

Pickering Soccer Club



GOALKEEPERS OSA Key Factors: For Technique & Skill Development	
1) SET POSITION: a) Hands in front of body b) Feet shoulder width apart c) Weight forward d) Feet still e) Balanced	2) CATCHING: a) Eye on the ball b) Body behind the ball c) Hands in front of body d) Hands relaxed e) Part of hand/ position f) Secure the ball
3) ANGLES: a) Starting position b) Body behind the ball c) Foot movement d) Attack the ball e) Set position	4) THROWING: a) Eye on the target b) Body open/ balanced c) Part of hand d) Weight e) Follow through f) Support
5) COMMUNICATION: a) Early b) Clear c) Concise	6) KICKING OUT OF HANDS: a) Eye on the ball b) Hands steady c) No spin on release d) Part of foot/ ball e) Follow through f) Support defence
7) KICKING a DEAD BALL: a) Eye on the ball b) Part of foot/ ball c) Follow through d) Support defence	8) DIVING: a) Set position b) Body to the ball c) Hands to the ball d) Power leg e) Driving leg f) Collapsing leg
9) PUNCHING: a) Eye on the ball b) Body behind the ball c) Attack the ball d) Part of hand e) One hand or two f) Follow through g) Track the ball	10) DEFLECTING: a) Eye on the ball b) Body behind the ball c) Attack the ball d) Part of hand e) One hand or two f) Follow through g) Track the ball
11) CROSSES: a) Eye on the ball b) Part of foot/ ball c) Body behind the ball d) Foot movement e) Attack the ball at highest point	<p>These are sound, basic Key Factors which should be identified and taught, <u>but not necessarily named</u>, when coaching young goalkeepers.</p>