now" the goalkeeper turns around and the attacker kicks a ball at goal.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Practicing catching the ball.</li> </ul>	<ul style="list-style-type: none"> <li>The ball can be thrown</li> <li>The exercise can be conducted with two attackers, one on each side</li> </ul>	<ul style="list-style-type: none"> <li>Keep fingers tense and in a curved position, never straight.</li> </ul>	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

**Activity #2 - Shots from the wings**

An attacker stands on each wing with a supply of balls. A third attacker waits in the center for any rebounds. The attackers take it in turn to shoot from the wings. If there are any rebounds, the third attacker shoots at goal.

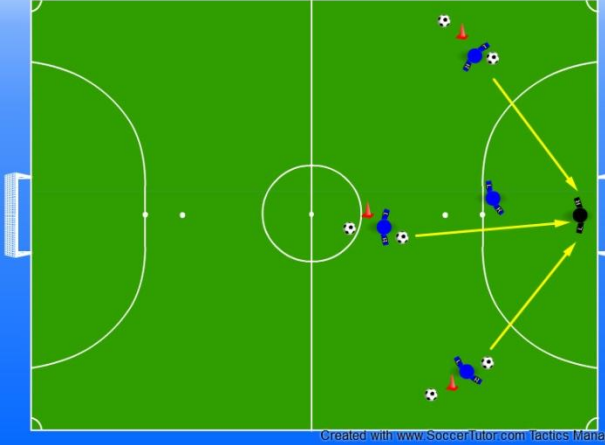
Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Working on catching the ball in a match situation.</li> </ul>	<ul style="list-style-type: none"> <li>A defender can be used to screen the shots and hamper the goalkeeper's vision.</li> </ul>	<ul style="list-style-type: none"> <li>The goalkeeper should also try to get his body behind the ball in case its spills through his hands.</li> </ul>	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Deflections

This is when the goalkeeper intentionally pushes the ball away after a shot.


**Activity #1 - Deflecting from different angles**

Three attackers at different angles take it in turns to shoot at goal; the goalkeeper has to deflect the ball. A fourth attacker roams the penalty area and tries to put any rebounds in the net.

Objective:	Variations:	Coaching points:	 <p>Created with www.SoccerTutor.com Tactics Manager</p>
<ul style="list-style-type: none"> <li>Working on deflecting from different angles</li> </ul>	<ul style="list-style-type: none"> <li>The attackers change the sequence of shooting to make the exercise less predictable.</li> </ul>	<ul style="list-style-type: none"> <li>Place the hands straight and tensed</li> <li>Do not be passive, push the ball</li> <li>Always deflect the ball towards the wings, never towards the center</li> </ul>	

**Activity #2 - Match situation**

Two attackers compete against one defender and try to reach the goal to finish the move. A third attacker waits in the penalty area and tries to score from any rebounds.

Objective:	Variations:	Coaching points:	 <p>Created with www.SoccerTutor.com Tactics Manager</p>
<ul style="list-style-type: none"> <li>Practicing deflecting in a match situation.</li> </ul>	<ul style="list-style-type: none"> <li>Impose a time limit on finishing the move</li> <li>Only allow shots from outside the area</li> </ul>	<ul style="list-style-type: none"> <li>All of those previously mentioned</li> </ul>	


**Tactical Maneuvers**

**Coming out**

This is the ability of the Goalkeeper to step off their line to narrow angles, force an attacker into a mistake and ultimately start an attack quickly.


**Activity #1 – one attacker’s v the Goalkeeper**

Several attackers, each with a ball. The attackers take it in turn to take the ball towards goal with only the keeper defending.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>• Keeper comes out against an attacker</li> </ul>	<ul style="list-style-type: none"> <li>• the attackers have to try and dribble around the goalkeeper</li> <li>• the attackers have to shoot on goal without dribbling past the keeper</li> <li>• the attacker can choose how they attack the goal</li> </ul>	<ul style="list-style-type: none"> <li>• Be patient</li> <li>• look the opponent in the eyes</li> <li>• make a dummy move to force the attacker into making a hasty decision</li> </ul>	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>

**Activity #2 – coming out against a counterattack**

An attacker (red) shoots at goal. The Goalkeeper then quickly plays the ball out to one of the two yellow team players who counter attack. The opposing goalkeeper comes out to defend against the counter attack, either trying to intercept the ball or hold up play for the red team player to drop back.


Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>• Coming out against a counterattack</li> </ul>	<ul style="list-style-type: none"> <li>• Impose a time limit for finishing the counter attack</li> </ul>	<ul style="list-style-type: none"> <li>• The goalkeeper takes up an advanced position</li> <li>• Be in an alert, tensed position and not upright and relaxed.</li> </ul>	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>

Defending free kicks

This is the most effective positioning by the goalkeeper to counter the danger from a free kick taken by the opponents.

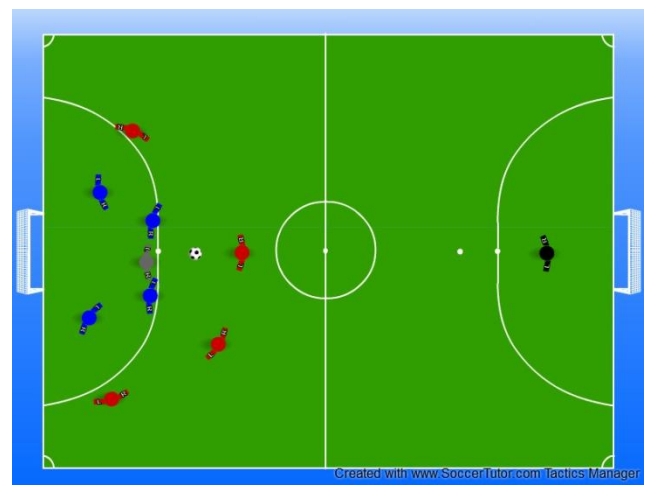
**Activity #1 - Wide free kick**

Two attacking players take up positions outside the box and one goes to the far post to be marked by the goalkeeper. As the attacking players change their positions, the goalkeeper must defend against a pass to the attacker at the far post and try to block any shots from outside the area.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Defending against a pass into the area and a shot from outside the area.</li> </ul>	<ul style="list-style-type: none"> <li>The nearest defender moves back to mark the attacker on the far post while the goalkeeper comes out to narrow the angle of shots from outside the area.</li> </ul>	<ul style="list-style-type: none"> <li>The goalkeeper should be continuously issuing orders to his team-mates</li> <li>The goalkeeper should always defend the post furthest from the ball and the wall the closest post</li> <li>The goalkeeper should not close his eyes or move backwards during shots</li> </ul>	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>

**Activity #2 Central free kick**

The goalkeeper forms part of the defensive wall, guarding against a direct shot by the player taking the free kick as well as a shot from the attacking team player adjacent to the free kick taker. The other attackers are marked by the defenders on the posts. The goalkeeper mustn't go to ground, but rather attack the shot.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Defending shots from the center.</li> </ul>	<ul style="list-style-type: none"> <li>The attacker adjacent to the ball blocks a defender on a post and the attacker who was next to the post comes out in order to shoot</li> <li>The goalkeeper must make full use of peripheral vision in this case</li> </ul>	<ul style="list-style-type: none"> <li>The goalkeeper protects the posts with defenders and takes up a position in the wall to protect the center of the goal</li> <li>The goalkeeper should attack the shot in order to reduce the angle of the shot</li> <li>The goalkeeper should come out very quickly</li> </ul>	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>




Defending corner kicks

The goalkeeper must take up the most effective position to counter the danger from a corner taken by the opponents.


**Activity #1 - Defending shots from inside the penalty area**

Two attackers, one at each corner, take it in turns to take a corner kick. They can pass to a third attacker inside the area or play the ball directly at goal. The goalkeeper has to be ready to cover both options.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Practicing defense against shots from inside the penalty area.</li> </ul>	<ul style="list-style-type: none"> <li>It only becomes apparent who will take the corner at the last moment</li> <li>The goalkeeper starts the exercise lying on the ground and quickly gets up when the coach instructs a player to take the corner</li> </ul>	<ul style="list-style-type: none"> <li>The goalkeeper's position at or close to the post depends on the position of the defenders</li> <li>The goalkeeper should be a little crouched in order to be able to react quickly</li> </ul>	

**Activity #2 - Defending shots from inside and outside the penalty area**

An attacker is positioned at each corner with a ball. Two attackers take up positions inside the area are confronted by two defenders. Another attacker is outside the penalty area to provide long-range shots. The player taking the corner decides who to play the ball to, resulting in a shot from inside or outside the penalty area.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> <li>Defending shots inside and/or outside the penalty area.</li> </ul>	<ul style="list-style-type: none"> <li>A follow-up move is allowed if the ball rebounds</li> <li>Give more value to a goal from inside or outside the area, depending on what the exercise is focusing on</li> </ul>	<ul style="list-style-type: none"> <li>The same as above.</li> <li>Also the goalkeeper asked for a strong clearance from his defenders of any balls he cannot catch.</li> </ul>	

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### Goal Keepers Physical Preparation

Most of the goalkeeper's physical preparation is the same as that for other team members although there are specific exercises that address the special features of a goalkeeper's training.

#### Training for power

- ✓ Lying face down, the goalkeeper jumps up to catch the ball
- ✓ Lying down supported by hands, the goalkeeper jumps up to collect a passing ball
- ✓ The goalkeeper rests on knees and toes, then jumps up to catch a high ball
- ✓ Jumps from a crouching position to catch increasingly high balls

#### Training for agility

- ✓ Two players are positioned on either side of the goal. A player shoots low towards a post. When the goalkeeper is on the ground to counter this shot, the other player launches a high ball towards the other post. The exercise continues in this way
- ✓ The goalkeeper lies on the ground with his feet against a post, looking towards the wing. The ball is fired in towards the other post. The exercise continues alternating posts

#### Training for reaction speed

- ✓ A defender In front of the goalkeeper moves constantly while an attacker launches the ball in
- ✓ A series of rapid shots: 8 players take up positions around the area. They take it in turns to launch the ball in, giving the goalkeeper hardly any time to react
- ✓ A mat is placed in front of the goalkeeper. A forward throws tennis balls that change direction as they hit the mat



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