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Goalkeepers... Keeping an even keel

I found this article on the internet several years ago. Perhaps our aspiring GKs will find it interesting.

Part of the myth of the "crazy goalkeeper" is they are extremely emotional either experiencing high highs or low lows.

The reality is, while there are times a keeper will have to get emotional and even occasionally get in a teammates face to get their point across, the truth is most of the time the keeper is storming around screaming, they are neglecting what they should be doing.

To paraphrase a wonderful quote "it is better to panic before the game and remain calm during the game then to remain calm prior to the game and panic during the game.

Top keepers train and prepare for as many situations as they possibly can so that when the various situations arise in a game they are prepared and can remain calm while dealing with the situation. For example, when a keeper is in goal and their team commits a foul, giving up a direct kick from 19 yards out, the ill prepared is running around screaming and trying to figure out who should be in the wall; who should set up the wall; how many players should be in the wall etc.

The well prepared keeper is able to remain calm because they have trained for this situation and they (and their team) already know how many people should be in the wall, who should be in the wall and who should set up the wall. Also, they know how to set up the wall as quickly as possible and can quickly get their team and themselves situated to best defend the goal scoring opportunity.

While it might take the well prepared keeper more time in training to be prepared for these types of situations, there is no way to prepare for all situations, but the more you are prepared for, the easier it will be to deal with those situations as well as others.