

# Goal training basic for youth

with Kai Zaoui



From the series :  
Best Practice Sharing of  
Innovative and Disruptive Field  
Hockey Skills Erasmus+ Program  
2019 - 2020



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POLSKI ZWIĄZEK  
HOKEJA NA TRAWIE

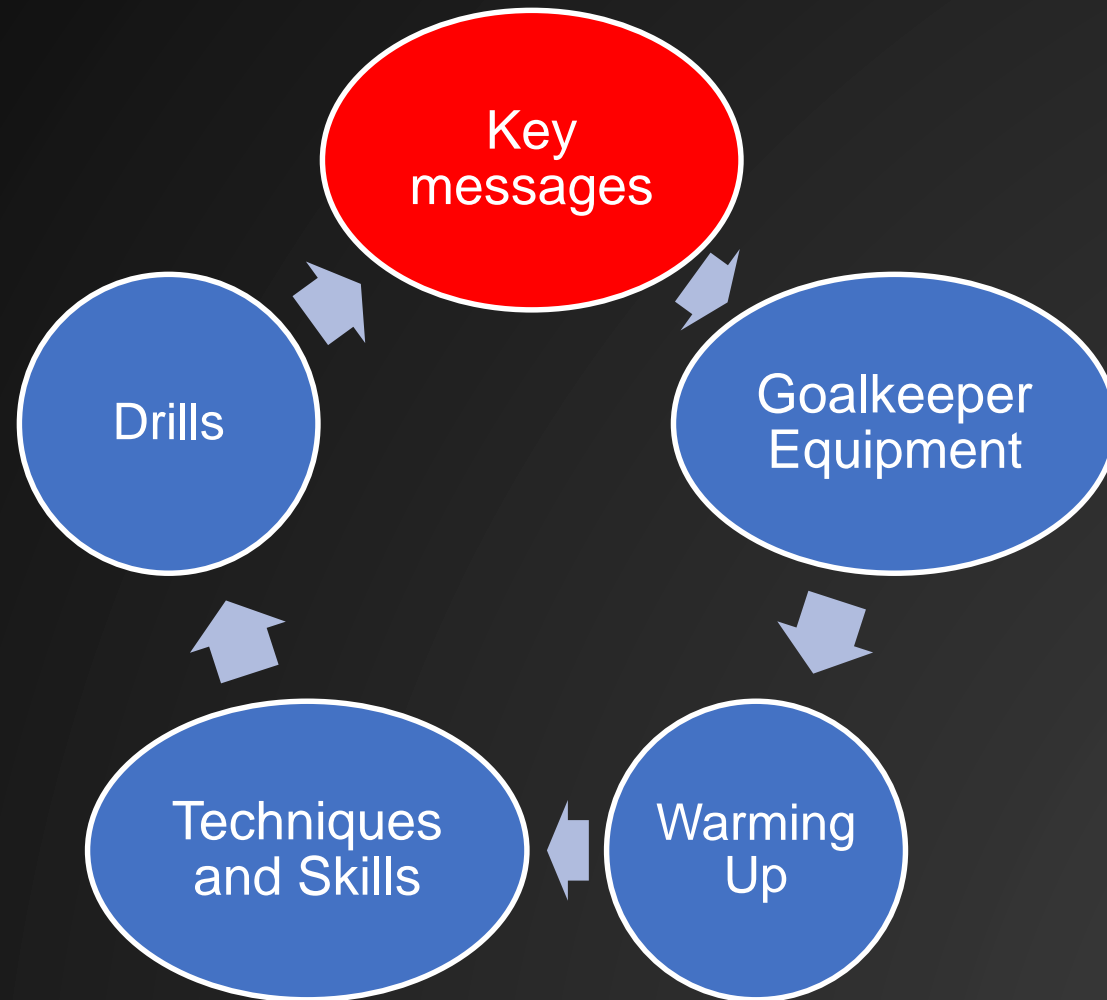
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# Contents:



# KEY MESSAGES

The goalie is one of the most important players on the team.

Goalkeeper is the last line of defense.

Some people see them as mad because they stand in a goal with pads on and allow players to fire balls at them. Most people would be scared but not goalies.

Goalies deserve more attention from trainers  
(and we hope this presentation helps 😊)



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# Few things to make a great Goalie

Focused

Great vision

Good at reading play  
and players

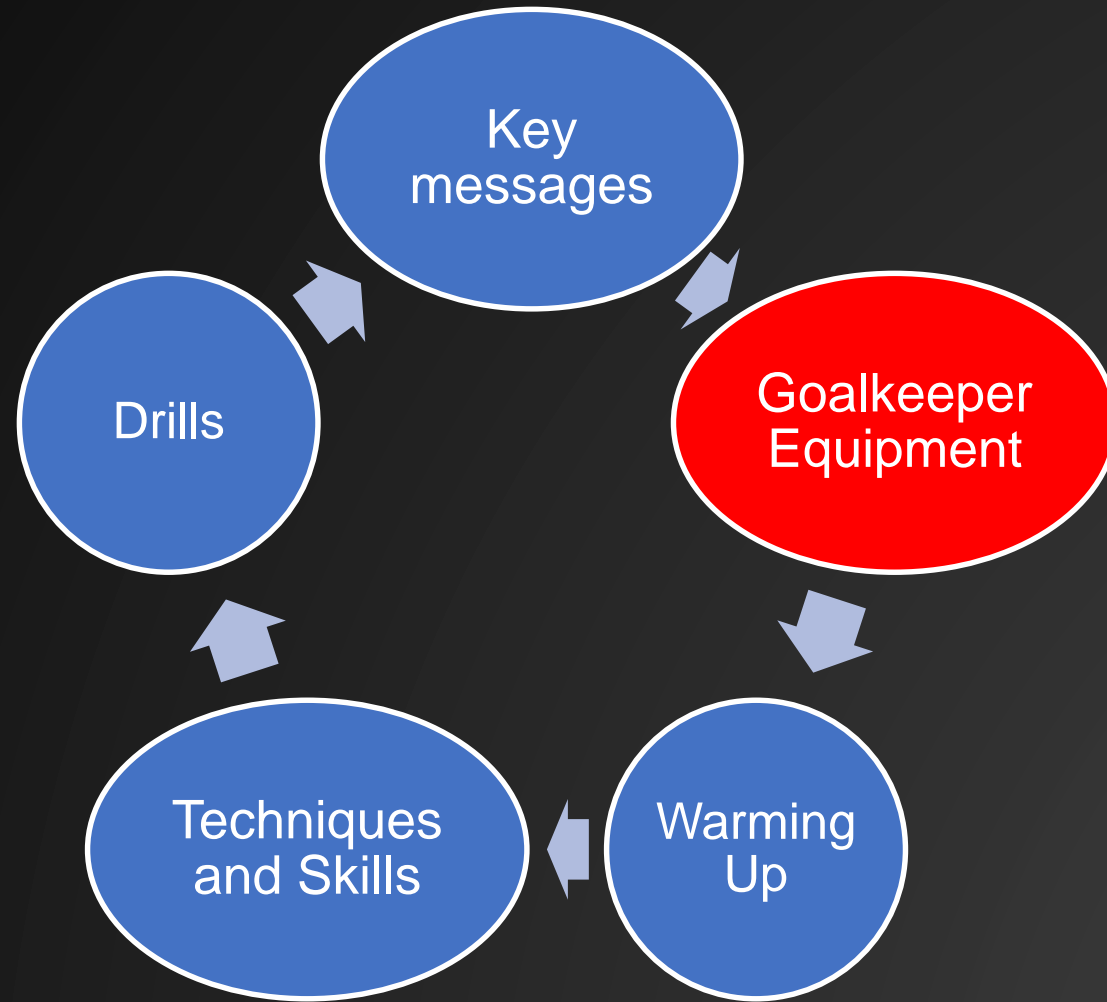


No Fear

Good under  
pressure

Resilient

# Contents:



# Goalkeeper Equipment

One of the players (goalie) of each team on the field can wear protective equipment.

It is very important for a goalkeeper to be well protected.

If they don't feel protected they will most likely not be confident in their abilities.

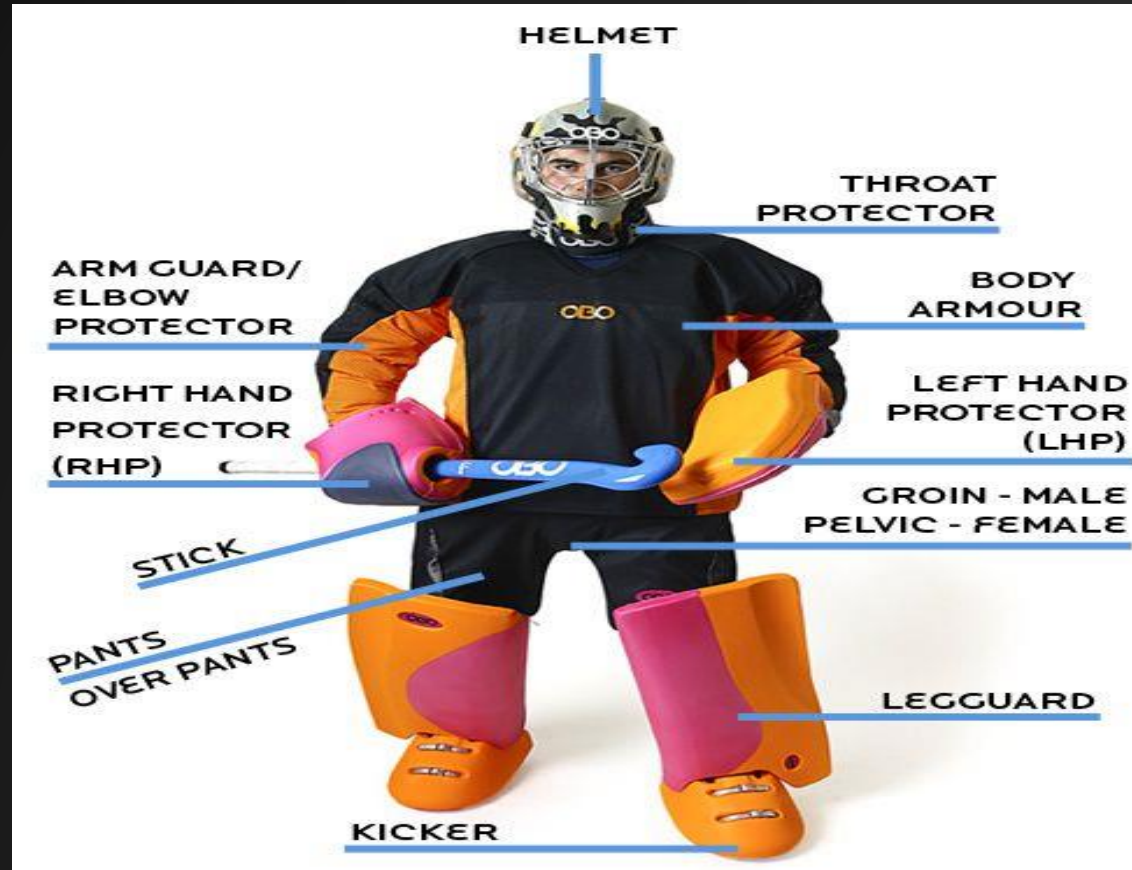


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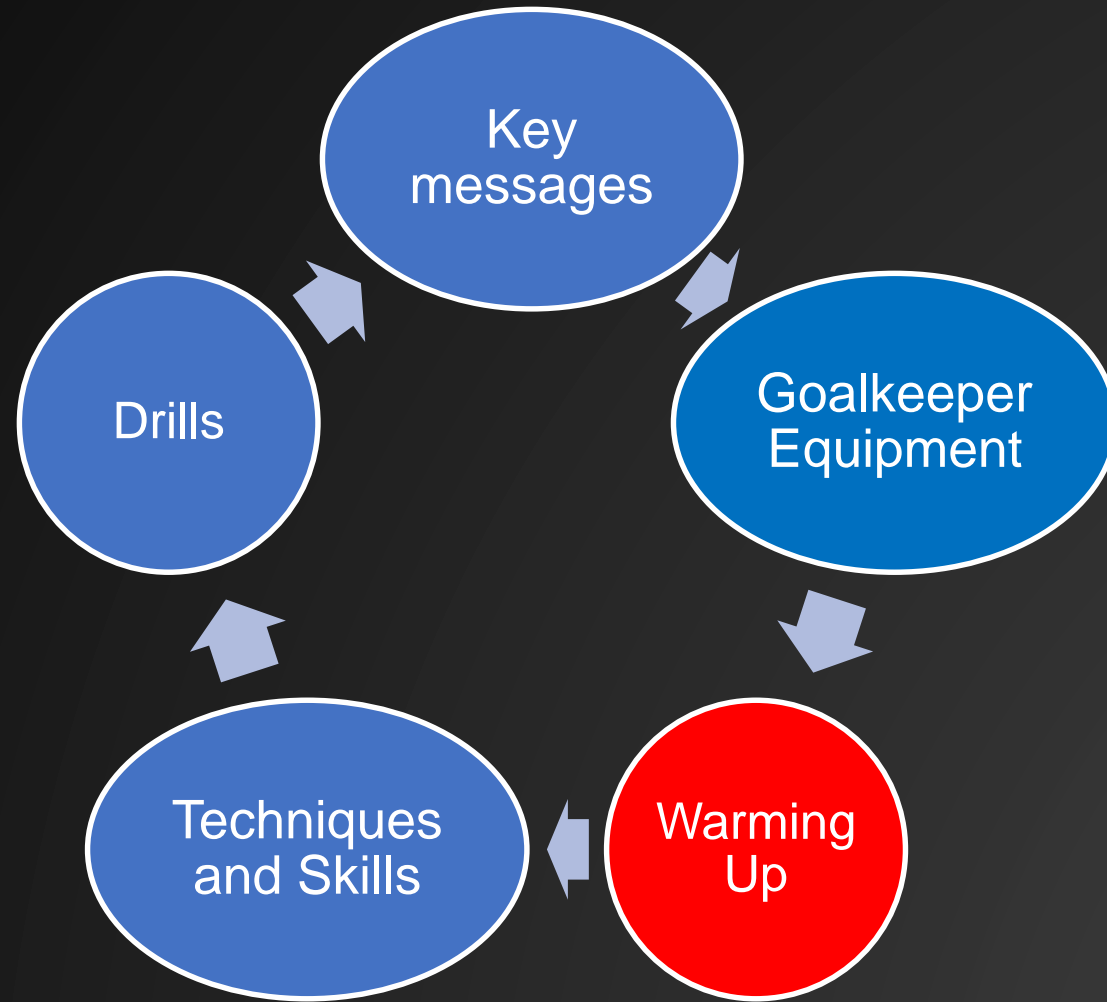
Thanks

# The goalie must have





# Contents:



# Warming up for goalies

For goalkeepers the warm up is just as important as it is for field players. They need to do some warm up activities before and after a game or training.

Stretching is very important for goalies as they need to be very flexible to reach and stretch to make the saves. Start with some static stretches then do some dynamic.

Give goalies the responsibility to do a good warming up (and cooling down) themselves before each training or match. An assistant trainer can help but they need to see this as their own responsibility

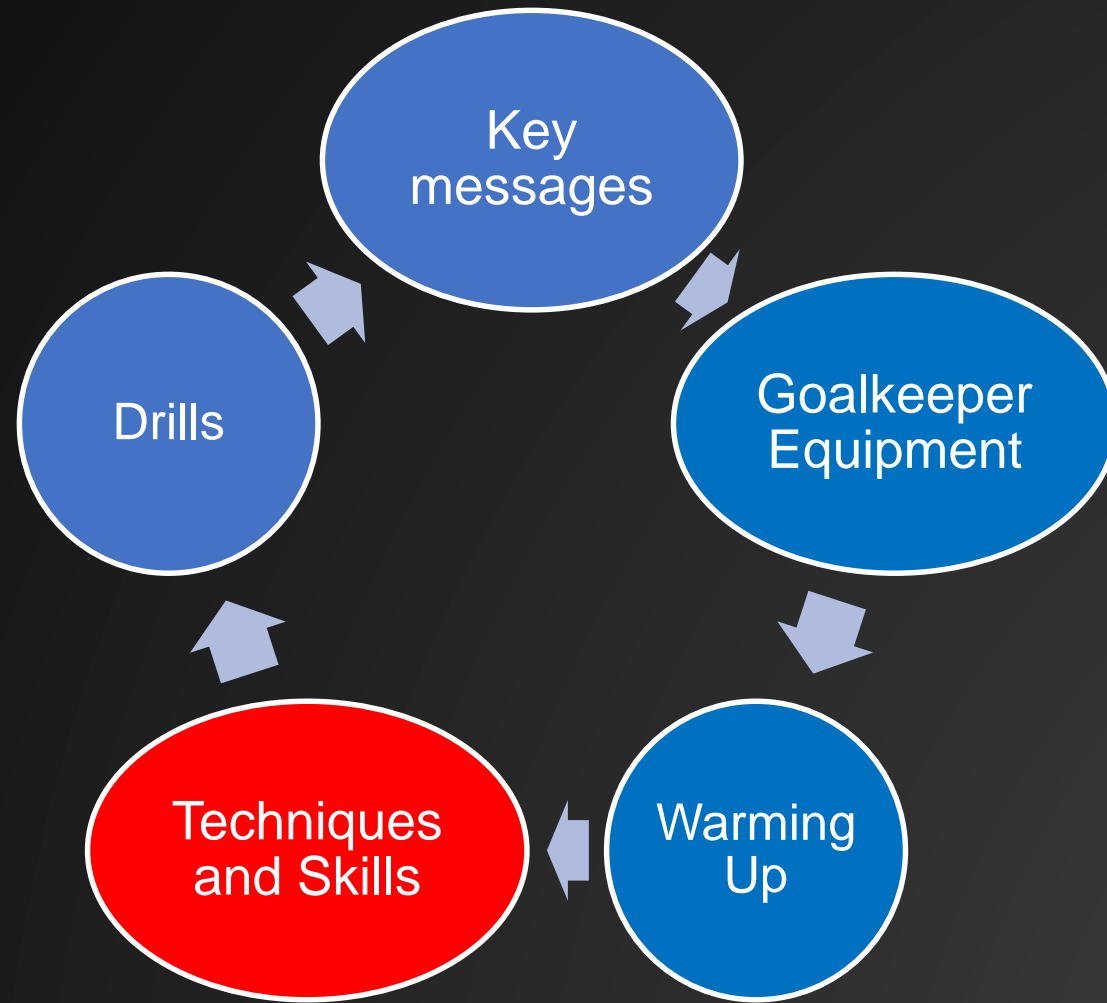
Before you start a shooting exercise on goalies, make sure they are well warmed up and give them extra time when necessary to prevent injuries



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# Techniques and Skills

A new goalkeeper should concentrate on the “basic” first before moving on do things as communication, closing down attackers etc.



# What are the basics?



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# 1. The “Ready position”

-Eye focused on the ball

Arms and hands should be forward of the shoulders and chest

Hands should be above the waist with glove „facing the shot”

A good thing to remember is “ knees over toes, hips over knees “





# Basic Goalie Position

## 2. Knowing your angles

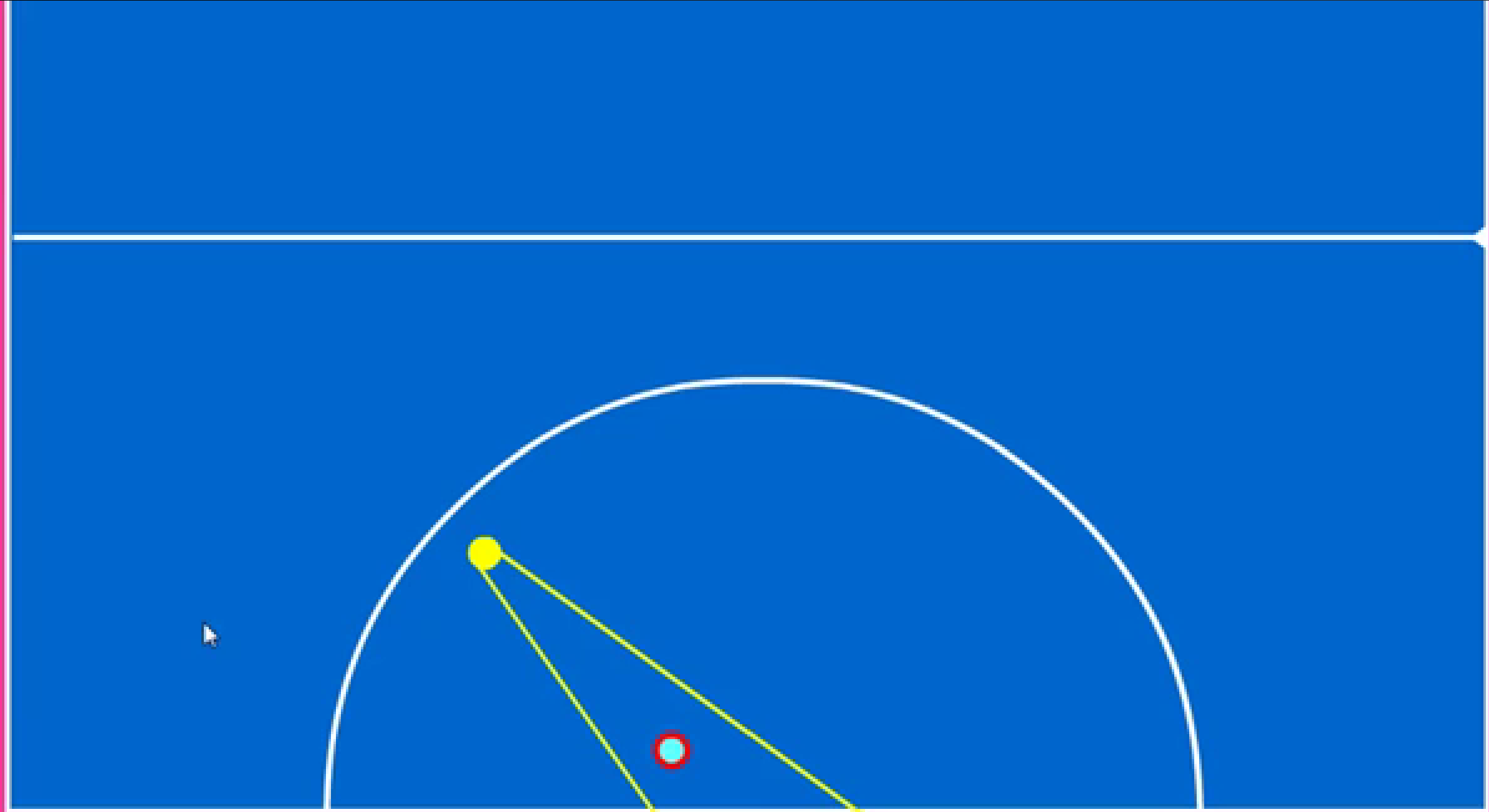


Knowing position in the D is a very important part of goalkeeping.

The aim of the goalkeeper is to optically make the goal smaller for the attacker

Another aspect of covering angles is **depth**. Goalies ideally should be a 2-3 big steps out from the goal and following the ball by shuffling (= dragging your feet over the ground).





# 3. Kicking



A basic kick is when the ball is going just wide of your foot but not wide enough for you to stretch out to reach. You want to be able to block the ball from going into the goal and clear it at the same time.



# 4. Aerial saves

## Glove saves

Generally glove saves are made when the ball is too high to save with leg pads



## Stick saves

The stick and right protector are used to save balls on the right hand side. It is better to save the ball with your right hand glove rather than only with your stick.







# 5. Diving and Sliding



There is one major difference between diving and sliding.



„diving” you move sideways

while

“sliding” you are moving forward.

These techniques should be used as a last resort and goalkeepers should try to stay on their feet wherever possible.







# 6. Getting Back Up

This is a very important techniques that many “young” goalies find difficult.

They learn how to dive and slide, but don't get taught the best way to get back up again.

One of the most important things about getting back on your feet is when to do it.

You don't want to do it when an attacker has the ball right in front of keeper.



To develop goalkeepers, you should devote their time and only to them, e.g. 30 min before the main training or do additional goalkeeping training on other days (for many goalkeepers).

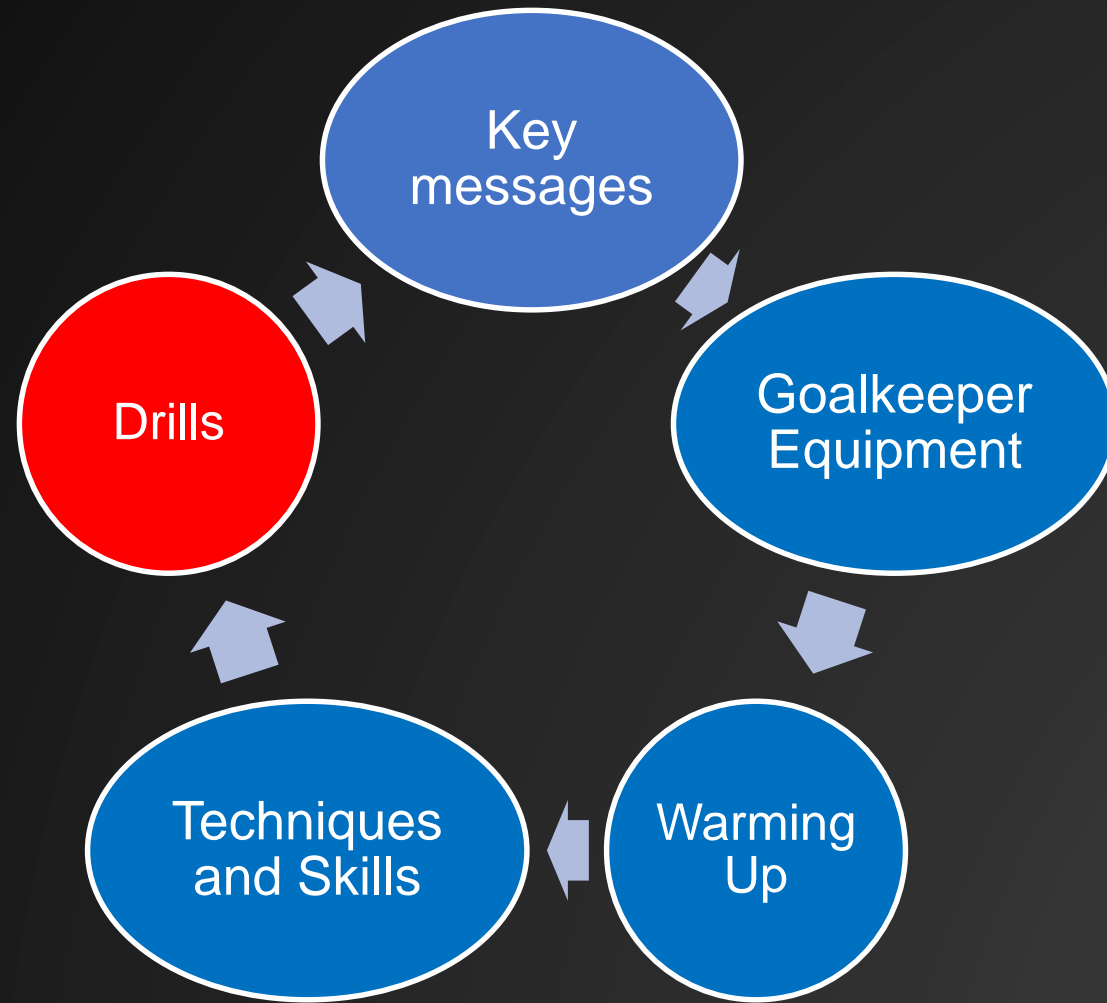
The following goalies drills are specifically aimed at improving goalkeeping skills and goalkeeper training. The goalkeeper is often overlooked in training sessions and setting up some specific goalkeeping drills will build confidence and help the goalkeeper feel valued.



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# Drills

The best thing for the beginner goalie is to get used to moving in their gear.

It's quite difficult putting the gear on for the first time and even trying to walk in it.

Practice walking, running and getting up and down in the gear.

Also practice the shuffle movement, shuffling side to side and forwards as well as backwards.



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# Warm-up (for game or practice)

Have a couple of players push balls slowly at the goalkeeper's feet from no more than 3m away.

If there are two players one player aims for left foot, the other aims at the right foot. With one player make sure they alternate feet. This helps get the keepers eye in.

It is important that the keeper makes good quality kicks back to the players.

After a couple minutes of this, the players move back to about 8-10m and hit the balls harder but still at the keepers feet. Again the emphasis is on quality returns.

Gradually players will hit the ball wider, but only when the keeper says so.

When ready, get the players to flick or hit the ball in the air so the keeper can practice aerial shots.

After 2 minutes of this the goalkeeper should be ready to take full out shots.



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# Field Hockey Goalkeeper Kicking Drill

## Set Up

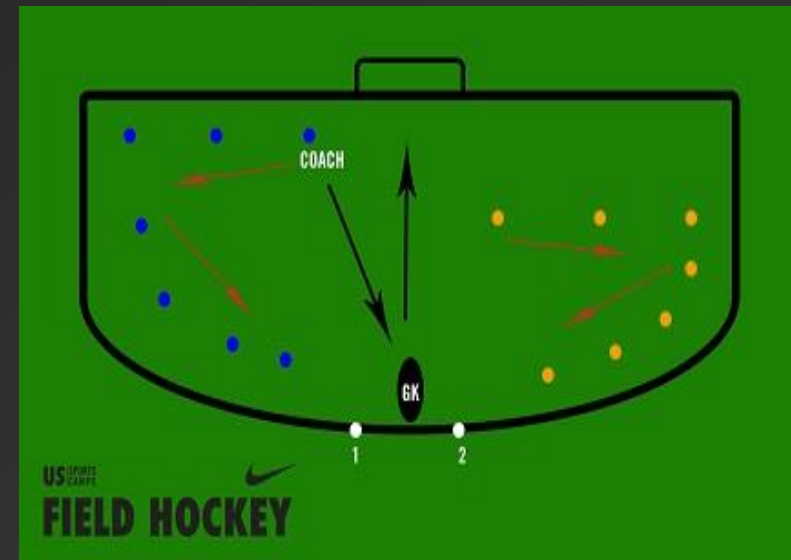
The Goalie should be on the shooting circle facing the goal, about 15 meters away from the goal. There should be a cone on either side of the goalie. Within the shooting circle, there should be 7 cones placed on the left side and 7 cones placed on the right side, as show in the image. The blue cones on the left side should be father away from the goalie than the orange cones on the right side.

## The Drill

Start on the left side with the blue cones, at the cone closest to the goal. A coach should roll the ball with a strong pace behind it to cone #2, beside the goalie. As the ball come towards the goalie, the goalie should kick the ball with their right foot and into the goal. As the coach makes his or her way around the cones, in a counter-clockwise motion, the difficulty will increase. Keep track of the number of goals the goalie makes.

Once done with the left side, move to the right side. Have a coach start with the orange cone closest to the goal and move in a clockwise motion. The coach should aim for cone #1 this time, and roll the ball at the same pace they did on the left side. The goalie should use his or her left foot to kick the ball into the goal.

This is a great test for goalies to do throughout the season to see how they are improving. Make sure to keep track of how many goals are scored each time, so you can compare to future tests.



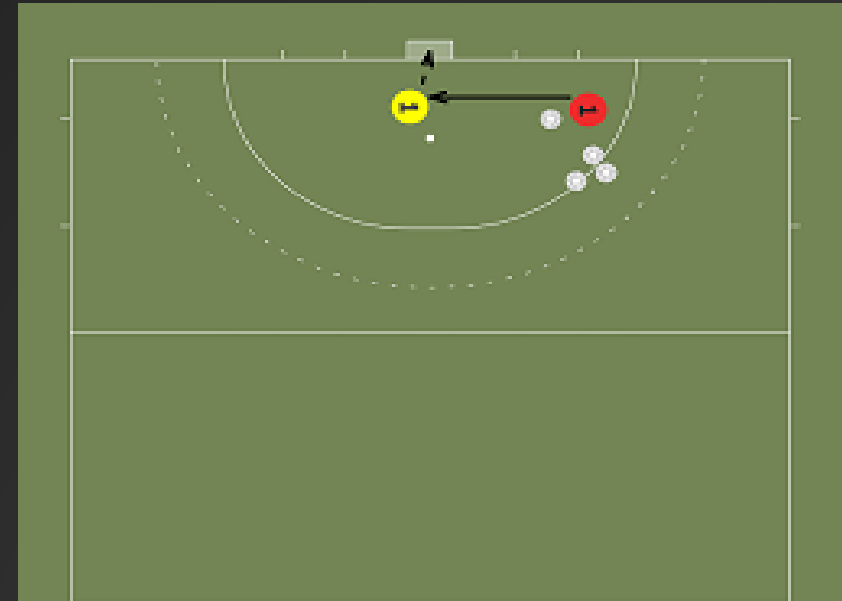


# Basic Kicking

Equipment Needed: 4-5 balls, 1 goal

## Set Up:

- Stand as set out in the diagram
- Coach (red) rolls the ball slightly to the left of the keeper
- Goalkeeper (yellow) kicks the ball with their instep aiming for the corner of the goal (dashed line)
- Focus is on using good technique to kick the ball cleanly and accurately
- Do about 10-15 kicks on one side and then swap, so that the goalkeeper is on the right side of the goal and the coach on the left
- The goalkeeper now kicks with his right foot



# Reflex Training

## Equipment Needed:

10-15 tennis balls, tennis racquet, and coach/player

## Description:

Using tennis balls is a great way to improve your reflexes

Make sure coach or player is accurate with a tennis racquet

Hit the tennis balls at the keeper, giving them little time to recover

Start with aerial balls then add in some bouncing ones as well

Do 10-15 shots then take a break



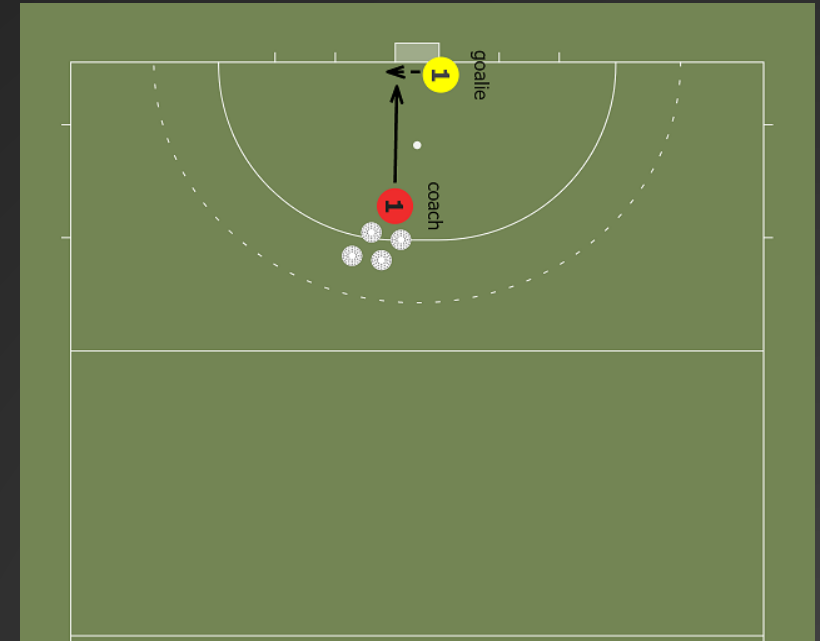
# Diving

It takes a while for the goalie to get the confidence to be able to start diving in game situations. Some goalies either do it or they don't, although it is a great skill to have especially if they are wanting to go far as a goalie. They not only need to be able to dive and have the confidence to do so they need to be able to practice getting up with speed.

## Description:

Goalie starts on right post and player rolls a ball to the Left post goalie has to dive to save. Once they get good at it start pushing the balls harder and harder.

Make sure you do both sides!



# FOOTWORK AND KICKING

## Description:

Yellow Keeper moves side to side and then forwards.  
Coach/player 2 feeds ball to near cone.

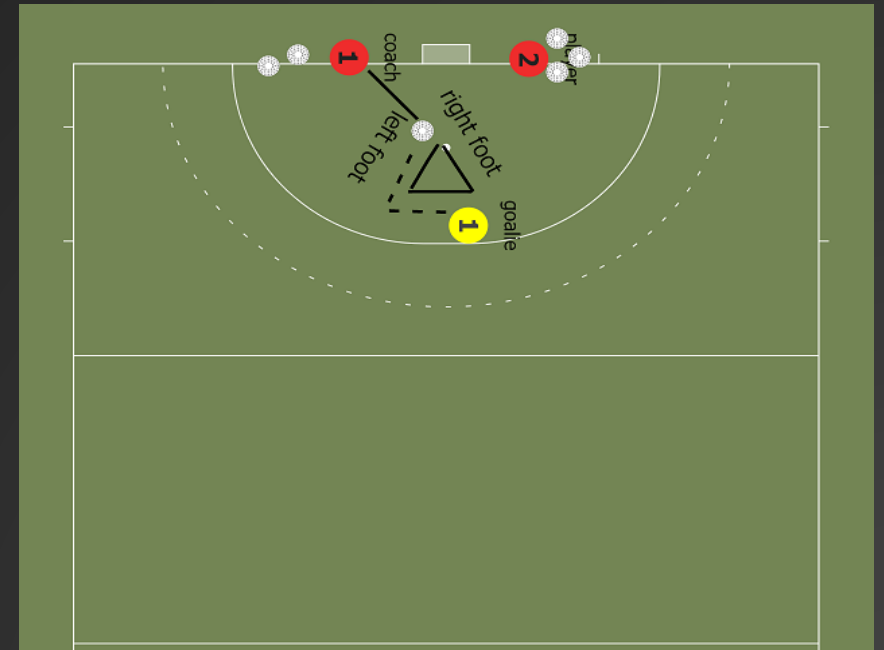
## Purpose:

Movement and accurate kicking

## Progression:

Work on both sides

Increase distance of the cones from the goal.



# REBOUND BOARDS

Sets up practice as in the diagram.

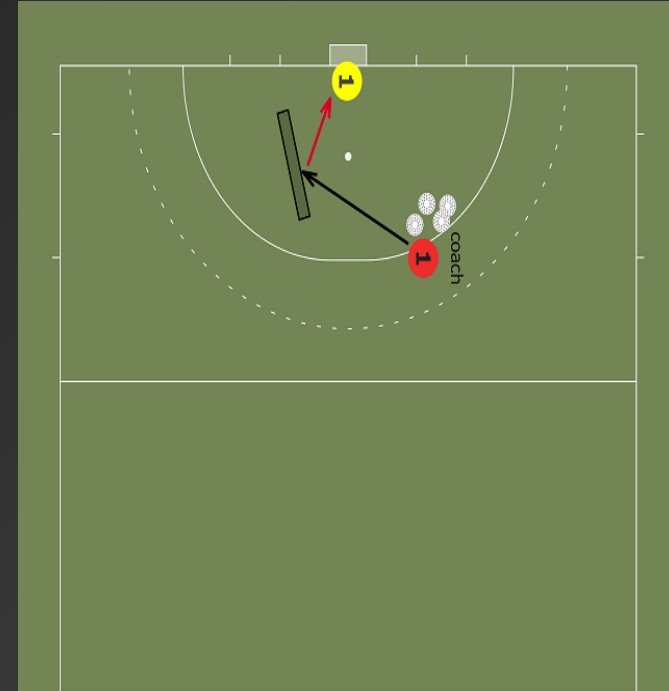
The coach shoots to the bench/board to simulate a deflection. The angle of it can be varied to simulate shots at different angles.

The coach encourages the Keeper to react, staying on his/her feet and putting into practice the basic techniques already learned.

After he/she becomes used to the practice, the angle of the board/bench can be adjusted to simulate a far post deflection and the Keeper can dive to save with hand/stick.

## Purpose:

Speed of reaction, responding to deflections



# HIGH AND LOW HANDS

## Description:

Coach feeds to Keeper's low left.. He/she dives and saves. G.K. gets up and coach

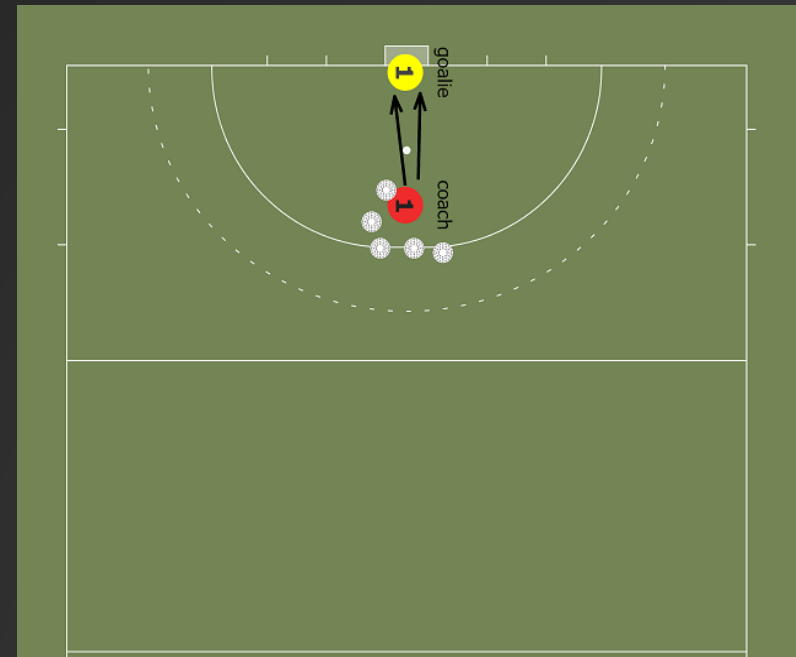
feeds high to Keeper's right Keeper dives high to save. Coach uses two balls.

## Purpose:

Practising diving low then high.

## Progression:

1. Repeat on other side: low right dive, high left dive.
2. Repeat using 4 balls (Advanced).
- 3 Repeat using 6 balls (Advanced) 3.
4. Coach changes angles and feeds from position 2.
5. Coach changes angles and feeds from position 3.
6. Repeat using 4 balls (Advanced).
7. Repeat using 6 balls (Advanced).



Remember that these drills can be easily altered to suit your players and equipment.  
Make use of what you have!

Most of all remember to have fun!!

Happy goalkeepers are good goalkeepers!



# SO WHAT ABOUT YOU?

How can you improve the quality of your goalies ?

Can a goaly trainer help you and come e.g. once in a month to your training ?

What kind of homework can you give your goalies ?



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# KEY MESSAGES

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(and we hope this presentation helps 😊)

# Reference materials

Session with Kai Zaoui – Erasmus Programme

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<http://fieldhockeyusa.org/wp-content/uploads/GKDrills.pdf>

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# Thanks

This ready-to-share-presentation is a joint result of cooperation between 6 hockey coaches from Poland, Austria and Czech Republic, Hockey Club Den Bosch, the Dutch Hockey Federation and the EHF. This program is supported by the Erasmus+ program.

Big thanks to :

**Kai Zaoui** for his inspiration on this topic.

The 6 participants **Alicja Koperska, Karolina Paterson, Sabine Blemenschütz, Łukasz Kosmaczewski, Vojta Kolář, Gerhard Kubassa** who put their time, energy and passion into preparing materials and programs for sharing throughout the country

**Claudine Schiefer** from HC Den Bosch for coordination and support

**Tom Pedersen** from the EHF for teaming up and providing advice in this program

**Gino Schilders** from the Czech Hockey Federation for leading the program

**Jana Janotová** and **Miguel Romero** from Erasmus+ for their kind guidance and support



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