



Goalkeeper Evaluation

Goalkeeper: _____

***Below are several aspects that are vital to a goalkeeper's success. Each aspect is accompanied by a brief explanation and individualized feedback, based on my evaluation of your play.**

Ball Handling: . Use the basket system for shots on the ground to mid height, making sure to secure the ball afterwards. For shots at chest height or above use the "W" hand positioning, catching the ball slightly on top to ensure shots do not go through your hands.

How can the goalkeeper improve?

Ready Stance: When an opponent is about to take a shot, you should be prepared in your ready stance. To situate your ready stance, set yourself on the balls of your feet and get low from your waist. Bring your hands low at your sides with your palms facing out and keep your upper body upright with your shoulders slightly over your knees.

How can the goalkeeper improve?

Body Behind the Ball: Anytime you receive a ball, always get your body behind the ball, no matter what height. This protects against mishandled shots.

How can the goalkeeper improve?

Shuffling: Work on taking short, quick steps when shuffling. This helps you to move easily and set your feet quickly.

How can the goalkeeper improve?

Diving: Remember to always bring your body forward when diving. Take as many steps as possible towards the ball before you dive, bringing your upper body forward, and attacking the ball. Always land on your side, not your stomach or back.

How can the goalkeeper improve?

Field Positioning : You should always move with the play, no matter where the ball is. Remember that if the ball is not in your defensive half, you should step out of your 18 and push up with your team. In contrast, when the ball enters your half, the closer it gets to you the more you should retreat back to your line.

How can the goalkeeper improve?

Goal Kicks: Goalkeepers should ALWAYS take their own goal kicks. Work on hitting driven goal kicks that get the ball wide to a specific teammate.

How can the goalkeeper improve?

Punts : Punts should be driven wide and aimed at a specific teammate. Make sure to allow your team plenty of time to push up and reset their shape before you distribute.

How can the goalkeeper improve?

Attitude & Attentiveness: *Goalkeeping is an intermittent position with minutes of downtime and seconds of excitement. Nonetheless, you should be focused 100% of the time, following the play no matter where the ball is located. In addition, you should always keep a positive attitude and a level head throughout the game.*

How can the goalkeeper improve?

Additional Comments:

Please visit the goalkeeping section of www.riovista.org for goalkeeper training information!

*Best regards,
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