



Goalkeeper Evaluation

NE= Technique not seen/evaluated *I*= Needs immediate attention *2*= Improving *3*= Good *4*= Excellent

Technical

1. Ball handling: Does the goalkeeper catch the ball clean?

Low (Balls scooped off the ground)_____ *Medium* (knee high to mid-level shots)_____ *High* (Head level and overhead) _____

2. Diving:

*Low*_____ *Medium*_____ *High*_____

_____3. Ready stance: Is the goalkeeper prepared in their ready stance before the shot is taken?

_____4. Body behind the ball: Does the goalkeeper get their body behind the ball no matter how high the shot?

_____5. Shuffling: While shuffling, does the goalkeeper take short, quick steps?

Tactical

_____6. Cutting off the angle: Are angles being cut off when shots are taken?

_____7. Field positioning: Does the goalkeeper move with the play despite the ball's location and push up with his/her team?

_____8. Crosses: Is the goalkeeper able to catch the cross clean while keeping his/her shoulders parallel with the goal line?

_____9. Corner kicks: Does the goalkeeper position themselves correctly?

_____10. 1v1's: How well does the goalkeeper approach the ball and cut off the angle?

_____11. Calling for ball at feet: Does the goalkeeper call and play with the ball at his/her feet?

Distribution

_____12. Goal kicks: Are goal kicks taken by the goalkeeper and driven to a specific teammate?

_____13. Punts: Distance and accuracy?

Mental

_____14. Game Management/Attitude: Does the goalkeeper keep a positive and supportive attitude?

_____15. Attentiveness: Can the goalkeeper stay focused on the game no matter where the ball is located?

_____16. Communication: Is quality, instructive communication given by the goalkeeper?

_____17. Assertiveness: Does the goalkeeper make decisions and execute his/her actions with confidence?

-Please See Reverse Side for Element Explanations-

Additional Comments:

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Explanations

- 1. Ball handling:** *Good ball handling is vital for all goalkeepers, no matter what age. 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.*
- 2. Diving:** *Remember to always bring your body forward when diving. The key to this lies with your initial approach. Take as many steps as possible towards the ball before you dive, bringing your upper body forward, and attacking the ball.*
- 3. Ready Stance:** *When an opponent is preparing to take a shot, you should be prepared in your ready stance. This allows you to move quickly in any direction at a moment's notice. To be prepared for a shot, 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. Keep your upper body upright with your shoulders slightly over your knees.*
- 4. 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.*
- 5. Shuffling:** *Work on taking short, quick steps when shuffling. This helps you to move easily and set your feet quickly.*
- 6. Angle Play:** *A goalkeeper should always be aware of angles in relation to the ball and the goal. Use the goal posts as reference to cut off angles by imagining a line coming from each post to the ball. With this in mind, position yourself so you may intercept any shot that were to travel along those lines. This means stepping off your line and towards the ball so you can easily transverse the angle.*
- 7. 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.*
- 8. Crosses:** *Work on keeping your shoulders parallel with the goal line when you come out for a cross. This helps you to see the entire field and allows you to move easily in any direction. Remember to call "Goalkeeper!" when you attack a cross and "Away!" when you want your defense to clear the ball.*
- 9. Corner Kicks:** *To set up for a corner kick, align yourself about one step from the middle of the goal towards your far post. Hold an open stance by keeping your shoulders parallel with the goal line but slightly angled towards the ball.*
- 10. 1v1's:** *Remember to get low and be patient as a breakaway approaches. The further the ball is away from you, the taller you should be, while the closer the ball gets, the lower you should be. Keep your hands low at your sides and only commit to the ball when you know the opponent has lost control.*
- 11. Calling for ball at feet:** *It is very important for goalkeepers to play with their feet. If one of your defenders is facing you, work on calling for the ball at your feet so you may clear the ball away from pressure. Your first look should always be to switch the fields.*
- 12. 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.*
- 13. Punts:** *Punts should be driven wide and aimed at a specific teammate. Make sure to allow your team ample time to push up and reset their shape before you distribute.*
- 14. Game Management/Attitude:** *Goalkeepers are the driving force behind a team and can often set the tone for an entire game. Accordingly, you should always keep a positive attitude and a level head throughout the game.*
- 15. 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.*
- 16. Communication:** *You should constantly provide your team with quality communication. This means giving instructive comments that help your teammates realize where the ball is, where the opponent is, and how they should be positioned.*
- 17. Assertiveness:** *Indecisiveness can lead to confusion and chaos in the defensive third so goalkeepers should be assertive and confident in their actions.*