



Summary

This 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 the hands and arms. Also included is information about goalkeeping equipment; equipment one should have, and what to keep in their gear bag in case of emergencies. It is also important that goalkeepers know how to warm up properly; there is a page dedicated to specific goalkeeping warm up techniques. The techniques explained in this resource include: basic kicking, aerial saves, how to slide and dive, and information on defending penalty corners and saving penalty strokes. The topic also included some basic drills ranging from accuracy and power, to speed and agility.