

Goalkeeper Self Analysis

Topic Explanations

How To Self Analyze

- Perform the analysis when you are in no rush and have ample time to devote to the project.
- Score based on 5 being the highest score and 1 being the lowest.
- Be honest and think outside the box before answering. It may help to associate a value to each score. The value system will depend on your present level and future aspirations. A high level example may be: 5 = national pool player, 4 = regional pool player, 3 = state pool player, 2 = premier club player, 1 = competitive club player. A more realistic example may be: 5 = State pool player, 4 = premier club player, 3 = competitive club player, 2 = recreational player, 1 = topic can not be performed. Be sure to think in terms of a logical standard to compare yourself to.
- Refer to every topic explanation and don't assume you automatically know the definition of each topic.
- If you're still not clear about a topic, even after reading the explanation, find out what it is before answering by researching or asking someone. Don't answer until you're clear on the topic.
- Have a reliable source (such as a coach) review your scores. Ask them to be honest in bringing up any differences of opinion. This will help you to "think outside the box" and serves as a check-and-balance system of sort.

How to Utilize the Results

- Using Microsoft Excel, you can list sort by category or score to view the data.
- Filter by category and find the totals and averages of each to determine your strongest and weakest categories.
- Filter by score (either ascending or descending) to view your grouped scores.
- Based on the information, create and implement a strategy to maintain your strengths and improve your weaknesses. One strategy may be to alternate weeks, working one week to improve a weak category or topic, and working the next week to maintain a strong category or topic. Another strategy may be to improve all low scores, working to turn 1s into 2s, 2s into 3s, and so on.
- Whenever possible, identify measurable ways to define improvement. For punting, for example, you can test yourself for distance and accuracy but punting 10 balls over the half line and on the left side of the field. If your current score is 3 and you are accurate 6 of 10 times, change your score to 4 only after you're accurate 8 of 10 times. In this manner the scoring becomes more objective and less subjective. You may have to be creative, but this method can be applied to many topics.
- Integrate your strategy into your written goal setting. Sticking to your strategy is definitely a worthy goal! Consistent training of technique definitely fulfills the "comfort goals" which are under your complete control and offer improved confidence in addition to improvement of the trained topic.
- Track improvement over time by periodically reevaluating.

Technique

1. **Set Position:** timing your hop so that you've landed just before a shot occurs, keeping in mind the weight on the balls of the feet, knees bent, shoulders forward over the toes, hands within the width of the hips and out away from the body. This must be habitual, and should occur like clock work.
2. **Footwork:** the ability to move swiftly and efficiently around your area in relation to the unfolding play.
3. **Dealing with Shots at You:** the ability to cleanly effectively handle shots hit at the body. This includes the basket catch, forward dive, W catch, collapse dive, and always taking the ball early to cushion it and hold on whenever possible. These saves should mostly be routine and should not become adventurous with bobbles or rebounds.
4. **Dealing with Shots Away From You:** the ability to move, either by shuffling, diving, or a combination of, to get your hands and body to the ball. This includes low and high extension dives, farther reaching collapse dives, all while either holding on or tipping appropriately.
5. **Sprawling to Block Point Blank Shots:** this involves closing down the shooter to give them no way to get the ball past you. Staying big and using the body to block the shot is essential and can be done on the feet or by sliding.
6. **Catching Crosses and High Balls:** the ability to track a flighted ball, take the appropriate steps to get in line with it, take off with the proper leg, take the ball at its highest point (keeping bent elbows), and securing the ball with the hands.

7. **Punching Crosses and High Balls:** the ability to track a flighted ball, take the appropriate steps to get in line with it, take off appropriately, and execute a punch with one or two fists. The ball should be directed high, wide, and far.
8. **1v1s:** the ability to close down an oncoming attacker by intercepting the through pass or long touch, sliding to smother the shot, or standing them up (staying on your feet) to force a close range block or errant shot.
9. **Striking with the Right Foot:** the ability to strike a ball, rolling or still, from the ground. This includes goal kicks, free kicks, passes, and clearances. This encompasses various techniques such as the driven ball, floated ball, pass on the ground, and the long clearance.
10. **Striking with the Left Foot:** same as the right foot.
11. **Punt:** the ability to execute a standard punt which travels high and far. Accuracy is imperative as you should be able to place the ball to a particular player or sector of the field.
12. **Drop Kick:** the ability to drop the ball and strike it just after it's bounced, allowing for a driven ball with less height and more speed as it travels. Accuracy is imperative as you should be able to place the ball to a particular player or sector of the field.
13. **Side Volley:** the ability to release the ball with one hand and side volley it with the opposite foot, giving it a driven quality which stays lower and travels faster than the traditional punt. Similar effect as the drop kick but it can be performed regardless of the field conditions, whereas the drop kick is largely dependant on a smooth surface. Accuracy is imperative as you should be able to place the ball to a particular player or sector of the field.
14. **Receiving:** first touch and the ability to control the ball appropriately across the body. Looking up to see players should always be done before receiving. This also includes cleaning up bouncing balls using various parts of the body.
15. **Throwing:** the ability to accurately throw the ball to teammates using the overhead or "sling" throw. Accuracy, distance, pace, and trajectory should all be considered.

Tactics

16. **Personal Defensive Support:** providing positional cover to the players defending front of you. This includes playing "keeper-sweeper" and patrolling the area behind defenders when the ball is in the other half. This also includes being quick off your line to intercept balls or stop shots when the opposition is within attacking range.
17. **Personal Offensive Support:** providing positional support to your teammates in an effort to keep possession of the ball. This includes being properly positioned as an outlet for back passes and switches of play.
18. **Team Defensive Shape:** the ability to recognize the ideal team shape when the opposition is in possession, based on which area of the field the ball is in (ie, what should the team look like when pressing the ball at the other end versus defending a cross from near your own 18). This will vary slightly from team to team, but each team should employ concepts of pressure-cover-balance.
19. **Team Offensive Shape:** the ability to recognize the ideal team shape when your team is in possession, based on which area of the field the ball is in (ie, what should the team look like when in the final third vs when building from the back). This will vary slightly from team to team, but each team should employ concepts of possession, penetration, depth, and width.
20. **Communication & Organization – Content:** the ability to effectively read the game and organize players based on predetermined team strategy and the unfolding events of the game. Can you "coach" your team using your coach's ideas as well as your own?
21. **Communication & Organization – Convey:** the ability to effectively convey your commands. This includes appropriate loudness and tone of voice (ie showing necessary urgency when a player is under pressure, vs being less demanding when letting them know they have time). Demeanor is also factored. Can you be demanding while remaining constructive, versus becoming an erratic jerk when under pressure. In short, can you get positive results from your communication?
22. **Setting Up a Wall:** the ability to quickly and effectively set up a wall, factoring in coach's prior instruction, distance from goal, angle of the ball, weather conditions, opposition's apparent set play, etc.
23. **Angle Play (Ball Line):** the ability to optimally position yourself in front of goal in relation to the match situation. Proper positioning should minimize the amount of goal the shooter can see and

- should force shots to be near you or wide or high of the goal. Factors such as covering the near post, avoiding the chip shot, and minimizing the shooting angle should be considered.
24. **Deciding to come off your line:** making the decision to leave your line to intercept a ball or break up a play. This may be inside or outside the penalty area and can include clearances, 1v1s, dealing with through balls, high balls, and crosses. The ability to CONSISTENTLY make the correct choice of staying or going should be considered.

Physical

25. **Aerobic Fitness:** the ability of the body to perform moderate work over a sustained period of time with the presence of oxygen. Example, the two mile run.
26. **Anaerobic Fitness:** the ability of the body to perform intense work over a shorter amount of time without the presence of ample oxygen. Example, sprinting exercises or keeper “pressure training.”
27. **Core Strength:** the strength of the midsection of the body, including the abdominals and back muscles.
28. **Upper Body Strength:** the strength of the upper body including the arms, shoulders, chest, and upper back muscles.
29. **Lower Body Strength:** the strength of the lower body including the leg muscles, hip flexors, and glutes.
30. **Vertical Jump:** ability to thrust the body upward off the ground.
31. **Reflexes:** ability of the brain and body to react quickly to changing stimuli such as a deflected shot, close range shot, or sudden change in direction from the dribbler. Refers mainly to the quickness of the limbs to react to the ball.
32. **Flexibility:** ability of the body’s muscles and connective tissues to allow for a wide range of motion. Should be considered in the active context (lunging or reaching for a shot) rather than the static context (static stretching).
33. **Agility:** ability of the body to change directions swiftly. Consider vertical and lateral movements.
34. **Balance:** ability of the body to remain balanced and under control, particularly when moving within the penalty area and when landing from jumping.
35. **Coordination:** the harmonious interaction of body parts, particularly the specific synchronization of the arms and legs when performing techniques such as running, diving, taking off for high balls, utilizing footwork to track the play, etc.
36. **Quickness over 6-12 yards:** ability to cover shorter distances quickly, particularly when sprinting out to clear or intercept a ball or recovering backward to take up position.

Psychological

37. **Concentration:** the ability to remain “connected” to the game by consistently focusing on the play as the game unfolds. Concentration includes outward awareness (teammates, opposition, field boundaries, etc.) and inward awareness (your positioning and decision making in relation to outward factors).
38. **Competitiveness:** the desire to do your personal best to help give your team the best chance of bettering the opposition. This refers to all aspects of training and playing. When considering competitiveness, consider the question “what are you willing to do to gain an advantage over the opposition?” This should include more than wanting to win and should be as broad as physical preparation, technical proficiency, tactical insight, communication and organization, off season training, diet, etc.
39. **Courage:** the ability to step up and effectively deal with the situation at hand, regardless of the difficulty, danger, or potential consequences of the situation. The willingness to be aggressive while risking failure or mistakes. Example, coming out for a difficult cross you believe you can get late in the game when your team is up 1-0 in an important match. Also taking physical risks such as sliding to smother a 1v1 to going up for a cross in a crowd of challenging players.
40. **Decision Making:** the ability to CONSISTENTLY make the proper decision.
41. **Leadership:** the ability to lead vocally as well as by example. In the match or training this means directing players while maintaining a favorable disposition. Off the field this means encouraging players to do the right thing for the team and leading by example by holding high standards in punctuality, behavior, diet, preparedness, etc.

42. **Composure:** the ability to maintain concentration and performance in the wake of extreme circumstances such as a very difficult opponent, a large or rowdy audience, an important match, physical or verbal confrontation for opposing players, giving up goals or making mistakes, etc.
43. **Discipline:** the ability to consistently adhere to team and personal standards such as training mentality, performing within the bounds of your position and role within the team formation, fitness training, diet, putting in extra time to train specific needs, getting proper sleep, being your personal best every day and every play.

Match

44. **Warm Up:** ability to gain physical and mental preparedness through a standard warm up routine. Ability to gain technical and mental confidence to the point where you are peaking heading into the match.
45. **Focus for the Entire Match:** ability to maintain focus and concentration during the duration of the match and not only when the ball is in an obviously dangerous place in front of your goal. Ability to focus on the matter at hand (the game) while blocking out external stimuli such as fans and parents, weather, traffic, etc. Avoiding fleeting thoughts or daydreaming during periods of inactivity.
46. **Connection to the Game:** ability to continually remain in proper position in relation to the ball. This means staying on your ball line and adjusting even when the ball is in the other half and regardless of which team is in possession. This also lends itself to communication and overall focus.
47. **Reaction to Goals and Errors:** the ability to stay focused and keep composure after committing errors or conceding goals. Staying positive and confident are signs of proper ability to cope with goals and errors. Quieting down, clamming up, and disconnecting are signs of an inability to cope.
48. **Game to Game Consistency:** the ability to perform consistently and reliably from game to game. All performers have high and low periods of play to some extent, but a consistent goalkeeper produce a solid performance more often than not and their “bad” days are kept to a minimum. This also means maintain a high standard of play regardless of the quality of the competition or the circumstances surrounding the match.
49. **Distribution Decisions:** ability to not only execute proper technique as needed, but to make decisions based on team strategy, improvisation, and match situations such as knowing what to do when your team needs a goal versus when you’re protecting a lead. Risk versus safety is also a consideration.
50. **Routine Saves:** the ability to keep shots hit at or near the body routine and as simple as possible while offering no rebounds or dangerous second chances. This also speaks of consistency in technical execution.
51. **Complex Saves:** The ability to make the “big” save when needed. This may include extension diving, making point blank saves, or saving 1v1s. These saves are the ones that keep your team in games and are more difficult than the “routine” saves hit at or near the body.
52. **Control of the Area:** establishing and maintaining your dominance of your area when intercepting balls, sweeping behind your defense, communicating, organizing, protecting against the opposition.

Training

53. **Punctuality:** ability to arrive on time (early enough) with the required materials (clothing, footwear, beverages, etc.).
54. **Self Direction:** the ability to work on your own before or after training, to perform functions required by the coach (such as starting your warm up or preparing the field, etc.), to take ownership of your training environment.
55. **Self Coaching:** the ability to “coach” yourself by purposefully performing positively or correcting negative aspects of your performance. Simply put, thinking your way through the game and not waiting for your coach to identify and solve your problems for you.
56. **Enjoyment of Work:** the ability to derive enjoyment from the work required by high level soccer players. Such as enjoying physically and mentally challenging training sessions, competing with teammates, and performing fitness related activities. Those who enjoy these things, rather than

- grudgingly go through the motions, are more apt to excel and will be more poised to help the team. The term “work hard at having fun” is appropriate.
57. **Train on Your Edge:** the ability to push yourself to be your personal best each and every day and moment of training. As the game is largely about speed of play, this means training outside of your comfort zone and pushing yourself to perform at speeds which may be slightly faster than what you are capable, but which can serve to enhance and improve your ability. This means fighting against complacency and merely going through the motions.
 58. **Focus for Entire Session:** the ability to maintain the proper mentality from the moment you arrive at the field to the moment you leave. This includes social interaction with teammates, physical and mental preparation during the warm up, mental application during the session activities, etc.

Nutrition and Recovery

59. **General Diet:** the ability to consistently ingest foods and liquids which are advantageous to the active lifestyle of the student athlete. A balanced diet is ideal as is consistent hydration.
60. **Pre-Performance Diet:** ingesting foods and liquids which optimally prepare the body to perform your specific position in your specific sport. (pre-performance refers to eating properly before matches AND training sessions). Foods which are high in carbohydrates (such as pastas, potatoes, rice, beans, breads and cereals, etc.) are ideal choices. Water and sports drinks are ideal liquids. Timeliness is also a consideration as foods take 2-3 hours to digest.
61. **Post-Performance Diet:** again eating foods high in carbohydrates are essential in helping the body to recover from the stresses of physical exertion. Rehydration is also imperative. There is a two hour window from the end of the performance in which these foods and liquids must be ingested. Players often miss this window and thus recovery is hindered.
62. **Proper Stretching:** static stretching should be conducted AFTER playing and not before. A proper stretching routine conducted after performance can minimize injuries and speed the recovery process while helping to eliminate the lactic acid build up in the muscles.
63. **Eight Glasses of Water per Day:** the old adage that people should ingest 8 glasses of water per day is a good habit to form to ensure proper hydration. However, with the busy schedules in today’s society it is easy to neglect hydration even though it is essential for proper function of the brain and body and is the number one factor in daytime fatigue.

Self Training

64. **Watching Games:** this includes watching games for pleasure and leisure and also to study and learn from those who play at a high level. Professional or college games on tv or in person can provide this for players.
65. **Spend Time with the Ball:** all players must find time outside of training to spend with the ball. This time can be spent juggling and performing tricks or developing distribution techniques.
66. **Fitness:** Players should tend to their own specific fitness needs if their needs are not met through their school or club involvement. Almost all keepers can stand to implement a core strengthening routine on their own throughout the year.
67. **Pick up Soccer:** players should participate in loosely organized soccer with friends or teammates to enjoy the game in a non-organized and less competitive environment. There is much to be gained in the player-driven environment as opposed to only playing it at adult-driven events such as scheduled training sessions, matches, and tournaments. The majority of soccer in the world is played in the player-driven pick up environment and most American players miss out on this aspect of the game.

