

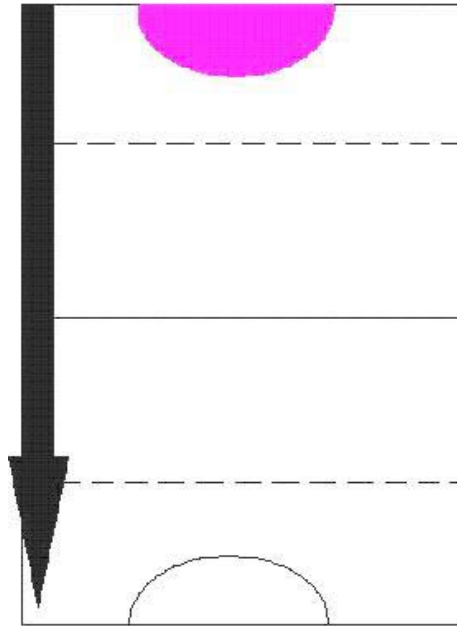
# Goal Keeping



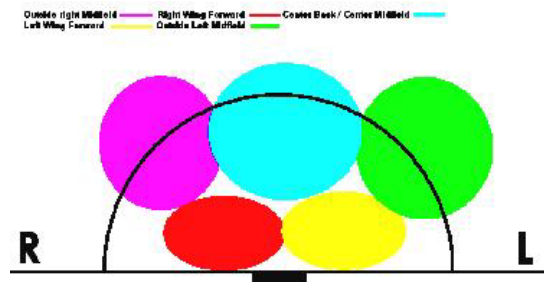
By Reaper

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**Playing Zone****Defensive Role:-**

1. Save all shots on goal.
2. Take responsibility for the defensive control of the circle. Generally the opposition would take up the zones as shown, the defensive responsibilities should be coordinated and generally the players involved are:
  - a. Inside Left Midfield;
  - b. Center Midfield / Center Back;
  - c. Inside Right Midfield;
  - d. Left Back;
  - e. Right Back; with
  - f. Sweeper being the spare player.



3. The Coordination should be along the Defence Line and in the Circle, this coordination is the sole responsibility of the Goal Keeper - all players must heed the calls of the Goal Keeper. It is also important to remember that the player that is called must pick-up the player that is indicated by the Goal Keeper, irrespective of whether they are one of the above listed players or not.
4. Coordinate the Sweeper, Left Back, Right Back, Inside Left Half, Center Midfield / Center Back and Inside Right Half defensive roles in and around the circle.
5. Call the Sweeper, Left Back, Right Back, Inside Left Half, Center Midfield / Center Back and Inside Right Half into the defense line zone.

**Midfield Role:**

1. Call the Outside Right Midfield, Center Midfield / Center Back, and Outside Left Midfield into the defense line zone.

**Attacking Role:**

1. Initiate quick re-starts of defensive 16 yard clearances;
2. Initiate quick attacking options by preventing the ball from going over the back line (Example: River Ball) and kick passing the ball to Sweeper, Left Back, Right Back, Inside Left Half, Center Midfield / Center Back or Inside Right Half - utilize a overhead kick to clear the defensive half.

**Other Roles:**

1. Take responsibility for the control of defensive penalty corners.

***NOTE: The DEFENCE LINE and the ATTACK LINE is the identical line, defense lines or attack lines simply indicates whether we are defending or attacking***

**Kicking****Objectives:**

1. Kicking is controlling the ball.
2. The area of greatest control is located on the instep, between the ankle and the round of the foot
3. If a keeper is looking to play the ball with his foot with maximum control the instep method is the way to go.

**Execution of Skill**

1. The kick starts from the good ready position, with the keeper up on the balls of his feet.
2. The keeper opens his foot/instep of his kicking leg up to the angle that he wants to clear to
3. He pushes off from his non-kicking leg
4. As he goes forward, he leads with his head, then chest
5. If this is done the knee of the kicking leg should be in a straight lineup from his foot when he makes contact with the ball
6. As he contacts the ball, the follow through of his kick should carry on to the line of the clear

**Watch For**

1. Rising balls- Balls lifting after been kicked
2. Inaccuracies- Not kicking the ball accurately
3. No power
4. The keeper falling over while doing the kick

**Practice Drills****Drill 1**

1. A player hits the ball to the keeper the keeper kicks it back

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**Drill 2**

1. The coach will place some cones to oblige the keeper to make good clearances and sharp ones.
2. The player will have three different possibilities one in the center and two on the side of the keeper, the keeper will have to save the ball and kick it between the beacons

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**Drill 3**

1. The coach puts 15 balls around the top of the D with cones set up as in exercise 2

2. The balls get hit at the keeper;
3. the keeper has to clear them between the beacons

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#### Drill 4

1. Keeper stands on the 25 yard line
2. The coach stands in the goal box
3. The coach roles balls out towards the keeper
4. The keeper attacks the ball (moving towards it)
5. The keeper then kicks the ball into the goal

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#### Drill 5

1. Keeper stands 5 yards away from the side of the box (45 degrees)
2. Coach stands opposite end of the box
3. The coach roles the ball towards the far post
4. Keeper side shuffles towards it
5. Keeper then kicks the ball into the back of the box
6. After 5 reps, switch sides

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#### Drill 6

1. Keeper stands on base line {or anywhere else}
2. 3 players stand 10 yards away from the keeper, they stand 5 yards apart from each other, they stand as follows,
  - One to the left
  - one in the middle
  - one to the right
3. The players hit the ball to the keeper's right foot
4. The keeper kicks it back, using his right foot

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#### Drill 7

1. Same as Drill 6, except the ball goes to the left foot

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#### Drill 8

1. Same as drill 6, except now the keeper uses alternate feet

## **Attacking Clearance's**

### **Objectives:**

1. To meet the ball in the circle and clear it wide

### **Execution of Skill**

1. Begin in ready position
2. Watch the ball from the time it leaves the strikers stick until it gets to you
3. Rotate your ankle, so that your foot is pointing out wards.
4. Contact with the ball should be made slightly forward of the original attacking stance, with the foot rotated to get the ball wide
5. Kick the ball as per instep method
6. Keep your head over the ball
7. If you have trouble getting the ball going wide, rotate ankle and the hip

### **Watch For**

1. Keeper not been in the ready position
2. Not attacking the ball
3. Not clearing the ball wide

## **Practice Drills**

### **Drill 1**

1. Keeper stands on the 25 yard line
2. The coach stands in the goal box
3. The coach roles balls out towards the keeper
4. The keeper attacks the ball (moving towards it)
5. The keeper then kicks the ball into the goal

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### **Drill 2**

1. Coach at the top of the D
2. Keeper in goals
3. Coach roles the balls to the keeper
4. The keeper kicks them back to the coach

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### **Drill 3**

1. Keeper stand in the box
2. Coach stands other side of the 25, with hockey balls
3. Targets are placed along the 25 yard line
4. The coach hits the ball at the P spot

5. The keeper runs out from the box to meet the ball
6. The keeper then kicks the ball at various targets

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**Drill 4**

1. Keeper in the box
2. 6 balls are set up anywhere in the D
3. The keeper runs out and kicks/clears the first ball, then goes back to the goal
4. The keeper does this for all 6 balls



## **Aerial Balls and Saves**

### **Objectives:**

1. **To make the aerial save**

### **Execution of Skill**

1. **Start in the attacking position** (on the balls of your feet, body slightly forward and hands up)
2. **Watch the ball all the way from the strikers stick to your own glove or stick**
3. **It is easier to save a ball in the air if your hands are already in the air. This decreases the time needed to travel to the ball**
4. **When making a save with the left hand it may help to rotate the wrist slightly to get the ball moving in a direction away from play**
5. **When making a stick save it is best to only move the stick in a vertical direction. If you start to move the stick horizontally you then increase the chance of making mistakes.**
6. **When making saves with the stick it is a good idea to try and get your left hand across to try and cover as much territory as possible**

### **Watch For**

1. **Keeper not been balanced or in ready position**
2. **Not having hands lifted**
3. **Not getting left hand across when ball goes stick side**

## **Practice Drills**

### **Drill 1**

1. **The keeper kneels down on the P spot.**
2. **The coach is at the top of the D**
3. **The coach throws tennis balls to the keeper**
4. **The keeper dives towards them and pushes them wide**

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### **Drill 2**

1. **Same set up as drill 1 except the keeper stands up**

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### **Drill 3**

1. **Keeper in the box**
2. **Coach at the top of the D with hockey balls**
3. **The coach throws the balls at the P spot bouncing it up at the keeper**
4. **The keeper then saves them**

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**Drill 4**

1. Keeper in the box
2. Coach at the P spot with hockey balls
3. The coach flicks the balls at the keeper
4. Keeper saves them

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**Drill 5**

1. Keeper in the box
2. Coach on P spot
3. Keeper faces the back of the box
4. Coach shouts 'now'
5. Keeper turns and faces coach
6. Coach flicks the ball towards the goal

**One on One****Objective:**

1. To meet the striker one on one in the D or at the top of the circle

**Execution of Skill**

1. Move quickly towards the striker, closing him down as soon as possible
2. Move towards the striker, force him to go wide (make him go where you want him to go)
3. When you meet the striker, make yourself as big as possible.
4. Go at the ball with speed and commitment, slide at the ball, NB- YOU HAVE TO MAKE CONTACT WITH THE BALL!!!
5. You don't always have to go for the player, analyze the situation, then decide whether to meet the player or not

**Watch For**

1. Keeper not doing the above 5 steps
2. The keeper missing the ball and taking the player out

**Practice Drills****Drill 1**

1. Let strikers run to the D
2. Keeper goes out to meet him
3. This creates the 1 on 1 situation
4. Similar drills can be varied i.e. 2 on 1, 3 on 2 etc. As the coach sees fit to use

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**Drill 2**

1. Keeper in box
2. Striker top of D
3. Striker hits ball at keeper
4. keeper kicks it back
5. Striker picks the ball up and runs at the keeper
6. The keeper goes out to meet the striker

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**Drill 3**

1. Keeper stands 2 meters in front of his goal line
2. The coach roles a ball to the keeper
3. The keeper kicks the ball to the top of the D

- 4. A striker runs in picks the ball up and then goes 1 on 1 against the keeper**

## **Slide Tackling**

### **Objectives:**

1. To meet the striker in or on the top of the D and to take the ball from them

### **Execution of Skill**

1. move quickly towards the striker, closing him down as soon as possible
2. Move towards the striker, force him to go wide (make him go where you want him to go)
3. When you meet the striker, make yourself as big as possible.
4. Go at the ball with speed and commitment, slide at the ball, NB- YOU HAVE TO MAKE CONTACT WITH THE BALL!!!
5. You don't always have to go for the player, analyze the situation, then decide whether to meet the player or not
6. Slide by shooting legs and arms out, moving towards the ground and the ball

### **Watch For**

1. Keeper not sliding correctly
2. Keeper not taking the ball

## **Practice Drills**

### **Drill 1**

1. Lay out 3 balls in a straight line
2. Keeper runs out to the balls and slides them

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### **Drill 2**

1. Set up 3 beacons, 5 yards apart
2. Keeper runs to first on and slides it
3. Gets up and goes back to the beginning
4. Turns and runs to the second and slides it
5. Similar to wind sprints

## **Interceptions**

### **Objectives:**

1. Intercepting the ball on left and right side of keeper

### **Execution of Skill**

1. The stick should be in a comfortable position
2. The stick should be extended as much as possible
3. The keeper must commit 100% to the interception
4. The keeper must intercept the ball as it is passed

### **Watch For**

1. Keeper not extending stick
2. Keeper not committing a 100%

## **Practice Drills**

### **Drill 1**

1. Lay out 3 balls in a straight line
2. Keeper runs out to the balls and slides them

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### **Drill 2**

1. Set up 3 beacons, 5 yards apart
2. Keeper runs to first on and slides it
3. Gets up and goes back to the beginning
4. Turns and runs to the second and slides it
5. Similar to wind sprints

**Deflections****Objectives:**

1. To make the save when the ball gets deflected from the opposition stick or from one of your own defenders

**Execution of Skill**

1. Be in ready position to make the save.
2. Watch the ball from the time it is hit until you have made the save.
3. React/ move to the ball when it is deflected.
4. Make the save and clear the ball

**Watch For**

1. Keeper not been in ready position, i.e. NOT ON HIS/HER TOES
2. Keeper NOT watching the ball.
3. The keeper not anticipating the deflection
4. The keeper not moving towards the ball when it is deflected
5. The keeper not making the save

**Practice Drills****Drill 1**

1. Keeper in the goal box.
2. Coach or other player on the top of the D.
3. + 10-15 sticks laid down on and around the P spot
4. The coach hits the balls one at a time at the sticks which are laying down {The aim is to create deflections}
5. The keeper watches to see what the ball is doing and then makes the save

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**Drill 2**

1. Keeper in the goal box.
2. Two rebound boards put up. At discretion of the coach.
3. The coach hits the balls at the rebound boards.
4. The balls deflect to the keeper.
5. The keeper makes the save

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**Drill 3**

1. Keeper In the goal box
2. One player on the 25 yard line

3. Two strikers on either side of the P spot {or where coach tells them to be}
4. The player on the 25 yard line hits the ball straight at the keeper.
5. The two strikers try getting a deflection.
6. The keeper makes the save if the ball is deflected or a shot is taken at him from one of the strikers.



**Double Save****Objectives:**

1. The primary objective is to make the second or third save and clear the ball.

**Execution of Skill**

1. Keeper in ready position to make the save {first save}
2. If the keeper has to go down when making the save, the next step is to get back to his/ her feet and back into the ready position
3. If the keeper remains standing after the first save, the next step is to get back into the ready position to make the next save

**Watch For**

1. Keeper not getting back to his/her feet quick enough.
2. The keeper not getting back into ready position for the next save
3. The keeper not making the second/ third save.

**Practice Drills****Drill 1**

1. The keeper stands in the box, with two players on the top of the D, one has a hockey stick and balls, the other a tennis racquet and balls. {Each player has + 3-6 balls}
2. The player with the hockey balls hits a ball at the keeper.
3. The keeper saves it.
4. As soon as the keeper saves the ball the player with the tennis balls hits one at the keeper. The drill carries on until there are no more balls left

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**Drill 2**

1. One player out towards the side line left of the D
2. One player out towards the side line right of the D
3. One top of circle on 25y line
4. Two in line with posts at top of circle, one either side
5. Two strikers in on posts
6. Players hit into strikers keeper saves and must clear out of D or out side line
7. Play continues until its clear or a goal

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**Drill 3**

1. Keeper lies down in logging position.

2. One player on the top of the circle, and two strikers inside the D.
3. The player on the top of the D hits the ball at the keeper {The hit HAS TO BE directed at the keepers pads}
4. The two strikers have to collect the ball of the rebound, and try to score.
5. The keeper has to get up and make the save and clear the ball.
6. Play continues until its clear or a goal

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#### Drill 4

1. The keeper stands in the box
2. One player stands at the top Of the D
3. Two to four players stand in the circle
4. The player on the top of the D shoots at the keeper
5. The keeper makes the save and tries to clear the ball
6. The other players inside the circle try to score off the rebound
7. Drill continues until the ball is cleared or a goal is scored

## **Penalty Flicks**

### **Objectives:**

1. To save the ball, when a flick has been taken

### **Execution of Skill**

2. Keeper stand on base line in goal
3. Part of the keeper's foot has to be on the line
4. Hands up in a comfortable position
5. The rest of the keeper's body in the ready position

### **Watch For**

1. Keeper not having part of the foot on the base line
2. Not having hand up
3. Not been in a ready position

## **Practice Drills**

### **Drill 1**

1. Keeper stands in box
2. Coach on P spot
3. Coach flicks at Keeper as per Penalty Flick

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### **Drill 2**

1. Keeper in box
2. Coach on P spot with + 6 hockey balls
3. Coach flicks balls at keeper- rapid fire

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### **Drill 3**

1. Keeper in box
2. Coach on P spot with tennis ball
3. The coach throws the ball into the corners of the goal
4. Keeper has to catch the ball (with the hand where the ball goes, i.e. ball goes left, catches the ball with left hand)
5. Keeper lobes the ball back to coach

**Penalty Corners****Objectives:**

1. To save the ball when a penalty corner has been taken

**Laying Down at a Penalty Corners****Execution of Skill**

1. Move quickly off the line, 2-4 steps when the ball is pushed to the castle
2. Set yourself lowering one leg (bending the knee)
3. When the ball is hit at goal, shoot legs and arms out, moving towards the ground. It is important to keep the pelvic region in line with the penalty spot
4. Lie flat on the ground, keeping all parts of the body as close to the surface as possible
5. Get up the easiest and quickest way possible, setting up for the next shot

**Standing at a Penalty Corners****Execution of Skill**

1. Move quickly off the line, 2-4 steps when the ball is pushed to the castle
2. Set yourself in the ready position
3. Step towards the ball and kick it wide as per instep method
4. If the ball is flicked, keep your hands up, and go for the lifted ball
5. Re-set yourself for any follow up shots or re-bounds

**Watch For**

1. Watch that the keeper is not set up in the correct positions
2. The keeper does not decide in time what he wants to do

**Practice Drills****Drill 1**

1. Simulate corner where keeper has to log

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**Drill 2**

1. Simulate a short corner where a keeper has to save flicks or the drag flick

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**Drill 3**

1. Simulate short corners where the shots are mixed i.e. hit and flicked

## “Sky Ball” or “Overhead Kick”

### What is a "Sky Ball" or an "Overhead kick"?

A "Sky Ball" or "Overhead kick" is when the goal keeper deliberately kicks the ball over a crowd circle or to gain ground when attacking.

Gain ground when attacking?

What I mean by this is... Have you ever been in a situation where the opposition forms a "wall" and blocks off your team's 16 yard hits? Gaining ground by means of a "Sky Ball" or "Overhead kick" can be used, this is when the sweeper passes the ball back to the keeper, who flicks the ball up with his stick {about 6 inches of the ground} and kicks the ball lifting it over the "wall" of the opposition where his strikers can pick the ball up and attack the opposition's goal. A good keeper can kick the ball easily 30 to 40 yards. The basic idea of this "Sky Ball" or "Overhead kick" is the same as the "overhead" by the out fielders

Normally the keeper kicks the balls when

1. He has just made a save with his left hand and angled the ball down so he can kick it
2. When the ball bounces off of the field {normally happens on grass pitches}
3. When he kicks it from a 16 yard hit

### ***BE WARNED!!!!***

***For a keeper to do these kicks the ball has to go at least 10 yards over the heads of ALL the players! If the ball does not the umpires WILL blow you up for dangerous play and you WILL have a short corner given against you and if you kick the ball and it stays lifted and lands in the opposition's D again a short corner will be given against you.***

### Objective

1. To kick the ball over the attacking players and to gain as much ground as possible for you team.

### Execution of Skill

1. Keeper stands in the ready position
2. As the ball lifts from either the field, or angled down , the keeper steps into it
3. The keeper kicks the ball but uses the top of his kicker to kick the ball
4. The keeper kicks the ball up and he kicks through the ball
5. For more lift when kicking the keeper can lean back when kicking

**Note;**

***If the ball goes "high" it won't get as much distance than the ball that gets kicked "flatter" i.e. after the ball gets kicked it goes straight up, it won't normally land in the opposition's half of the field, but if the ball gets kicked and lifts the required 10/ 15 yards it will normally go further than the other kick***

**Watch For**

1. keeper not stepping into the ball when kicking
2. not kicking through the ball
3. not lifting the ball the required 10/ 15 yards

**Practice drills****Drill 1**

1. These steps are performed without any pressure from an Attacker:

Step 1: Kit - Pads and Kickers only - pick the ball up with the hand and **"Drop Kick"** using the right leg, aiming at kicking the ball a distance of 50 meters;

Step 2: Kit - Pads and Kickers only - pick the ball up with the hand and **"Drop Kick"** using the left leg, aiming at kicking the ball a distance of 50 meters;

Step 3: Kit - Pads and Kickers only - use your goal keeper stick and lift the ball up **(same height as you have used for the "hand" kick)** - using the right leg, aiming at kicking the ball a distance of 50 meters;

Step 4: Kit - Pads and Kickers only - use your goal keeper stick and lift the ball up **(same height as you have used for the "hand" kick)** - using the leg , aiming at kicking the ball a distance of 50 meters;

Step 5: Full Kit - repeat Steps 3 & 4;

Introduce a **"Passive Attacker"**

Step 6: Repeat Step 5 with a passive Attacker;

Introduce an **"Active Attacker"**

Step 7: Repeat Step 5 with an active Attacker.

**Reflex Training****Objectives:**

1. The objective in reflex training is to increase the reflexes of goal keepers

**Practice Drills****Drill 1**

1. Keeper stands in the goal box
2. The coach stands at the top of the D, with a tennis racket and tennis balls
3. The coach hits the balls towards the goal box, aiming at the corners or where ever the keeper needs work
4. The keeper saves them

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**Drill 2**

1. The keeper stands in the box
2. The coach lines up hockey balls on about the P spot (+ 6-10 balls)
3. The coach flicks the balls at the keeper straight after each other
4. The keeper saves the first flick and gets ready for the next flick

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**Drill 3**

1. The keeper stands in the box, facing the back of it
2. The coach stands on the P spot with hockey balls
3. The coach shouts 'NOW'
4. The keeper has to turn and face the coach, while he turns the coach flicks or hits the ball at goal.

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**Drill 4**

1. Keeper stands in the goal box
2. Balls are set up at angles around the D
3. Shots are taken from various places
4. Keeper saves the shot and sets up for the next

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**Drill 5**

1. Hockey balls are placed in various areas inside the D
2. The keeper in the box
3. The balls are hit and flicked at the keeper, the balls are to go high and low when hit or flicked

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#### Drill 6

1. You lie down on your belly with your feet against the goal (so you face the penalty spot)
2. Your arms are **AND STAY** lifted (as will be your head to see the ball)
3. Someone else throws balls at you at the left and right of your head as high as you can put your glove to it,
4. After you stop the ball you don't touch the ground with your gloves for balance!

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#### Drill 7

1. Keeper in the goal
2. 4 players around the goal, 10 yards away
3. They strikers pass the ball amongst themselves
4. The keeper shuffles in the box trying to close down the angels
5. After **x** amount of passes the strikers take a shot at goal
6. Keeper makes the save.

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#### Drill 8

1. Keeper in the box
2. 6 players stand around the top of the D
3. The coach gives each player a number
4. The coach shouts a number that striker takes a shot
5. Keeper makes the save
6. After all the strikers have their shot they then rotate

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#### Drill 9

1. Keeper in the box
2. 1 striker outside the circle, 2 others in the circle
3. The striker outside the circle takes a shot straight at the keeper
4. The keeper saves it
5. Then the other 2 strikers take a shot from the rebound



## Reverse Stick Shots

### What is a reverse stick shot?

Attackers discovered that defenders were always forcing them to their reverse stick side when they had the ball. The reverse stick hit had always been seen as the weaker side of the attacker. It was thought that if attackers could find some way to make the reverse stick more useful, then they could double their chances of scoring in the circle.

To overcome this problem the "**reverse stick hit**" was invented. Players started to use the leading edge of the stick to strike the ball, instead of the face of the stick. Attackers now don't mind if defenders force them on to their forehand or reverse because their chance of scoring on the reverse is equally as great as on the forehand.

### How do you save the reverse stick shot at goal?

To begin with the biggest problem a keeper has is that the striker can place the ball where ever he wants with the reverse shot as well as they can with their forehand shot.

Saving the reverse shot is difficult. One of the main things is to be set before the shot comes in, give the strikers a small area to shoot at...but best thing is to set yourself for the shot....and never anticipate! Close down the striker as quickly as possible if at all possible, you must try to make yourself as big as possible, if you are unable to get to the striker and you are stuck on your line, set yourself for the shot, use reflexes and your instinct to get to the ball. If all of this doesn't work... close your eyes and pray the striker hits you or misses the goal. Remember, Play a percentage game and stay as big as possible.

## Practice drills

### Drill 1

1. Keeper in the box
2. Coach at the top of the D with hockey balls
3. The coach throws the balls at the P spot bouncing it up at the keeper
4. The keeper then saves them

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### Drill 2

1. Keeper in the box
2. Coach at the P spot with hockey balls
3. The coach flicks the balls at the keeper

**4. Keeper saves them**

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**Drill 3**

1. Keeper in the box
2. Coach on P spot
3. Keeper faces the back of the box
4. Coach shouts 'now'
5. Keeper turns and faces coach
6. Coach flicks the ball towards the goal

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**Drill 4**

1. Let strikers run to the D
2. Keeper goes out to meet him
3. Let strikers go on to the reverse shot
4. Keeper closes them down before they get their shot off

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**Drill 5**

1. Keeper stands in the goal box
2. Balls are set up at angles around the D
3. Shots are taken from various places
4. Keeper saves the shot and sets up for the next

**Drag Flicks**

You see pictures on TV of keepers trying to charge down the flick by racing out like you would indoor style, this results in the flicker slipping the ball past the keeper for another player to fire into an empty net, if you stay back in your goal, anyone with decent pace and accuracy is going to punish you?

I was speaking to an International Keeper who was at the Commonwealth Games, he said "That there is no real way to deal with drag flicks"; if you look at it if the flick is done properly there is no chance of a keeper saving it. It is like a P flick, the guy taking the drag flick has the whole goal to aim at. All a keeper can do is use instinct/ reaction what ever to get to the ball.

**How Do You Save Them???**

**REACT...never ANTICIPATE....also try and hold a consistent GK shape...play percentages too...ensure airspace is covered.**

**Don't go too high give yourself time to set up and react. If you are set early and really focused on the ball there are clues you can pick up on to give yourself a better chance of saving them. I'm not saying you should try and read the corners but things like the flicker's foot, where is it positioned, the positioning of stick and the hand position of the striker etc**

**Watch lots of video footage of top flicker. Get yourself a video with slow-motion and focus in on the main striker a better understanding of their technique can only help you.**

**I have always been told to keep watching the ball!!!**

**It's really important to be balanced perfectly while they're setting it up**

**Short Corner Set Up**

**Well the short corner set up we use at the club, our first team men's side is... in the set up you have a first and second wave, you then have 2 post men either side of you, they take 1 step out of the box during the short corner, and the keeper takes 3 or 4 paces out and then sets up to make the save.**

**The idea is your first and second wave stop the flick from happening, if they don't the keeper is 4 paces out which makes the goal smaller to aim at, if the keeper does not save it there are 2 post men as the final Defence.**

## Practice Drills

### Drill 1

1. Someone with a good arm, and bucket of tennis balls and a racket on the top of the D
2. Keeper in the box
3. They kneel just inside the top of the D and hit them under arm at you
4. The balls will come upward at a very similar angle to that of a drag flick

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### Drill 2

1. The keeper stands in the box
2. The coach lines up hockey balls on about the P spot (+- 6-10 balls)
3. The coach flicks the balls at the keeper straight after each other
4. The keeper saves the first flick and gets ready for the next flick

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### Drill 3

1. The keeper stands in the box, facing the back of it
2. The coach stands on the P spot with hockey balls
3. The coach shouts 'NOW'
4. The keeper has to turn and face the coach, while he turns the coach flicks or hits the ball at goal.

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### Drill 4

1. Keeper stands in the goal box
2. Balls are set up at angles around the D
3. Shots are taken from various places
4. Keeper saves the shot and sets up for the next

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### Drill 5

1. Hockey balls are placed in various areas inside the D
2. The keeper in the box
3. The balls are hit and flicked at the keeper, the balls are to go high and low when hit or flicked

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### Drill 6

1. You lie down on your belly with your feet against the goal (so you face the penalty spot)
2. Your arms are **AND STAY** lifted (as will be your head to see the ball)
3. someone else throws balls at you at the left and right of your head as high as you can put your glove to it,
4. After you stop the ball you don't touch the ground with your gloves for balance!

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**Drill 7**

1. Simulate a short corner with strikers hitting and flicking at you

## Indoor

### what's the difference between Indoor and Outdoor?

1. The field is smaller
2. The D is smaller
3. The size of the goal is different
4. You play two halves of 20 min each
5. Keepers normally do the 16's i.e. they start from the 16
6. Keepers normally run out as first wave at the short corner
7. Only pushing, slap shots and flicks are at goal

As a keeper the majority of shots you have to save are balls which are flicked at you especially the drag flick during the short corner. You will have to be agile and your reflexes will have to be top notch. Because of the speed of the game you often have to make save after save after save and you don't always get a chance to get a breather.

As a keeper it's not advised that you stay on your line you will quickly find yourself in a world of trouble!!! What you should do is play between the P spot and top of the D, and drop back to your goal when you need to. Because of the nature of the game you will often have to meet a striker at the top of the D as a one on one situation or at times it will be a two on one, so your judgment and anticipation will have to be good to stop the attack. You must clear the ball out wide, what is meant by this is clear the ball towards the side boards, use the boards to deflect the ball forward.

*Tip, because the indoor ball is lighter to that of a normal ball, you don't need as much kit i.e. you wear leg guards, kickers, protective pants, abdo protector, gloves, chest pad, elbow guards and helmet*

### Training Drills?

Because not to many keepers can get the chance to practice indoor due to the fact that they can't get a court to practice on, the drills we have are just to increase your reflexes and to get you to practice kicking the ball out wide.

#### Drill 1

1. Keeper stands in the goal box
2. The coach stands at the top of the D, with a tennis racket and tennis balls
3. The coach hits the balls towards the goal box, aiming at the corners or where ever the keeper needs work
4. The keeper saves them

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### Drill 2

1. The keeper stands in the box
2. The coach lines up hockey balls on about the P spot (+ 6-10 balls)
3. The coach flicks the balls at the keeper straight after each other
4. The keeper saves the first flick and gets ready for the next flick

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### Drill 3

1. The keeper stands in the box, facing the back of it
2. The coach stands on the P spot with hockey balls
3. The coach shouts 'NOW'
4. The keeper has to turn and face the coach, while he turns the coach flicks or hits the ball at goal.

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### Drill 4

1. Keeper stands in the goal box
2. Balls are set up at angles around the D
3. Shots are taken from various places
4. Keeper saves the shot and sets up for the next

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### Drill 5

1. Hockey balls are placed in various areas inside the D
2. The keeper in the box
3. The balls are hit and flicked at the keeper, the balls are to go high and low when hit or flicked

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### Drill 6

1. Keeper stands 5 yards away from the side of the box (45 degrees)
2. Coach stands opposite end of the box
3. The coach roles the ball towards the far post
4. Keeper side shuffles towards it
5. Keeper then kicks the ball into the back of the box
6. After 5 reps, switch sides

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**Drill 7**

- 1. Keeper stand in the box**
- 2. Coach stands other side of the 25, with hockey balls**
- 3. Targets are placed along the 25 yard line**
- 4. The coach hits the ball at the P spot**
- 5. The keeper runs out from the box to meet the ball**
- 6. The keeper then kicks the ball at various targets**



Specific training for keepers.  
By, Jools Autret

As a player before and as a keeper today I always felt they were forgotten during trainings. As a coach now I understand why. When you're on your own it is difficult to look after the keeper because he has and needs a specific training. It has nothing to do with tactics. A keeper needs to be technical, skilful. A keeper needs to be sharp, fast and he needs a lot of reflexes. However, a reflex has to be practised! A reflex is not just a gesture you make by chance. It is (**and must be**) something repeated a lot of times to become a reflex.

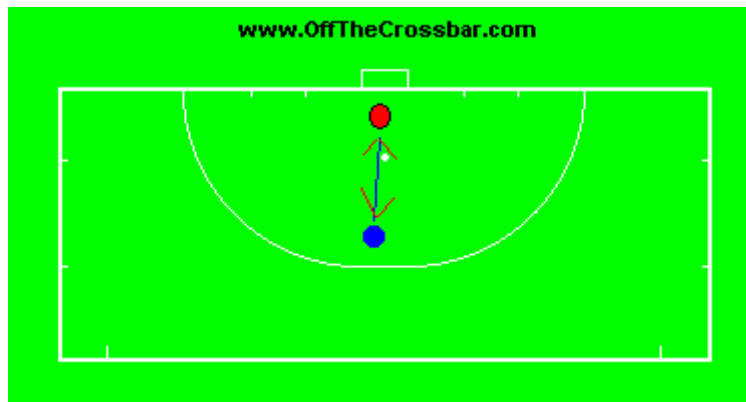
This year I had two keepers from time to time (**and apart from myself**). But I based the following exercises on my own experience and on exercises I have done myself with a trainer.

**FIRST GESTURES...**

A keeper must run to warm up, stretch a bit, especially shoulders. I had two dislocations the last two years.

Exercise one:

The first exercise is a usual one, a player with the ball; the keeper has to kick the ball back to the player.

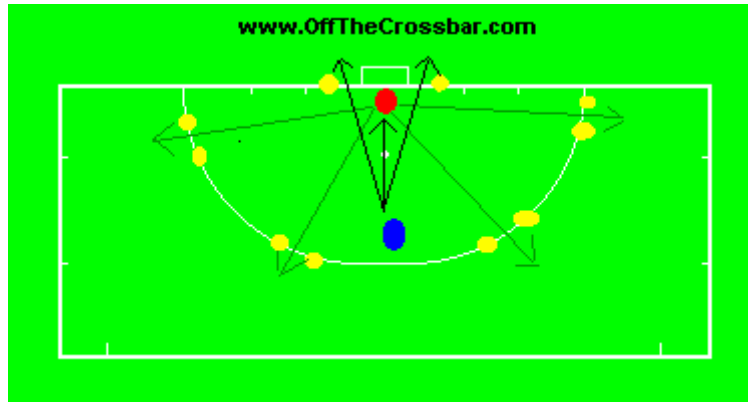


Exercise two:

The second exercise is slightly more difficult. The trainer will place some cones to oblige the keeper to make good clearances and sharp ones. The player will have three different possibilities one in the centre and two on each side of the keeper, there the keeper will have to dive to clear and save the ball which cannot go between the cone and the post it must be cleared

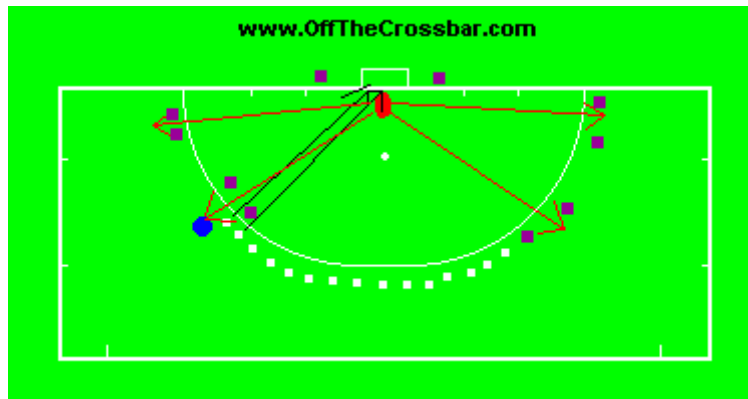
beyond the cones. For the rest of the cones, the ball will have to be cleared between the cones.

The player can start with the legs and then he can lift the ball, higher and higher.



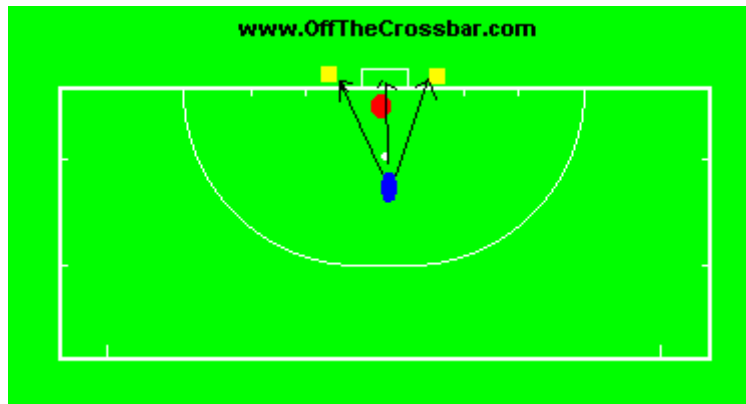
#### Exercise three:

The player takes 15 balls which he places all around the D. The cones are at the same place, with the same use. The player will hit the ball as quickly as possible and will try to shoot towards the keeper. Like in the precedent exercise, the player can lift the ball and as there are 15 balls he can change whenever he wants. The player can also hit softly and then much harder.



#### Exercise 4:

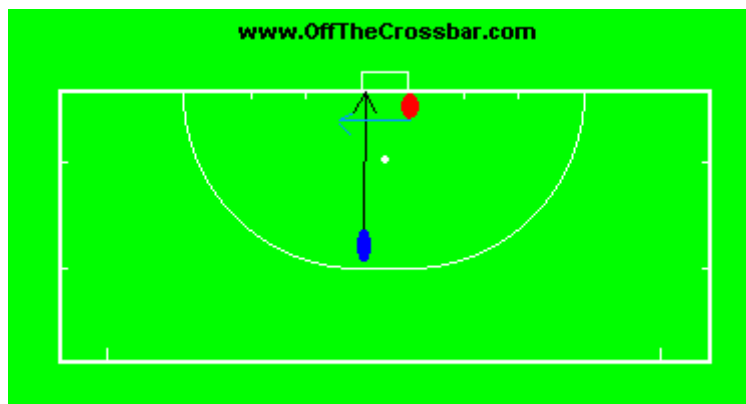
In exercise 4, the player needs tennis balls and/or golf balls. The GK kneels down, in the middle. Balls are sent on the right and on the left. GK has to dive to clear them and back to his position, 20 balls may be used. The feeder will send the ball with the hands to place the ball more easily.

**Exercise 5:**

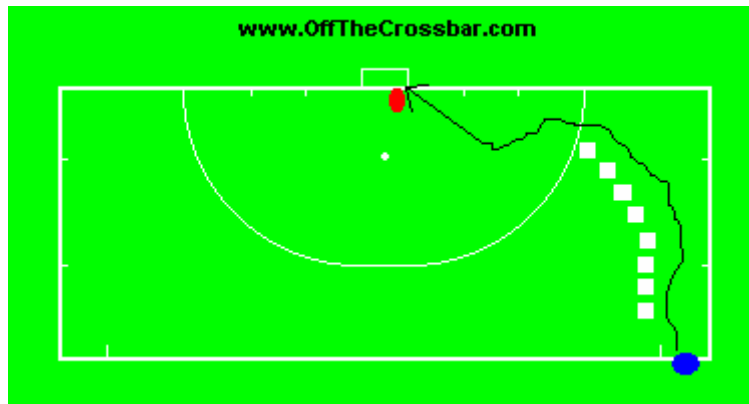
Same exercise, however this time the keeper will stand up and clear the ball only with his stick and/or hand.

**Exercise 6:**

In this exercise, the keeper stands by the right post (**or the left one...**). He looks on his left as if the action were coming from that side of the D. The player stands 5 meters from the opposite post. When the keeper gives a signal, the player hits or sends the ball, either low or high, the keeper has to dive to clear the ball. This can be done on both sides.

**Exercise 7:**

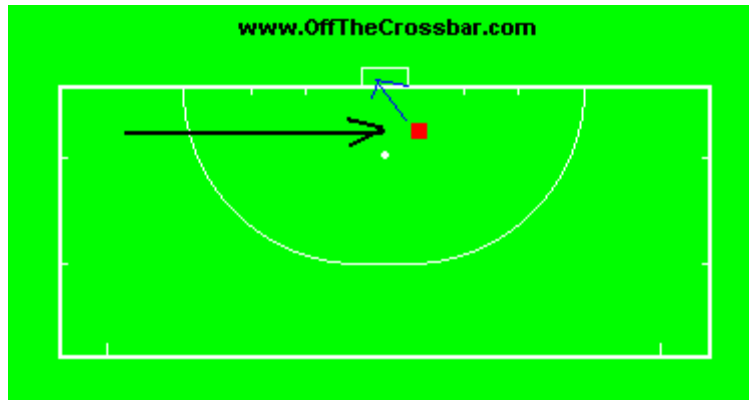
Then the trainer can organise a 1X1 by different means. This can also be practised on the left hand side.

**Exercise 8:**

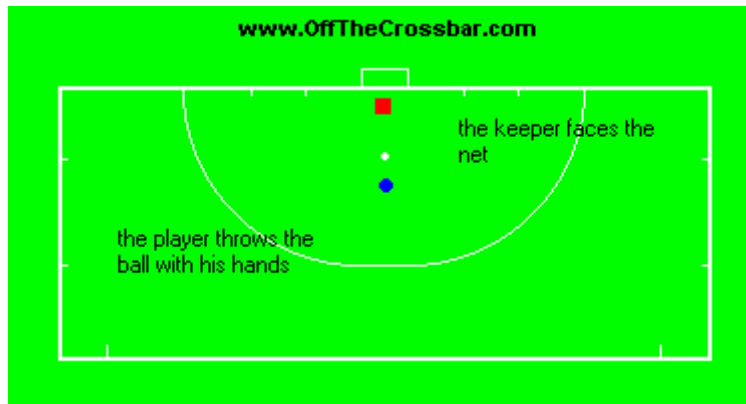
Then two players on each side, as soon as the ball has been hit another ball can be given to the second player.

**Exercise 9:**

The ball is struck by a player as hard as possible towards the keeper whose aim is to kick it into the goal.

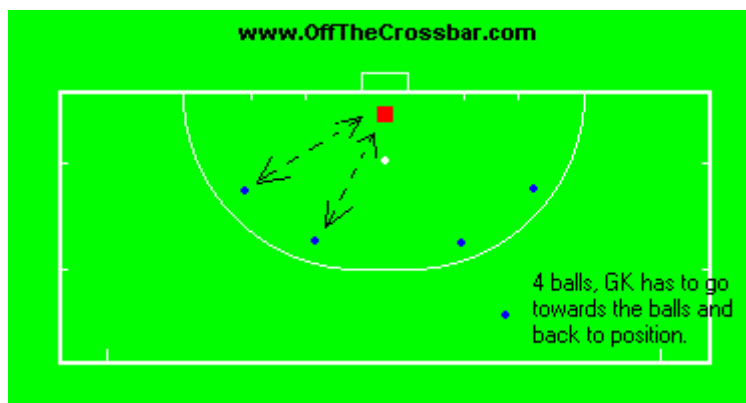
**Exercise 10:**

Here the goalkeeper faces the net. At a signal given to the keeper, he turns and a player will send the ball wherever he wants, the keeper has to save it. An important thing to remember is that the GK has to look at the ball, not the player.



### Exercise 11:

In this situation, there are four balls placed as shown, the keeper has to go towards the first one, does as if he was kicking it and back to his position. The aim is to go back to your position without looking back, without looking where you are.

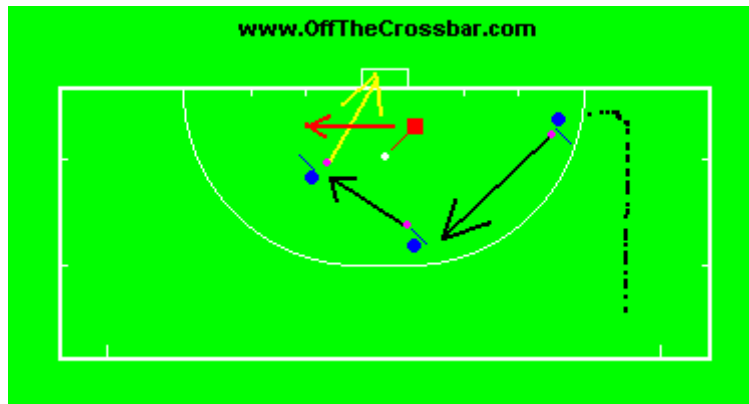


### Exercise 12:

Like in exercise 9, but this time, the keeper lies down and waits for the signal to get up and save the ball; this must be done on both sides and the ball coming from different positions, not just in front of the keeper.

### Exercise 13:

One of the difficulties when you play keeper (**I find it difficult**) is to know where to stand, especially in situations where the ball is coming from the left or the right.



Of course, they can be organised in a different order. But they are basic stuff.

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