



## Skills of Goalkeeping in Hockey

### Introduction

A goalkeeping is a specialist player to any team but must safe and consistent player. A goalkeeper of this type adds confidence to a defense. Goalkeepers must develop confidence within themselves and this comes about the working with the other defenders. A complete understanding with defenders is essential. Defenders must know that if a deep pass penetrates the defense, the goalkeeper will clear or control and distribute the ball skillfully and safely.

Team work from the above situation can develop; for example, from a deep through-pass. The goalkeeper takes control of the ball and a wing half quickly moves back into position to receive the ball from the goalkeeper. The goalkeeper can pass the ball to either wing half. Thus the team is in possession quickly, and a counter-attack mounted. The goalkeeper must have the ability to read the situation. If he/she feels that distributing the ball this way is dangerous, then the keeper should distribute the ball safely elsewhere. A goalkeeper must have confidence in his or her own ability to do this.

### Goalkeeping Equipment

It is very important for a goalkeeper to be well protected. If they do not feel protected they will most likely not be confident in their abilities. A goalkeeper should have:

- Helmet
- Throat Protector
- Chest Protector
- Arm guards
- Left and right hand Protectors
- Groin/Pelvic Protector
- Padded Shorts
- Kickers
- Leg Guards
- Hockey Stick
- Different Coloured Shirt

Sometimes goalkeepers need to do on the spot repairs so it is important to keep some extra equipment in their gear bag:

- Tape
- Spare straps
- Screwdriver (for helmet repairs)

- Spare goalkeeper shirt which is a different colour
- Change of clothes

### **Specific Rules for Goalkeepers**

#### Definition of a goalkeeper

One of the participants of each team on the field who wears protective equipment comprised of at least headgear and who thereby has the privileges of a goalkeeper.

#### Hockey Rules

##### Conduct of play:

##### 1. A goalkeeper who:

Wears protective equipment of at least, headgear, leg guards and kickers must not take part in the match outside the 23 metres area they are defending, except when taking a penalty stroke

Wears only protective headgear must not take part in the match outside the 23 metres area they are defending when wearing the headgear but may remove the headgear and take part in the match anywhere on the field.

The protective headgear must be worn when defending a penalty corner or penalty stroke.

2. When the ball is inside the circle they are defending and they have their stick in their hand, goalkeepers are permitted to:

a) Use their stick, protective equipment or any part of their body to push the ball away, deflect the ball (in any direction including over the back-line) or stop the ball.

This permits a goalkeeper to use their hands, arms or any other part of their body to move the ball away but only as part of a goal saving action and not to propel the ball forcefully so that it travels a long distance.

b) Use their stick, feet, kickers, legs or leg guards to propel the ball forcefully.

3. Goalkeepers must not lie on the ball.

4. When the ball is outside the circle they are defending, goalkeepers are only permitted to play the ball with their stick.

### **Tournament Rules**

Goalkeepers need to wear a different coloured shirt to either team, and that shirt needs to be numbered both front and back. Front is important as this is usually the most visible to umpires, coaches, players and selectors. Goalkeeper's buckles need to be covered/taped to prevent injuries

When is a penalty corner awarded?

1. An offence by a defender in the circle which does not prevent the probable scoring of a goal.
2. An intentional offence in the circle by a defender against an opponent who does not have possession of the ball or an opportunity to play the ball.

3. An intention offence by a defender outside the circle but within the 23 metres area they are defending.
4. Intentionally playing the ball over the back line by a defender.
5. When the ball lodged in a players clothing or equipment which in the circle they are defending.

#### Procedure for taking penalty corner

1. The ball is placed on the backline inside at least 10 metres from the goal post on whichever side of the goal the attacking team prefers.
2. An attacker pushes or hits the ball without intentionally raising it.
3. The attacker taking the push or hit from the back-line must have at least one foot outside the field.
4. The other attacker must be on the field, outside the circle with sticks, hands and feet not touching the ground inside the circle.
5. No defender or attacker other than the attacker taking the push or hit from the back-line is permitted to be within the 5 metres of the ball when the push or hit is taken.

#### **Defending a Penalty Stroke**

This is one of the most difficult things for a goalkeeper to do. For a penalty stroke to be awarded there must have been a serious foul. It is important to remember that the stroke is designed to give the attacking team a very good chance to score. A well taken penalty stroke should go in. However as goalkeepers it is their job to try and make sure that does not happen.

Knowledge of penalty strokes and how they work is important for a goalkeeper to learn. Here is the standard procedure for a penalty stroke.

1. All other players must stand outside the 23 metre line.
2. The ball is placed on the penalty spot.
3. The player taking the stroke must stand behind and within playing distance before beginning the stroke.
4. The goalkeeper must stand with both feet on or over the goal line and must not leave the goal line or move either foot until the ball has been played.
5. The whistle is blown when the player taking the stroke and the player defending it are in position.
6. The player taking the stroke must not take it until the whistle has been blown.
7. Both players cannot delay the taking of the stroke.
8. The player taking the stroke cannot feint at playing the ball.
9. The player taking the stroke must push, flick or scoop the ball and is permitted to raise it to any height. A drag flick action is not allowed.
10. The player taking the stroke must play the ball only once and must not subsequently approach either the ball or player defending the stroke.

There is no set way for defending a stroke. Here are some tips for saving a stroke: •

1. Remain balanced with arms up and ready.
2. Some keepers try to make themselves look as big as possible.

3. Don't try to guess where the attacker is going to put it. Instead look for cues such as angle of stick, position of feet, but don't rely on these too much as attackers can be tricky.
4. Instinct: When those whistle blows have to be ready for anything.

#### Defending 8 second penalty shootout:

In modern hockey, if two teams are locked drawn at the end of their match in the knockout stage, 8 second penalty shootout competition shall be applied.

#### Procedure:

- A. As soon as the Umpire blow whistles, the attacking player shall play the ball from the 23 metres line towards the goal to score goal same as in the normal match within 8 seconds.
- B. Simultaneously the defending goalkeeper shall take his position to defend goal within 8 second time by using his skills. The goalkeeper should have excellent qualities so as to defend from scoring a goal. Practice is must.

### **Skills and techniques of the goalkeeper**

The "ready position" is the stance a goalkeeper takes when the opposing team is on attack and has the possibility of a shot at goal. From this position the goalkeeper should be able to move quickly in any direction and be able to save, clear and recover.

When making a save goalkeepers are looking to not only stop the ball from going into the goal but also to clear it away from the goal and attackers, and if they are unable to clear they need to be able to get into a position to save any rebounds. Each goalkeeper will have a slightly different ready position but here are some common points that all goalkeepers should use:

#### Lower body

- A. Goalkeepers weight should be up on balls of feet.
- B. Feet should be approximately shoulder width apart.
- C. Knees should be bent slightly, so that they are either just forward of, or over the toes.
- D. Waist is also bent slightly so that the head and chest are over the knees.
- E. A good saying to help one can remember is "Eyes over knees over toes".

#### Upper body

With the upper body there can be a lot of variation as to where goalkeepers hold their arms. Some keepers hold their arms out to the sides with gloves pointing up, while others prefer to keep their arms lower with gloves pointing down. Some points to think about are:

- A. Arms and hands should be forward of the shoulders and chest.
- B. Hands should be above waist height and be able to move either upwards or downwards quickly.
- C. The stick can be held horizontally or vertically and be angled forward so that if the ball hits it, it won't be deflected backwards into the goal.

A goalkeeper's ready position should be one of preference and it may take a little while for them to find out what works for them.

Practice of blocking, pushing deflection etc. From various strokes such as free hit, scoop, flick, drag flick etc. is much needed.

## **Conclusion**

The topic is designed for beginner goalkeepers as well as coaches who want help with specific training for their goalkeeper. It will also be useful for more experienced goalkeepers who want drills and games to improve their techniques. In this resource are specific rules that all goalkeepers should know including a rule change regarding using of hands and arms.

Mobility is very important in a goalkeeper and protective gear should not be so heavy as to be restrictive burden. The goalkeeper should also be the controller and coordinator of the defense, because the goalkeeper is in the best position to view the whole defence.