



International Floorball Federation

SPECIAL SITUATIONS AND GOALKEEPING

Instructions and Drills



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Forewords

The final part of the Floorball coaching material provides you with special situations and goaltending. Once again the objective is not to give precise directions of what to do, but instead to teach coaches and players to think and make the best decision themselves.

I have been assisted by coaches in different fields and I would like to thank especially Grant Mead in Australia who has been willing to help me with both the content as well as the grammar, J-P Anttila in Finland and Talis Mölder in Estonia for good advice and Sam Liebkind, who has given me special insight in comparison of active and passive goaltending. Also John Liljelund from the IFF, had a great impact in the goalkeeping-section with his experience.

In addition, I have also had the opportunity to use the material from the Finnish Floorball Federation's goalkeeping education which was published during the spring 2008. I hope that this manual will help coaches and players to become even better coaches and players!

In Helsinki the 23th of April,
Anniina Paavilainen

Introduction



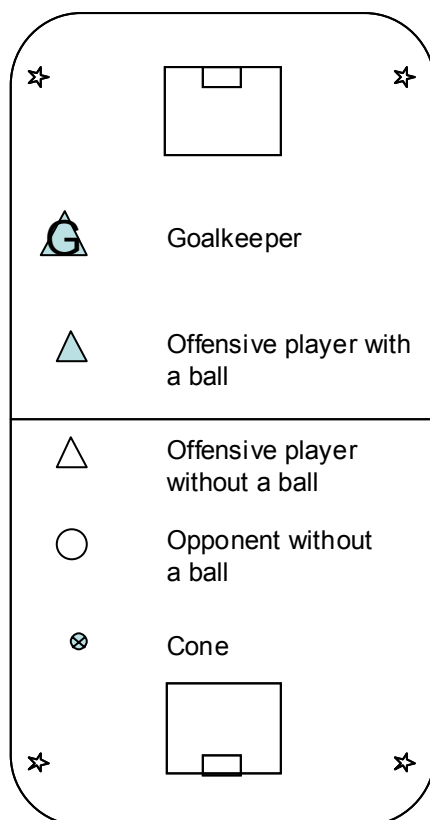
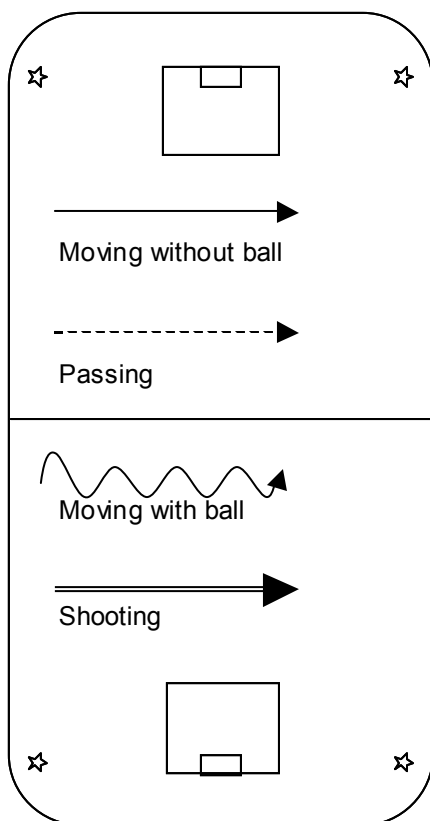
The third part of the material includes special situations as well as goalkeeping.

Special situations are power play situations and playing short handed. Face-offs, free-hits and hit-ins are fixed situations and also discussed in this part, both offensively and defensively.

Penalty shots are discussed on the basic level and are not emphasised as the technical performance is based on individual skills. The importance of penalty shots as a way to settle a game is however mentioned.

The goalkeeping section includes the physical abilities together with the individual technical and tactical skills that are important for goalkeepers. Basic drills to practice and improve these skills are provided.

Figures used



terms used

Basic save position

- The posture the goalkeeper has when saving a direct shot is individual and based on physical abilities
- Also referred to as basic posture or basic position

Dive

- When the goalkeeper is throwing him/herself to the side to cover a shot from a diagonal pass or a diagonal movement

Delayed penalty

- When the team with the ball has been offended but has the chance to continue the attack, the referee will lift the other arm up as a sign of delayed penalty
- The game continues until a goal is scored or the defending team gains the possession of the ball or the ball is hit out of boundaries

Face off

- Face off is executed at the centre dot in the beginning of a new period as well as to confirm a goal
- Also executed when ever the game is interrupted and neither of the team's can be rewarded with a free-hit or a hit-in
- Is executed from the nearest face-off dot from where the interruption occurred

Free-hit

- A continuation of the play after a foul
- Executed by the team offended

Goal area

- The bigger area in front of the goal cage
- Also referred to as the slot

Goalkeeper's area

- The smaller area in front of the goal cage
- Also referred to as the goal crease

Goal cage

- Also referred to as the net

Handedness

- Handedness is a determining factor during fixed situations, free-hits and hit-ins
- A player who is holding the stick on the left side (right hand as an upper hand) is referred to as a player playing on the left who is usually a right handed player
- A player who is holding the stick on the right side (left hand as an upper hand) is referred to a player playing on the right who is usually a left handed player

Hit-in

- A continuation for the play when the ball is hit out of boundaries
- Executed by the non-offending team from 1,5 meters distance from the board at the place where the ball left the rink but never behind the imaginary goal line

Playing short handed

- One or more players disadvantage

Power play

- One or more players advantage

Time out

- 30 seconds break which is allowed once for each team during a game including extra time
- Should be signalled to the referee when needed (by team captain but also coach can make the request)

Wall

- When defending against a free-hit or a hit-in the defensive team creates a barrier (a tight line with two up to five players) in order to cover the shot

Special Situations

Power play situations

Situations leading to power play

Whenever the opponent is preventing the play by an offence according to the rules and is penalized with a two or more minutes penalty, the offended team has a chance for a power play. The offences and penalties are found on the IFF's webpage (www.floorball.org) under Rules and Regulations and Rules of the game.

Using of the advantage of power play situations

Power play situations should be practiced as they are situations that might give a great advantage to the team. If used wisely, one or even two player's advantage might result as a goal. During delayed penalties it should be made clear to the players which player is the one who switches from the goalkeeper. As in a power play, the advantage will give a good opportunity for the attacking team to use space and time in order to score. Therefore also different variations of power play should be practiced. Special line-ups can be put together, where different skills and technical abilities, such as the handedness of the players are considered. A right handed player is positioned on the left so that he/she has a better control of the ball, and is able to shoot directly from a pass.

Using different zones during power play

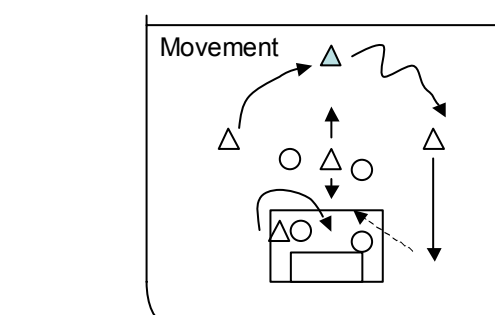
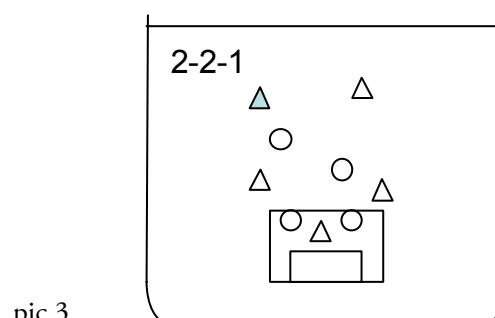
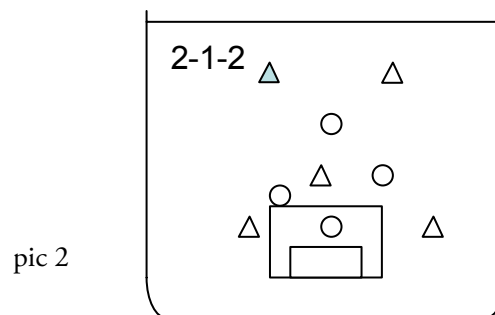
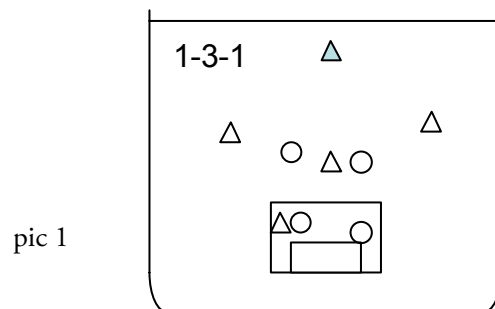
Defensive zone

In openings the same variations are used as in the normal style of play. The basic and well learned tactics should be used to lift the ball up in the offensive zone safely. If the opponent is backing up in their defensive zone, there should be no problem on lifting up the game. If the opponent is fore checking aggressively, some trained methods should be used in order to gain space and time on the offensive zone.

Offensive zone

The play on the offensive zone is the phase that demands an organized play system and coordination between players. Technically, a well performed power play demands good passing and receiving skills as well as the ability to do so in motion. With quick passing and moving, the team is able to create space for passes and shots. Therefore also good shooting skills are required to finish the attack. Most commonly used variations in power play are 1-3-1, 2-1-2 and 2-2-1 (pictures 1, 2 and 3). These shouldn't be confused with the fore checking figures. The chosen tactic is dependent on the opponent and the own team's abilities. These basic variations can also be changed during the power play by movement. In formation 1-3-1, the offensive team has a good opportunity to control the game and build up the game by defenders and behind the goal with one player on respective side. The disadvantage

of the formation is that the scoring chances are either far from the middle line or from the sides. The only player in a good shooting sector, in front of the goal, is usually well covered. Formation 1-3-1 is usually changed to 2-2-1 when the libero player is moved towards the board and the winger is moved towards the corner (picture 4). This shifts the pressure on to the other side of the court which leaves the opposite side's wing free for a shooting chance and the middle uncovered. The player in the middle should then move in order to empty the space in the slot for a pass or a shot. This demands fast and accurate passes as well as reaction speed.



Special features

The power play situations are commonly played as above but the coach should come up with variations depending on the skill level of the players. In the following, some special features are covered in different situations.

5 against 3

The formation 2-1-2 should be used especially in 5 against 3 situations. If the defensive team is using one forward, there is automatically 2 against 1 situation with the defenders creating a good opportunity for them to score. In case the defensive team is using two forwards, a 3 against 1 situation is created in front of the goal and the team has various scoring options to choose from.

6 against 5

Sixth player is used during delayed penalty or at the end of the game, when the team needs to score. The goalkeeper is switched to a sixth field player. Playing six against five, or four, is crucial because the situation usually resolves the winner of the game. The role of the sixth player is usually to create extra pressure in the opponent's defensive area and in front of the goal. Switching the goalkeeper to a sixth player and the rest of the players to a power play line-up requires good organisation. The situation demands a rational plan from the coach to get the most out of the situation. The players need game sense to read the situation and act accordingly. The player with the ball should slow down the play in order for the others to switch. The sixth player should be ready to join the game as soon as the goalkeeper has left the rink. The risk on losing the ball should be minimized.

Losing the ball; defending on power play

The most important thing when losing the ball on power play situation is to remember the one man advantage. Therefore there should always be a 2 against 1 situation against the ball carrier while the rest of the team is covering man. No time should be wasted on defending when there is a chance to score on power play! Therefore the fore checking should be aggressive and the aim should be on regaining the possession of the ball as quickly as possible.

Practicing

The phase can be emphasised in a 5 against 4 (or 3) drill where the execution is started so that the team playing short handed has the ball. The offensive team has to regain the possession of the ball and go around the own goal cage before starting the attack. This can be done each time they lose the possession of the ball which emphasises the re-organisation of the power play formation used. The coach determines the length of the shifts.

Playing short handed

Offences leading to penalties

The players should be instructed to play according to the rules. Sometimes however penalties occur and playing short handed should be practiced.

Minor offences only lead to a free-hit but in case there is a scoring chance, or the offence is severe, the referee will punish the player committing the offence with a two or five minute's bench penalty. The most severe offences will lead to a personal penalty, which might not affect the whole team, or a penalty shot. Basic offences are hitting the stick, lifting the stick, incorrect pushing, high stick and dangerous play. The faults leading to penalties can be found from the IFF's webpage under Rules of the Game.

Penalties should be avoided in every situation but especially when the team is losing. If the coach notices any frustration among the players or there are specific players that might create dangerous situations, the coach should calm the players down. It should also be noted that only the team captain has the right to speak to the referee.

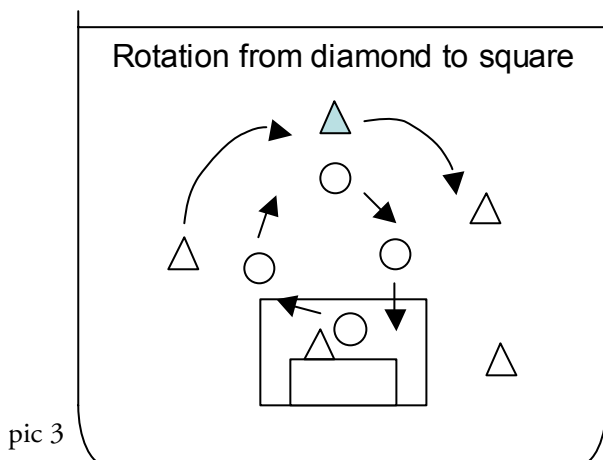
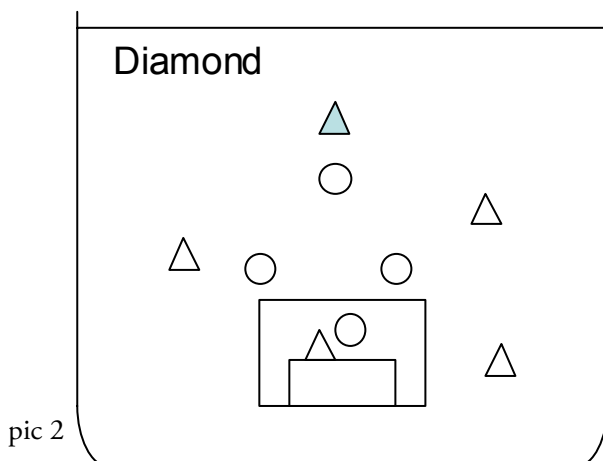
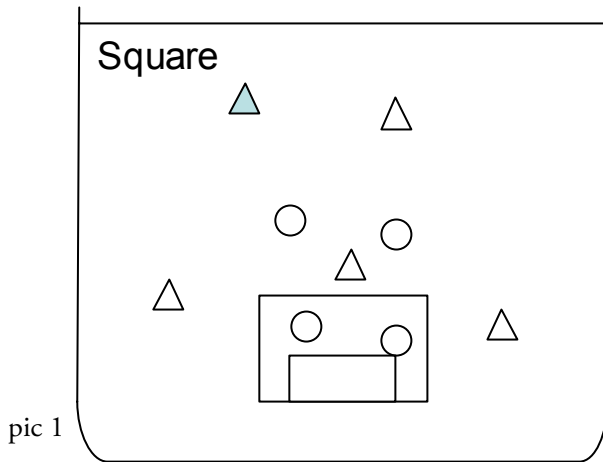
Special features

The objective of killing the penalty is to keep the ball to the sides and in the corners. The formation should stay tight and no cross-field passes should be allowed. The defensive players should keep the posture low and use the stick in order to block the opponent's passing lanes. Head should be kept up to see the players, and the body should be towards the ball to block the shots. The slot should be covered and body should be used to cover loose balls when "cleaning" the goal crease. Defensive players should avoid offending the opponent in front of the net so that the offensive team wouldn't get the chance to score from a close distance free-hit.

All these features apply in different penalty killing situations and should be practiced occasionally. The most important thing is the cooperation of the defensive formation which only becomes better with practice.

4 against 5

Most common formations when defending with one man disadvantage are the square formation and the diamond formation (pictures 1 and 2). Square formation is used when the offensive team is attacking with two defenders. Diamond formation is used when the offensive team is using a libero player.



The movement of the formation happens according to the offensive teams' movement. The diamond transfers to a square and vice versa. Rotation happens so that the top player moves to the upper corner spot of the square to the respective side where the ball is played (picture 3).

3 against 5

When the opponent has the chance to play five against three, the only objective for the defensive team is to block the passing lanes and shots just as in playing four against five. Whenever the defensive team gets the possession of the ball, they should try to shoot the ball towards their offensive zone. Because this situation is extremely exhausting for the defensive team, it is better to play short shifts. Shooting the ball to the offensive zone releases the pressure from the defensive zone and creates a possibility to switch players. It is not wise to try to keep the possession of the ball because the opponent has the chance to play three against one situation against the player with the ball

Practicing uneven situations

Both power play and playing short handed, can be practiced at the same time. One variation of every situation should be trained so that all players know the execution by heart.

Drills can be organised so that the power play line-up is attacking against the defensive line-up playing short handed. This can be done on half of the court and the rest of the team can practise other situations such as free-hits or shooting on the other half.

First the defensive team is playing without sticks or sticks turned upside down. This enables the attacking team to keep the possession of the ball and practise the passing and creating of passing lanes by movement. After few executions the defensive team can start playing more aggressively so that the power play line-up is forced to move the ball faster. The situation should always be ended with a shot. The line-ups are rotated after a certain amount of time decided by the coach.

When practising the rotation of the defensive team, it is good to go through the movement without sticks in the beginning. The attacking team may even throw a ball around to simulate the ball's movement. When the coach sees that the players have understood the idea, ball and sticks can be added so that the execution becomes more game like. The low posture and keeping head and body up should be emphasised.

Face-offs



A face-off is executed in the beginning of each period and after a goal is scored. A face-off is also executed whenever the play is interrupted but a free-hit or a hit-in cannot be rewarded to either of the teams. These can be for example when the ball is damaged or if the referee couldn't see from which team's player the ball was hit out of the rink. The face-off should be executed at the nearest face-off dot from the interruption and all players, excluding the one's executing the face-off should position themselves at least three meters from the face-off, including the sticks.

A face-off is executed by one player from each team. Their feet should be placed vertically to the middle line with both feet at the same distance from the centre line. The sticks should be held with a normal grip and with both hands above the grip mark. The blades should be placed vertically to the centre line on each side off the ball without touching the ball.

Fixed situations

Free-hits are the result of when a player is fouled and are conducted from where the foul occurred. Exceptions are free-hits in the goal area, where the ball is placed 3,5 meters from the goalkeepers area and fouls occurred behind the imaginary goal line, where the ball is played from the corner face off dot.

Fouls leading to free-hits can be found on the rules of the game along with the instructions on putting the ball in play.

Few things should be enforced to the players when putting the ball in play;

1. The ball should be played with a stick and it should be hit clearly, not dragged or lifted.
2. The defensive players should have at least three meters distance to the ball.
3. The defensive players are not allowed to move closer until the ball is put in play.
4. If the distance is less than three meters, it will result as a two minutes penalty.

Players should pay close attention to the rule as the offensive team might try to lure the defensive team to move closer to the ball when the offensive players move before the ball.

Objective

In offence the aim of free-hits and hit-ins is usually to proceed to a scoring chance. The objective however can also be to regain or maintain the control of the game. In defence the aim is, depending on the position of the ball, to prevent the shot either by man-to-man or zone cover, or by fore-checking to steer the play to a certain direction.

Here are a few things to be taken into consideration when executing a free-hit/hit-in:

When defending:

- The players are not allowed to move towards the ball (3 meter distance rule) before the ball is on play
- Depending on the chosen tactic, the players should either mark and cover their players clearly, or cover the area
- The goalkeeper should instruct the players how to be placed in the wall

When attacking:

- Positioning the players according handedness (right side player on the left from the ball and left side player on the right)
- Quick shot towards the goal (close distance free-hits)
- Screening the goalkeeper and rebounds
- A player without the ball can screen the defending teams wall by standing still – moving screen is not allowed

Free-hits should be practiced from all sectors. The following elements should be included in the practices:

- Handedness of the players
- Screening the goalkeeper and rebounds
- Area power play in front of the net and a shot in the sector
- Creating space by moving

Offensive (Giving a free-hit/hit-in)



Usually the objective of offensive free-hits and hit-ins is to gain a scoring chance but the objective can also be to maintain the possession of the ball. This is usually the case in the defensive zone, where the aim is just to put the ball in play and on the offensive zone when the offensive team is leading and wants to maintain the control of the game. The way free-hit/hit-in is given depends also on the way the defensive team is positioned; whether they are covering man or zone.

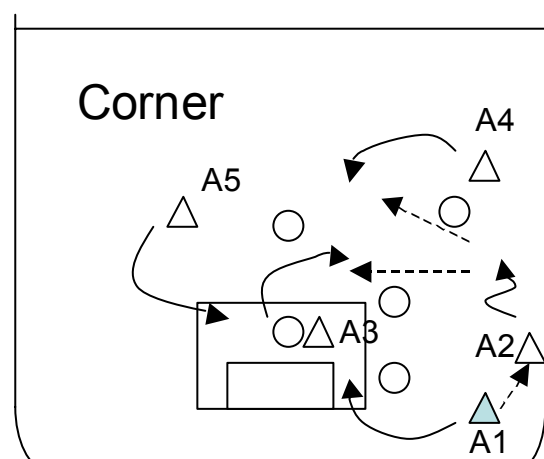
Attacking on defensive zone

Free-hits and hit-ins from the own zone should according to the place of the ball be simulating an opening figure the team is using. If the ball is played from closer to the middle line, there should always be two players behind the ball and other players should position themselves according to the chosen offensive zone's opening formation.

Attacking on offensive zone

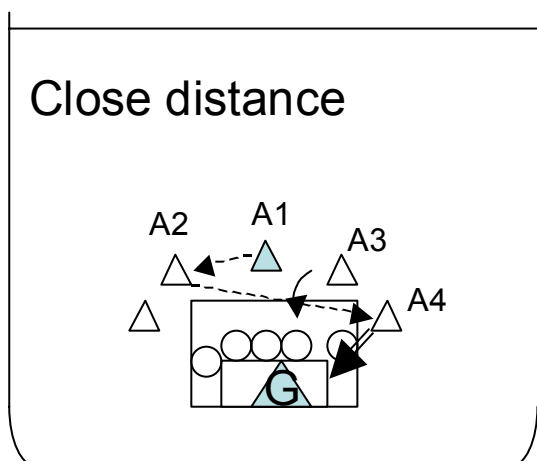
Corner

From the offensive corner the prime goal might not be to gain an instant scoring chance. Instead the aim could be to create pressure on the defensive team and thereafter a scoring chance by constant movement. Because the player with the ball does not have an instant shooting chance, the offensive players without the ball should try to gain a scoring chance by moving to an empty space. See picture 1. A1 passes to A2, who takes control of the ball and passes to either A3 or A4.



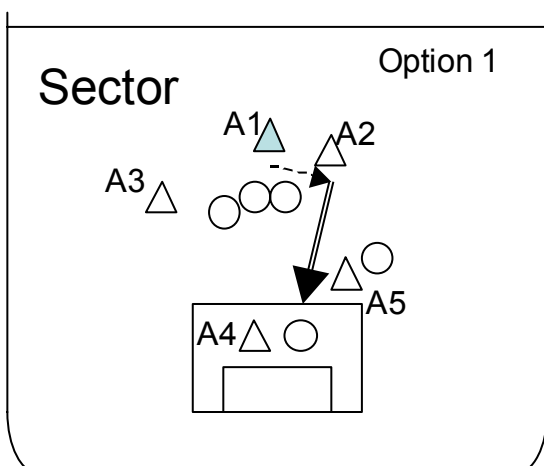
Close distance free-hits

In close distance free-hits there should only be two to three passes. The first pass should be slower in order to attract the opponent to move in certain direction and then continue with a fast pass and a shot. The opponent has now positioned him/herself to block the direct shot from the first pass but not the second one. Attacking players should try to make the opponent move in order to create space for a shot. An example is given in picture 2. A1 passes slowly to A2. The opponent is most likely to move to the left (in the picture) according to the ball. A2 passes to A4, at the same time when A3 moves toward the centre in order to block the opponents' wall.

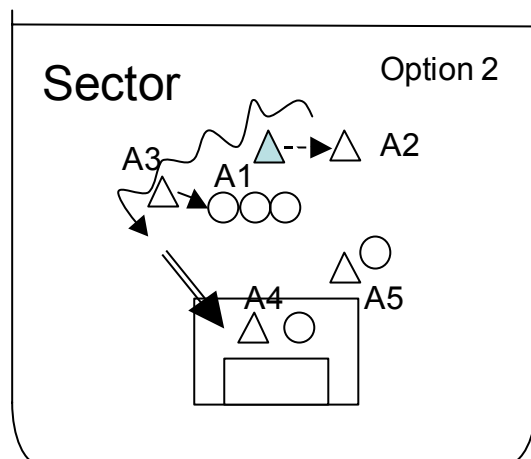


Sector

There should be at least two players behind the ball so that there is always at least one easy passing lane. It is also technically more suitable to give a short and accurate pass which enables an one timer (option 1). A1 passes to A2 who shoots. A5 will create space in the middle by moving and A4 is ready for rebounds.



There is also a possibility to create space by moving the ball (option 2). A1 passes to A2 who takes the possession of the ball, moves around A1 dragging the ball while A3 blocks the opponent's wall. A1 shoots as soon as there is a chance. The handedness of the players should be considered and the side for the execution should be according to the handedness of the players. In this case A2 should therefore be a right side player to cover the ball in order to shoot a drag shot.



Defensive (Defending against a free-hit/hit-in)



The players should always avoid offending the opponent, especially on the defensive zone so that the opponent won't gain the chance to turn over the game and gain even a better scoring chance. Whenever the opponent is given a free-hit or a hit-in, the first objective should prevent the opponent from gaining an instant scoring chance by directing them to make a false move by blocking passing lanes and shots. Thereafter the defensive team should position themselves in the defensive formation and play accordingly. If the defensive team is able to gain the possession of the ball, they should have the readiness for a transition in order to get the ball from the defensive zone quickly into the offensive zone.

Defending in the offensive zone

Offending the opponent should be avoided so that the attacking team won't have an easy chance to shift players. The hit-ins and free-hits in the offensive zone are not as dangerous as the ones in the defensive zone and the positioning of the players should be more or less the same as in a fore checking situation. Everything depends of course on where the ball

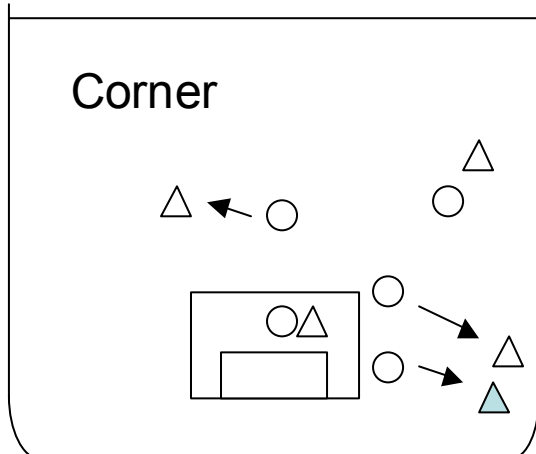
is put in play. The players should be taught to read the situation and see all different possibilities that might occur.

Defending in the defensive zone

The defensive team should avoid offences especially in the defensive zone as the opponent has the chance to turn over the game and score. Players should be instructed to steer the opponent to the corners and close to the rink without breaking the rules. However offences happen and therefore these situations should be practiced. The three meters distance in free-hits, including sticks, should be strictly obeyed to avoid penalties. There should be as many defensive players covering the direct shot as there are players giving the free-hit or hit-in. Other players should strictly cover man, or zone depending on coach's instructions.

Making a wall

The wall should be tight and there should always be as many players in front of the ball as behind the ball. In close distance free-hits, the goalkeeper should help the players to place the wall to cover the direct shot. In close distance free-hits, the wall is placed along the goal area's line. The player should keep posture low, with one knee almost touching the ground. The player should however be ready to move fast so having the knees on the ground will enable the rapid movement. The stick should be kept on the ground in order to cut possible passing lanes. The chest should be facing towards the ball to cover as much space as possible.



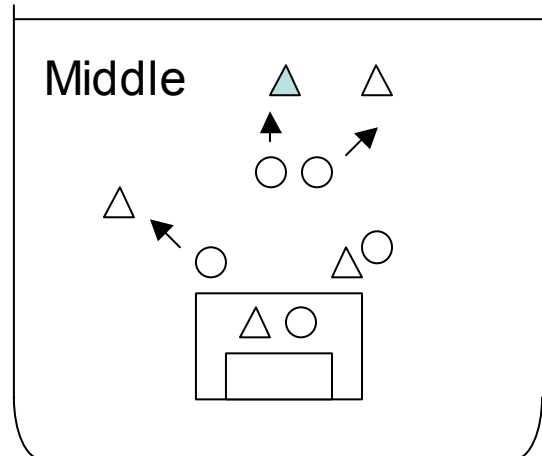
Corner

The respective side's defender should block the passing lane to the slot and the player giving the free-hit/hit-in. The other side's defender should cover the player in the slot. If there are two offensive players in the slot, the centre forward should cover the other one. The respective side's wing should cover the side of the rink and the offensive team's defender. The other side's wing should cover the centre, block the passes to the middle and cover the other side's offensive team's defender.

Middle sector

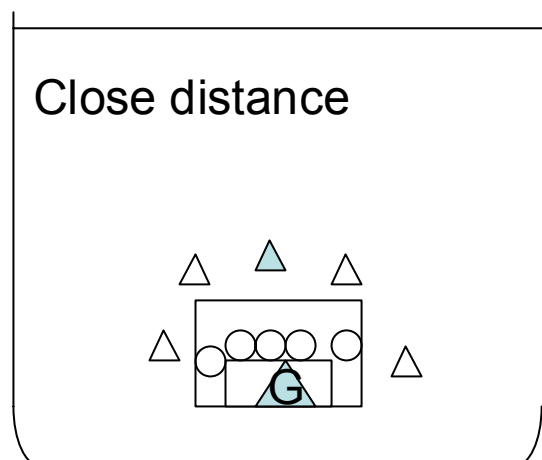
There should always be as many defending players in front of the ball as there are offensive players behind the ball. If there are two offensive team's defenders behind the ball (usually a free-hit given by the middle line), there should be two defensive team's forward in front of the ball. See picture.

The main objective is to block the direct shot and all passing lanes and therefore by intercepting a pass, obtain the possession of the ball and transit the game.



Close distance

In close distance free-hits, the role of the goalkeeper is essential. The goalkeeper should instruct the place of the wall. This should happen fast and smooth without panic, so it should be practiced. The defensive players should not be lured by the opponents' movement which might leave open space for a shot.



Suggested training:

All free-hits and hit-ins should be practiced first individually where the roles and the duties of players in different positions should be displayed. This can be done with one line-up at a time when they practice giving free-hits without an opponent. After going through all variations that might occur, these should be taken into game like situations where opposing team is included.

1. 5 versus 0
2. 5 versus 5 one situation at a time
3. Game like drill starting with a free-hit (all face-off dots used)
4. The coach acts as a referee during the game session and whistles all offences where after the players have to put the ball in play as fast as possible

Penalty shots

Penalty shots can determine the games result and therefore they should be practised. The coach should give guidelines to the players on how to execute a penalty shot but mostly the performance depends on the individual skill level of the player.

The player should concentrate on:

- Having smooth and fast hands to control the ball in movement
- Keeping head up to see the goalkeeper in order to react to his/her movement
- Reaction speed to act according to the goalkeepers movement

It is always good to analyse the goalkeeper beforehand if possible to discover the goalkeeper's weaknesses and strengths.

If the goalkeeper moves towards the player, it is better to try to delude the goalkeeper with a fake and then shoot either from fore or back hand. If the goalkeeper stays by the goal line a shot is preferred as the goalkeeper is not covering as much as he/she could. If the goalkeeper has fast hand reactions but does not have a good movement sideways, or is easily diving, it is better to make a fake and shoot accurate from close distance. If it seems that the goalkeeper has poor reactions, a fast shot from a distance might be a good and unexpected solution.

The player shooting the penalty shot should also consider his/her strengths and use them. Also weaknesses should be practiced.

Goalkeeper	Player
Moving towards	Fake
Staying by the goal line	Shot
Fast reactions	Fake/Accurate shot
Poor reactions	Shot
Poor sideways movement	Fake

Time outs

A team has the right to use a 30 second time out during a game. The team captain or the coach makes the request to the referee and it is allowed when the game is interrupted by some other reason such as an offence or in case of a hit-in.

Time out can be taken when:

- The team is losing and wants to make changes to the tactics or put in a special line up or a sixth field player
- The team is losing and there is a chance to score from a free-hit (a sixth field player might be added) and the coach wants to give specified instructions
- The team needs an extra break (winning or losing)
- The team is outplaying the opponent and just want's to make changes to the line-ups or tactics to be more challenged.

Goalkeeping



Goalkeeper is one of the most important players, if not the most important, on the field. The goalkeeper is the final lock preventing the opponent from scoring, and if the team can not trust the goalie, this unreliability might result in poor play. However if the goalkeepers are taken into consideration by the coaching staff, the abilities and skills they have can be optimized. One hour practice session is most likely not as inspiring for the goalkeeper as for the field players, so creating the session in such manner that it will be satisfying for everybody should be prioritized.

Equipment and safety

No junior player should be allowed to play as a goalkeeper without appropriate equipment because of the safety issues. Without approved face mask the ball might hit the face and cause irreparable damage. Without adequate knee pads the strain from kneeling might cause severe injury in the long run. All the equipment approved by IFF can be found on the IFF's website.

Gloves

It is up to goalkeeper to decide whether to use gloves. In the beginning of a practice session and especially for junior players the use is highly recommended in order to prevent in-



juries. The gloves should be tight and they should not affect the release of the ball when throwing. Special gloves are made for Floorball but also other gloves, suitable for goalkeeping, can be used.

Face mask



The mask should fit the goalkeepers head. The visor should have good visibility but the holes should not be too large that would let the blade or a ball pass through.

Pads

Pads are used on the knees and elbows to prevent mostly strain injuries. Pads should be firm so that they don't slide during the practice or game, but they should not be so tight that they would prevent movement.

Also chest shields, or shirts that have pads in front, are recommended.

All Floorball equipment manufacturers make pads, but in the beginning also thick layers of clothes will cover enough. In the long run however the use of special made equipment is the best option.

Pants

The pants especially made for the sport have extra padding in front and they are made out of a composition of polyester and nylon. In the beginning any long pants that allow movement will do instead of special made goalkeeper pants.

Shirt

The shirt has long sleeves and it also has extra padding in front to cover the chest and stomach area. There should be a collar to cover the throat as well.

Warm-up

Same warm-up drills can be used as with the field players but special attention should be paid to warm up shoulders and hips as well as wrist and ankles to maintain the joint movement and to prevent injuries.

Physical abilities can be practiced within the warm up such as coordination, muscle strength, body control and flexibility. Stretching and flexibility exercises are crucial.

Suggested training:

- Jogging at a low pace or rope-skipping (also see drill 21)
- Either static or dynamic muscle exercises (see drills 4 and 5)

Drill 1.



Objective:

- To practice eye-hand coordination and reaction

Organisation:

- Goalkeeper standing approximately 1-3 meters from the wall with one ball
- No face mask needed

Execution:

- Goalkeeper throwing the ball against the wall
- Throwing with one hand and catching with the same
- Throwing with one hand and catching with the other
- Using both hands

Key points:

- The ball should be released from the hand at approximately on the level of the eye and should bounce from the wall on the same level to keep the reaction time shorter
- The arms should be kept as in the basic save position
- Wrist should do the movement

Modifications:

- The distance from the wall also alters the speed of the reaction
- Using two balls, throwing the first ball with right hand while moving the second from left to right hand simultaneously, develops the reactions
- Can be executed in pairs so that the goalkeepers are throwing the ball to each other in various distances (same key points as previous) and also in motion
- Can also be executed to that there is another person, a coach or a goalkeeper, throwing the ball from behind to the wall where it bounces to the goalkeeper
- This also affects the reaction time as the goalkeeper catching the ball cannot predict the angle or the speed of the ball
- All previous can also be executed on a knee standing position

Drill 2.



Objective:

- To warm up in a game like position
- To warm up hands
- To practice eye-hand coordination

Organisation:

- Goalkeepers on a 2-3 meters distance on a knee stand
- One ball

Execution:

- Goalkeepers hitting the ball with hands to each other
- Using both fore and back hand
- Using both hands
- With a bounce or in the air

Key points:

- Goalkeepers should try to hold the game like position
- Goalkeepers should stay up all the time and be active
- The ball should be under control all the time and not bounce around

Modifications:

- Can be executed with two balls simultaneously according to the level of the goalkeepers
- Also badminton or table tennis equipment can be used
- Variation provided with different equipment to keep up the motivation

Drill 3.



Objective:

- To warm up
- Also to train muscle strength and body control

Organisation:

- Goalkeeper sitting down with knees bend, upper body leaning back on hands (as in the picture)

Executions:

- Goalkeeper lifts up middle body so that the knees are in 90 degrees angle
- He/she starts extending knees alternately still maintaining the balance and back straight
- After few repetitions the speed is accelerated so that the feet hardly touches the ground for 20 seconds (reminds of kicking)
- Should be repeated three times

Key points:

- The back should be kept straight and the hips should not drop down
- Develops the flexibility of the hip and strengthens the muscles of the middle body which should be emphasised during the execution

After the warm-up the goalkeepers can take part on the passing and shooting drills with the rest of the players.

Flexibility

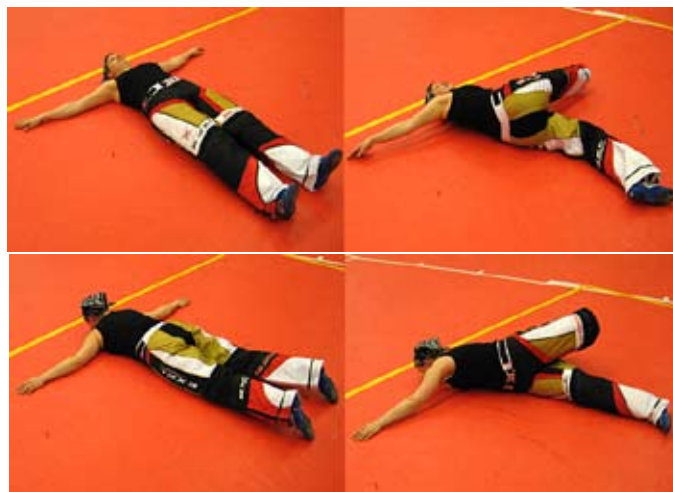
Flexibility can be practiced within the warm-up with specific movement addressed to the hip joint. Also shoulder, arms and wrists should be warmed up to prevent injuries while throwing.

All around flexibility and agility (the movement reactions) can also be added to the warm up section.

The following exercises can be added in the end of the warm up together with stretching.

Hips and lower back

Leg lift



Execution:

- Lay on back with hands pointing to the sides
- Lift feet alternately towards the opposite sides hand so that shoulders should be kept on the ground
- The movement should be controlled and start from the hip and lower back
- Exercise repeated facing ground

Lower back rotation with stick

Execution:

- Stand steadily with feet shoulder width apart
- Hold a stick with a wide grip placed behind the neck
- There should be a slight flexion in the hip to keep the hip joint stable
- Turn upper body from side to side



Leg swing

Execution:

- Stand with one foot (support)
- Swing the other foot from side to side in front
- The lower back should stay still so that the movement comes from the hips
- Also swinging forward-backward (both feet)



Hurdles

- Walking over hurdles (or other similar objects) is a good way of practising flexibility on the hip region
- Make sure that the player steps over the hurdle with right technique
- For example 2 times 10 hurdles with a short recovery between each round
- The height of the hurdles according to the height of the player (approximately the length of the inside of the leg)

Execution:

- Place hands on hips or behind neck
- Step from toes, coming down with heel
- The knee should lead the movement
- Back should be straight

Upper body

Arm rotation with a stick

Execution:

- Stand with legs shoulder width apart
- Hold a stick with a wide grip
- Rotate arms around head and shoulders

Arm rotation

Execution:

- Rotate both arms around shoulders
- Backwards and forwards
- Both arms to opposite direction at the same time

Wrist rotation

- Clasp hands in front of your chest
- Make a wave like movement using wrists and fingers



All around flexibility

Forward and backward rolls from and to a basic save position

- Matt recommended

Execution:

- Stand as in a basic save position
- Put chin to chest and legs together
- Push with feet for speed and roll forward
- Return to a basic save position
- Repeated five times
- Same with a backward roll

Rolling sideways from side to side from and to a basic save position

- Matt recommended

Execution:

- Stand as in a basic save position
- Lean forward and decide which side to roll to
- Place that sides forearm on floor after which upper arm and shoulder and back
- Return to a basic save position
- Repeat five times to both left and right

Stretching and recovery

	Objective	Length	When/How
Before practice	To warm up joints with dynamic stretches, agility for joint movement (neurological readiness)	5-10 seconds	A joint session after warm up and before warm up with the balls, short stretches with a flexion in the joint
During practice	To maintain the elasticity and agility in the joints during practice	Max 5 seconds	There can be short stretching sessions during the practice while explaining the next drill, but not necessary
After practice	To recover muscles from the practice session	30-45 seconds	1,5-2 hours after practice
Separate practice	Obtaining and maintaining flexibility and range of movement, recovery	45-60 seconds	A good recovery practice session preceded by 30 minutes of light jogging, next day after a hard training or a game

Stretching is one of the essential parts in every athletes training. Especially goalkeepers should pay attention to maintaining the range of movement and elasticity of the muscles, both abilities that can be trained by stretching. These instructions should however be applied to all players.

The objective of stretching depends on the timing and is varied according to the type and length of the stretches. Long stretches makes muscles fatigue so they should be avoided before and during practice but executed as an individual training session from time to time. The optimal time for stretching after practice is from 1,5 up to 2 hours, when the muscles have recovered from the practice. This is to avoid over stretching too warm muscles. Best way to recover from the practice is slow jogging or walking, so that the lactic acid and other waste products will start moving away from the muscles. However, with younger players and even adults which can not be trusted to stretch independently, it is always best to have a joint stretching session right after practice.

Quadriceps (anterior thigh)

Execution:

- Stand and touch wall or stationary object for support
- Grasp top ankle or forefoot behind
- Pull ankle or forefoot to rear end
- Straighten hip by moving knee backward
- Hold stretch
- Repeat with opposite side



Hips

Execution:

- Stand on knees
- Place one foot in front for balance, knee in 90 degrees angle
- Push the other sides hip forward
- Don't let the hip drop or rotate
- Repeat with opposite side



Hamstrings (posterior thigh)

Execution:

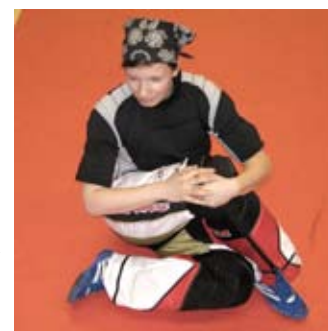
- Place foot on bench or elevation
- Reach toward foot on bench or bring torso toward leg
- Hold stretch
- Repeat with opposite leg



Gluteus Maximus (buttocks)

Execution:

- Sit down on a floor
- Keep one leg extended in front
- Place the other leg across the extended knee and hold same leg towards your body
- Hold back straight
- Repeat with opposite leg



Calves

Execution:

- Stand facing a wall
- Ball of the foot touching the wall so that ankle is in a flexed position
- Lean against the wall
- Repeat with opposite leg



Pectoralis Major (chest)

Execution:

- Stand facing a wall with right hand's forearm in contact with the wall so that the arm is slightly below the shoulder level and the elbow is in a 90 degrees angle
- Turn body to the left
- Repeat with opposite side



Deltoid and Trapezius (shoulders)

Execution:

- Position arm across chest
- Place opposite hand on the elbow
- Push elbow towards chest
- Repeat with other side



Upper back

Execution:

- Stand feet together
- Bend over so that chest touches the thighs, arms holding around the knees
- First knees flexed, then slowly straightened, with round back, eyes looking at toes still holding arms tight around knees
- There should be a stretch in the upper back between the shoulder blades



Three levels



The following section is divided into three levels. The first level deals with the basic physical abilities a goalkeeper should possess and develop and includes drills to practice them. The second level includes the individual technical skills based on the physical abilities introduced on the first level, for example moving and throwing.

The third level is based on game play and developing game sense. On the third level the goalkeeper should be taught to think and see game situations in order to act accordingly based on the skills learned on the two previous levels.

Skill development in all levels aims for active goaltending and a better game knowledge.

Level 1; Physical abilities

The most important physical abilities the goalkeeper possesses are body control, the reaction speed, muscle endurance in association with aerobic endurance, and eye-hand coordination.

All the abilities should be practiced and the coach should encourage the goalkeepers to do so independently. One way to motivate the goalkeeper is to create an individual practice plan. Usually there is no time during the team practice session to give consistent feedback to the goalkeeper so private lessons occasionally is a good way to emphasise the importance of the goalkeepers. Within these sessions the coach might include field players that have to practice shooting.

Posture

Body control is an important factor affecting the position. The muscles in the middle body, especially thighs, lower back and abdominals should be trained in order to maintain body control and balance. The normal position of the goalkeeper is on knees, weight on knees and upper body slightly bent forward to maintain the balance allowing the feet move to both sides. The hands should be a slightly in front of the chest and on sides so that is easy to move them to all directions. Thus if the ball hits the hands, the ball will automatically drop in front of the body where it is better caught compared to the sides (see pictures).



if the ball is on the offensive zone or in the defensive zone's corners (in case of a free-hit/hit-in). From standing the goalkeeper can react better to the situation and act accordingly, for example return to a basic save position in case of a shot as it is always easier to come down than go up.

The angle of the ankle

While holding the basic save posture, the ankles should be underneath buttocks in a slight angle so that toes are pointing inwards. This will keep the ball from slipping through the legs. The legs should however be free to move so the weight should be on knees, not on the ankles. This is not a natural position for the ankle so it is recommended to stand up and keep in movement all the time.



The symmetry in muscles and in movement should be considered when training the basic position. Both sides should be trained equally so that the balance remains.

Individual posture

The basic save position is individual depending on the goalkeeper's body structure, size and other physical abilities. The position should however be aggressive, alert and towards the game, and it should be easy to move to all directions from the basic position.

Standing up

Some of the goalkeepers tend to stand up until there is a possibility for a shot. Apart from the better sight, it also saves the knees. It is reasonable for the goalkeeper to stand

Suggested training:**Drill 4.****Objective:**

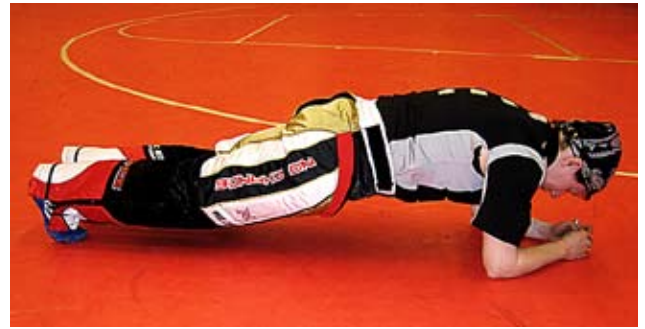
- To train thigh muscles and the deep core muscles
- To hold the balance in a static position (not moving)

Execution:

- Staying in a half squat position for 30-60 seconds

Key points:

- Knees should be in line with toes and shoulders
- Knees should be in a 90 degrees angle if possible (also support behind back can be used in order to get the right angle)
- Back straight, eyes up, hands on the hips
- Can also be executed in pairs (back against back)

Drill 5.**Objective:**

- To train the deep core muscles

Execution:

- Staying in a push-up position with elbows on the ground for 30-60 seconds
- Lifting up feet in turns (tension on the buttocks and hamstrings also activates back muscles)

Key points:

- The back should be straight
- The shoulder blades should be on the same level with the upper spinal cord (tension between the shoulder blades)
- The deep core muscles should be activated instead of just the superficial ones
- This is done by “drawing the stomach to the spine”

Drill 6.

Objective:

- To practice thigh muscles
- To practice the reaction speed of the movement

Organisation and execution:

- Goalkeeper in a basic save position in front of the goalkeeper's area
- The coach or a field player standing in 7-10 meters distance from the goal with balls
- The coach shoots high shots so that the goalkeeper has to jump up to make a save

Key points:

- Goalkeeper should jump up fast and only use feet to make the movement
- The reaction is compared to a situation where the opponent shoots a high ball and the goalkeeper has to stand up in order to see the ball and make a save

Modifications:

- The drill can also be combined with practicing forward movement so that the coach shoots three times:
 1. accurate shot where the goalkeeper is placed by the goal line
 2. the goalkeeper moves forward towards the second shot followed quickly after the first one
 3. third shot is shot high so that the goalkeeper has to jump up in order to make a save

Drill 7.

Objective:

- To practice returning to the basic save position
- To practice the reaction speed of the movement

Organisation:

- Coach (or a player) in front of the net about 5-7 meters distance with balls
- Goalkeeper in the goal in a basic save position

Execution:

- Coach shooting accurate shots to the goalkeeper aiming different points
 - Lower corners for feet
 - Upper corners for hands
- The goalkeeper has to try to maintain the basic save position at all times

Key points:

- The return to the save position should be emphasised
- The awareness of the posture should be maintained (no lying down, keeping hands active, light movement on the knees, readiness to use feet, readiness to move in all directions)
- In the game, all saves should be followed by the opportunity to make the next save

Modifications:

- Can also be executed with two goalkeepers
- Goal cages in 5 meters distance
- Goalkeepers are throwing a ball to each other trying to score
- Either in turns or at the same time which also trains the saving reactions

Reaction speed

Game situations occur fast. Therefore the goalkeeper must have good reactions. The closer the ball is, the faster the goalkeeper has to react, both to the ball and to the players. The reaction speed is referred to as 1) saving reactions, as well as 2) game reactions; the speed needed to react in different game situations.

Saving reactions

The agility and neurological control is essential when thinking about the goalkeepers reactions. The rate of the stimulus delivered from the brain to the performing muscle can be trained to minimize the time of the reaction. With certain type of training the neurological path can be made shorter and the reactions can be made automatic. The goalkeeper can train independently by for example throwing the ball against a wall, but usually the best way is to have somebody shooting. There should also be an automatic reaction to reach for the ball in case of a rebound.

Feet

Feet reactions are important when low shots occur. Feet should also be used when blocking passing lanes and intercepting passes. The weight should be on knees so the feet are able to make a saving reaction to both sides.

Hands

Hands are used to catch the ball just as well as make a save. Hands should be slightly in front of the body so that the hands are able to move to all directions. The goalkeeper should be able to catch the ball with one hand. Only if the shot is coming towards the goalkeeper, both hands should be used to catch the ball.

Head

Head should follow the movement of the hands and the goalkeeper should not be afraid of the ball.

Hand and head combination

All reactions should be coordinated so that if the save is made on the left side, left side's hand and feet should react simultaneously with head also bending to the left. This is called hand and head combination.



Drill 8.

Objective:

- To practice saving reactions

Organisation:

- The goalkeeper positioned backwards facing the net
- Coach in front of the net approximately in 5-7 meters distance with balls

Execution:

- Coach gives a sign (a whistle or a word) after which the goalkeeper turns around and reacts to the coaches shot
- Repeated several times

Key points:

- The turn should be as fast and economical as possible
- Attention should be paid to the movement of the feet
- Hands should be ready to make a save so the weight should mostly be on feet

Modifications:

- The coach can also shoot from behind an obstacle (1,5 x 1,5 meters) so that the goalkeeper cannot predict from where the shot is coming

Drill 9.

Objective:

- To practice saving reactions
- To practice moving

Organisation:

- 3-5 players standing in 7-10 meters distance in different sectors with balls
- These players are numbered as in the picture

Execution:

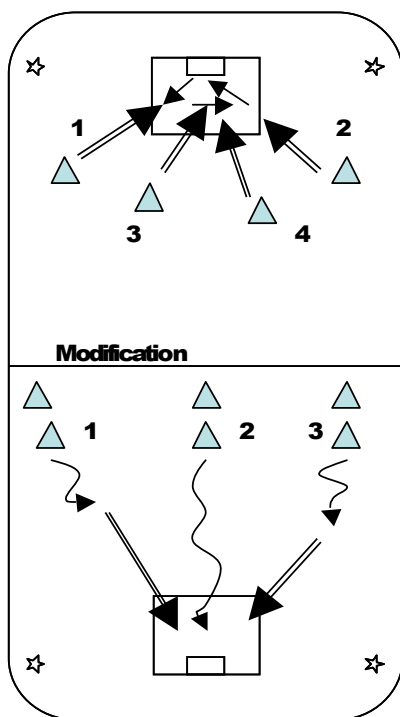
- Coach shouts a number after which the player by that number shoots
- After the save the goalkeeper returns to a basic save position, ready for another shot
- Numbers are shouted in a random order in a fast pace

Key points:

- The goalkeeper has to keep the readiness to make a save throughout the drill
- The movement should be made towards the shot (forwards, sideways) always returning to the basic position

Modifications:

- Can also be executed so that there are three lines on the middle line (1, 2 and 3)
 - The coach shouts a number after which the player on that line shoots (from movement)
1. Wrist shot
 2. Break away (one against one with the goalkeeper)
 3. Slap shot



Drill 10.

Objective:

- To practice saving reactions
- To train muscle coordination and strength

Organisation:

- The goalkeeper lying on back with knees bend, feet pointing forward
- Coach standing in front of the net in 5-7 meters distance with balls

Execution:

- Coach gives a sign after which the goalkeeper lifts him/herself up to a sit-up or a basic save position
- At the same time coach shoots and the goalkeeper makes a save
- Repeated several times
- Same thing from a prone lying position (facing down), where the goalkeeper has to lift him/herself up to a basic position ready to make a save using hands

Key points:

- Emphasises the fact that the goalkeeper always has to be ready for the next save in a game
- The goalkeeper has to try to return to the basic save position from different postures

Drill 11.**Objective:**

- To practice saving reactions

Organisation:

- The goal cage turned against the rink/wall about 2 meters from the rink/wall
- Two players behind the goal with balls (as in the picture)

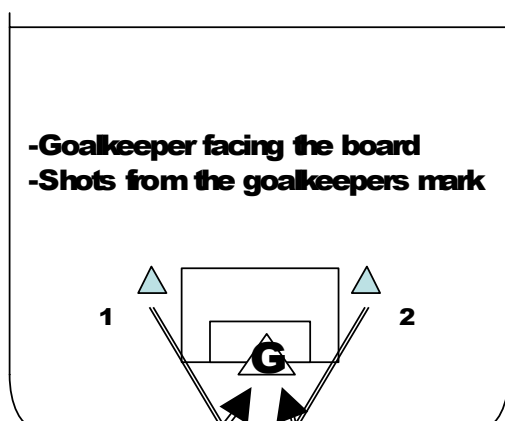
Execution:

- Players shooting in turns so that the ball bounces from the rink/wall to the goal
- The goalkeeper or the coach gives a signal for the players when to shoot

Key points:

- The goalkeeper can not predict the shot or the angle of the shot so readiness to make a save should be constant
- Shooting low emphasises the feet reactions, high shots emphasises the hand and head reactions

Also see drills 1 and 6.

**Game reactions**

Acting in different game situations comes with experience and is best practised in game like drills and in actual game. In game situations the goalkeeper creates a certain amount of movement patterns according to the best technical skills he/she possesses. First he/she has to recognise the skills and then learn in which occasion to use them. Though the game situations are all different from each other, the skills can and should be trained to make the reactions fast as possible. The better a movement pattern is learned, the faster it can be performed.

The goalkeeper should be encouraged to stay up at all times. He/she should have the readiness to make the next save and should not out-play him/herself in any circumstances. This might happen in case the goalkeeper tends to dive easily.

Suggested training:

- Training saving reactions (hands and feet) see previous drills
- Focusing on the reactions during every drill (should be stressed during each practice)
- All game like practices (small games, 2 vs 3, 2 vs 1 etc)

Drill 12.

Objective:

- To practice saving reactions in a game like situation
- To warm up players

Organisation:

- Players divided in four groups of three
- Each group with a different coloured vest or shirt (for example blue, white, red and yellow)
- Played in a small rink or a half a rink
- Few extra balls on top the goals

Execution:

- Groups play 3 against 3 small field game inside the same area
- For example blue against white and red against yellow
- Blue and red attacking to one end and white and yellow attacking to the other
- With more players in the practice the groups may have shift players or the coach can signal for 45-90 seconds sifts (to simulate game time)

Key points:

- The goalkeeper has to be extra alert because there might be two simultaneous situations when he/she has to react
- In case of a save or if the ball is hit out of the rink, the goalkeeper passes ball back in play
- The goalkeeper has to be aware of his/her team mates in order to know who they are
- Very good drill for goalkeepers because there are double as much situations occurring

Modifications:

- Drill can be modified according to the amount of players
- Can also be executed using half of the rink and one goal, if only one goalkeeper is available
- In this modification the ball has to cross the middle line whenever the defending team gets the possession of the ball
- The ball can either be dribbled or passed across the middle line
- Also a shot from the middle line can be added so that whenever the defending team gets the possession of the ball and becomes the attacking team, the ball has to be passed to a player in the middle line who has to shoot
- This simulates a game like situation with a long distance shot followed by a situation in front of the net

Muscle endurance

The goalkeeper should be able to maintain the upright position during the whole game or practice. This demands a strong mid body stabilization and endurance in respective muscles. The muscles affected are mostly the core muscles, thighs and buttocks. The static exercises also train the endurance in muscles but to get the most advantage from the strength training it is best to do dynamic exercises where the heart beat is kept on constant level. This can be accomplished with circuit training as supplement training.

Suggested training:

Circuit training with three rounds of eight movements with 20 repetitions (or 3 x 8 x 60 seconds)

Squats (hamstrings and quadriceps)

- Stand feet shoulder width apart, hands behind neck or on the hips
- Go down with buttocks first and back straight
- Knees should point same direction as toes
- Toes, knees and head should hold the same vertical line throughout the execution



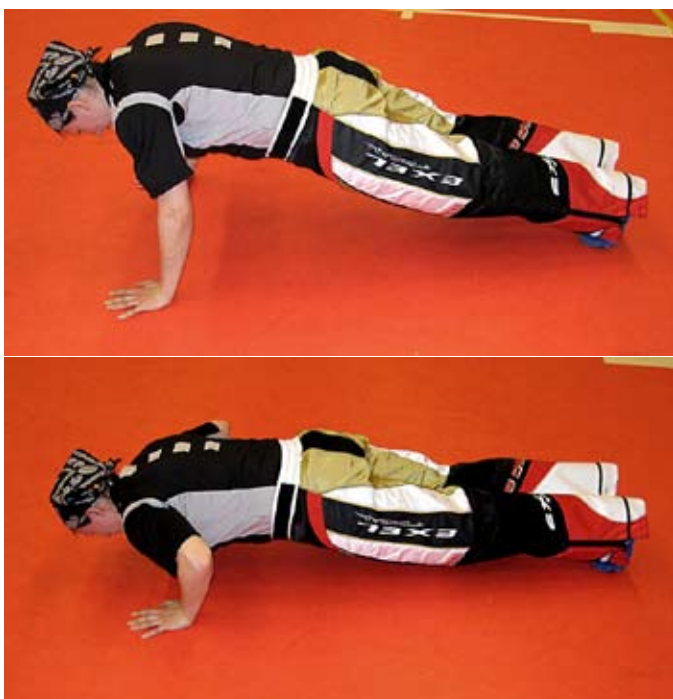
Lunges (hamstrings and quadriceps)

- Stand feet shoulder width apart, hand behind neck or on the hips
- Step forward with one foot so that the knee is in 90 degrees angle (otherwise strain injuries might occur) and back straight
- Knee should point in the same direction as toes
- Push up with the foot in front when returning back to start position
- Repeat with other foot



Push-ups (chest and mid body, shoulders, biceps)

- Lay down facing floor so that hands are on shoulder level and elbows form a 90 degrees angle
- Lift body up so that back is kept straight and middle body tensed
- Go down so that chest touches the floor
- Can be executed with toes (more difficult) or knees (easier) on the floor



Sit-ups (abdominal and mid body)

- Lay on floor with knees bend and hands behind neck
- Roll up upper body so that lower back stays on floor
- Keep chin to the chest



Twisted sit-ups (oblique abdominals)

- Lay on floor with right foot across the left knee that is bent
- Left hand behind the neck and right hand straight on the floor on the side
- Roll up upper body so that left elbow is touching right knee and lower back stays on floor
- Repeat 20 times and switch side



Dips (triceps, shoulders)

- Sit on a bench or other similar object
- Place hands on the bench, knuckles pointing forward
- Lower yourself down in front of the bench so that elbows form a 90 degrees angle
- Elbows should be pointing backwards instead of the sides



Static abdominal (mid body) as in drill 5

- Lay down in a push-up position but elbows on the floor
- Keep middle body straight and tensed
- Hold the position for 30-60 seconds
- Static sides (mid body and sides)
- Lay down on one side, elbow on the floor so that the upper arm forms a 45 degrees angle with the body, forearm vertically on the floor
- Lift middle body up
- Hold the position for 30-60 seconds



Medicine Ball exercises

- These exercises can be combined to the circuit training exercise as a variation to the basic routine.
- Throwing the ball against a wall standing
- Execution:
- Stand legs shoulder width apart in front of a wall
- Hold the ball with both hands (steady grip)
- Throw ball from behind head
- Use whole body, not just arms
- Flexion from lower back
- 10 to 20 repetitions



Throwing the ball against a wall from a sit-up position

- Lye on back, knees bent, feet facing the wall in appropriate distance
- Hold the medicine ball with both hands (steady grip) on straight arms above the head
- Lift yourself up and throw the ball to the wall
- Receive the ball from above the head
- 10 to 20 repetitions

Throwing the ball in pairs



- Stand in about three meters distance
- Throw the ball from both above the head and between the legs
- 10 to 20 repetitions

Lunges with shifting the ball from side to side



Hold the medicine ball in front of the body with a steady grip and elbows in a 90 degrees angle

- Walk forward as in lunges so that the knee almost touches the ground
- Both knees in 90 degrees angle, back straight
- Rotate the upper body to the same side as the stepping foot
- 20 repetitions
-

Twisted sit-ups with the ball (lifting the ball from side to side in a static sit-up position)



- Sit on matt or floor with knees bent and the medicine ball in front of your chest
- Hold static tension in the stomach while rotating upper body alternately to both sides
- 15+15 repetitions

Eye-hand coordination

To see the ball is an axiom. To know where the ball is and to be able to catch it even behind a mask and a bunch of players is a skill. Eye-hand coordination is the vision with the movement of the hand. This ability is best trained by using different devices such as rackets and plain hands to catch an object. This can be done as a part of the warm-up or as a separate session. It is also good to encourage the goalkeepers to play with the ball every time there is spare time, such as during the breaks and organization of the practice.

Suggested training:

1. Playing table tennis or badminton on knees (with a partner or against a wall)
2. Playing squash with different sizes of a ball (football, mini football, table tennis ball, floorball) using hands or rackets (on knees or standing) (Also see drill 2.)
3. Bouncing a ball with hand or a table tennis racket or a badminton racket
4. Juggling with tennis- or floorballs (using 2 to 3 balls)
5. Throwing ball up in the air with alternating hands and bouncing the ball on the ground (like basket ball) and catching

Level 2; Individual Technique



Basic saves

Basic saves includes the saves that are the result from a direct shot where the player with the ball is able to shoot without harassment. They should not happen in a game as all shots should be covered by the defensive players but they are trained in the practices. Basic saves also emerge in one versus one situations and two versus one situations where the direct shot is usually left for the goalkeeper to save. Basic saves are best trained in the warm up drills.

Suggested training:

Drill 13.

Objective:

- To practice saving reactions and especially hands reactions

Organisation:

- Two goalkeepers standing facing each other in about 5 meters distance
- One of the goalkeepers with 10-15 balls
- Other one in a basic save position, hands below shoulder level

Execution:

- The goalkeeper with the balls starts throwing the balls above the other goalkeepers head so that the goalkeeper making the saves lifts up hands to the sides all the way up
- After 10-15 balls, the goalkeepers switch roles
- Repeated few times

Key points:

- The goalkeeper making the saves has to use hands in order to block the balls

Drill 14.**Objective:**

- To practice basic save position
- To practice basic saves

Organisation:

- Players are situated in a semi circle about 5-7 meters from the goal area with balls

Execution:

- Players shoot in turns so that the goalkeeper has time to position him/herself in a basic position between the shots
- Players shooting using short wrist shot or other accurate shot

Key points:

- The goalkeeper should be able to position to a basic save position
- The players should concentrate on hitting the net
- Each player with many balls to save the effort on gathering balls after each round

Modifications:

- Players can shoot alternately from the ends which emphasises the sideways movement of the goalkeepers
- The players can also shoot for example three balls at one time
- Players can be instructed to aim at a specific spot to practice a certain reaction (such as feet, low shots or hands, upper corners)

Drill 15.**Objective:**

- To practice basic saves in a movement

Organisation:

- Players grouped up on the middle of the rink with balls
- Two cones placed about 7 meters from the net to mark the place from where to shoot

Execution:

- The first player takes a few steps with a ball and shoots an accurate shot followed by the next etc
- After the shot, players pick up a ball and return to the middle of the rink to shoot again

Key points:

- The goalkeeper should have time to position in a basic position between the shots
- Therefore the players should pay attention to the goalkeeper's readiness
- The players should angle to either side to make the goalkeeper move to respective side

Modifications:

- A pass can also be added so that the first player in the line starts running without a ball
- Player receives a pass from the next player in the line when at the point of the cone
- Players can decide whether to go left or right (decides the angle of the shot)

Also all other passing and shooting drills which does not demand a lot of movement from the goalkeeper so that the concentration has to stay on the saves using mostly hands and feet and when the return to the basic save position is easy.

Movement control

The goalkeeper's movement should be smooth, sharp and quick. The ball moves faster than the players, so the goalkeeper should try to predict where the ball is played next and move accordingly.

All movement should happen from the legs so that hands are left free to make saves if necessary. Therefore the strength in the legs and middle body should be optimized. The use of feet should depend on the need of the movement.

Side to side

If the goalkeeper needs to make a wide movement from side to side, a large movement pattern where the knee is lifted towards the movement and other side foot is pushing should be used.



Forward- backward

Forward-backward movement is easier using hands but still the weight should be on knees to able the hand reactions in order to make save. In case of a pass from the corner to the slot, the goalkeeper should first cover the front post and then follow the pass by moving towards the receiver to cover as much space as possible. Therefore forward movement towards the shot should be emphasised. There is a risk however that the ball is played closer to the net which means that the goalkeeper should be ready to cover that shot as well. The goalkeeper should always be ready to make the next save.



A smaller movement is needed when the ball is for example further away from the goal. In this case the goalkeeper should be light on the knees and only execute small steps which enable short side- and upward movement. It is also important to be able to stand up after a save in order to see the court and put the ball back in play as fast as possible.

Diving

Diving, where the goalkeeper is throwing him/herself to the side in order to make a save, should be avoided until the last moment. It is difficult to rise from lying on the side in case the ball is still in play and therefore goalkeeper is easily out-played. If the goalkeeper is however forced to dive, the upper side's arm and leg should be up to cover mover space. This can be practiced by diving to a mattress.

Suggested training:
Drill 16.
Objective:

- To practice moving to different directions

Organisation:

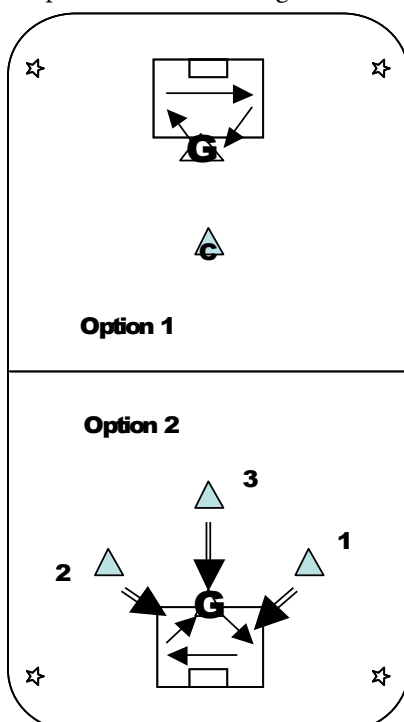
- Goalkeeper in a basic save position outside of the goalkeepers area
- Coach standing in front of the net

Execution:

- Coach giving visual sign (pointing with hand) where to move
- The movement pattern as a triangle
- First right, then left and back to the start position
- Repeated several times in 3 times 1 minute shifts

Key points:

- The goalkeeper should concentrate on making the movement as smooth and fast as possible
- The movement should be made suitable for the direction of movement
- If the goalkeeper is moving sideways, the outside foot should be used for the push
- The goalkeeper should glide with knees
- The readiness to make saves should be kept during the whole movement pattern
- Modifications:
- The readiness to make saves can be emphasised so that three players (or the coach) is shooting from three different angles in turns where the goalkeeper has to make a save after moving
- The goalkeeper should return to the basic save position after moving


Drill 17.
Objective:

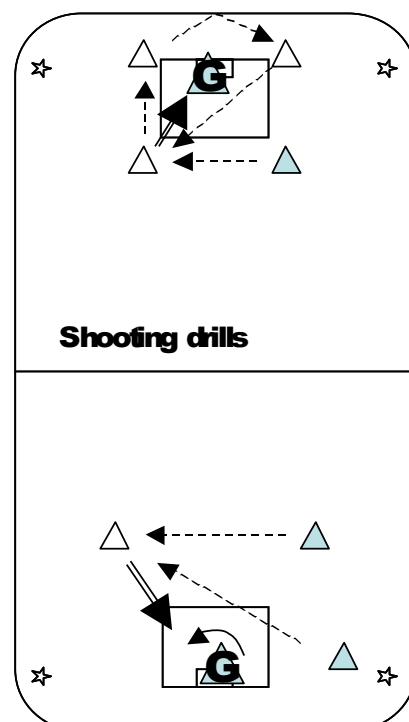
- To practice saves in movement and in more game like situations

Organisation:

- Players divided in groups of two to four players
- Players positioned in front of the net
- With two players: in front of the net in the corners of the goal area
- With three players: two players in front of the net and one player behind the net
- With four players: one player in each corner of the goal area

Execution:

- From two up to four players passing to each other in front of the net/around the net in a random order so that the goalkeeper has to move according to ball's movement, shots from various angles
- If only two players are used, the players should be in constant movement
- Shifts up to 45 seconds



Movement control drill

Objective:

- The speed of the movement of the goalkeeper can be tested by measuring time
- Also coordination and flexibility skills can be observed

Organisation:

- Nine balls placed as in the picture, numbers marking the order
- Goalkeeper in the goal
- The coach measuring time
- Instructions should be given clearly and the coach should be sure that they are understood

Execution:

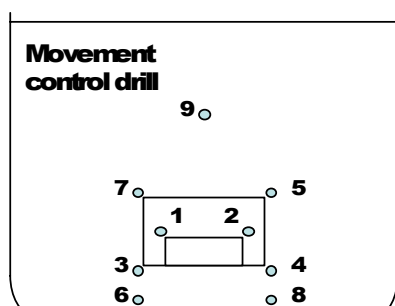
- Goalkeeper on a basic save position feet placed on the goal line and starts from the coaches signal
 1. Touching the ball, moving sideways on knees
 2. Touching the ball, moving sideways on knees
 3. Touching the ball, still moving low but movement can happen on feet
 4. Touching the ball, moving forward on feet
 5. Touching ball, moving on feet, diving towards ball number 6
 6. Fetching the ball, taking few steps in front of the net and throwing the ball
 7. Touching ball, moving on feet, diving towards ball number 8
 8. Fetching the ball, taking few steps in front of the net and throwing the ball
 9. Kicking the ball
- The coach stops the time at point of kicking

Key points:

- Balls can be moved when touching them
- Different movement patterns should be emphasised in different situations
- Movement in the beginning should happen on knees and after ball number 4 standing
- All movement directions are used and the goalkeeper should be encouraged to use the most beneficial way when moving forward, backward and sideways
- This will result as the most economical movement also in the game

Modifications:

- A shot from the sector can be added between each ball so that the goalkeeper needs to place him/herself in a basic position



Throwing

Today, as passing to the goalkeeper is forbidden, the use of the goalkeeper in the openings is not as popular as it used to be. The goalkeeper's throw is nevertheless a special skill that can and should be practiced and taken advantage of. After a save the throw can give a sudden possibility to score, or to calm down the play, depending on the situation.

Holding the ball



Throw	How	When	Pros	Cons
Short on the floor	<ul style="list-style-type: none"> - Hand close to floor when releasing the ball - The ball should be rolled instead of thrown - The strength should be according to the distance 	<ul style="list-style-type: none"> - To calm down the play, if the players are switching, if the opponent is not setting a hard pressure, pass to the closest player 	<ul style="list-style-type: none"> - Safe way to bring the ball to the play when passing to a team mate 	<ul style="list-style-type: none"> - If the opponent is fore checking aggressively, the short pass might be risky, or if the receiving player is not feeling secure with the ball
Short with a bounce	<ul style="list-style-type: none"> - The arm movement should start from the shoulder - The first touch in the floor should be close in order for the ball to bounce - After the bounce the pass should however be along the floor so that the ball is easier to receive 	<ul style="list-style-type: none"> - To pass to the closest player with an opponent harassing, little bounce over the opponent's stick 	<ul style="list-style-type: none"> - Throw will start the play instantly while leaving one opponent behind the ball 	<ul style="list-style-type: none"> - Might be risky if the harassing opponent succeeds on blocking the throw
Long distance throw on the floor	<ul style="list-style-type: none"> - The opposite side's shoulder and feet towards the aim of the throw - The arm's movement should start from the shoulder so that the elbow is taken back and the ball is close to the ear in the start of the throw - Thereafter the elbow leads the movement, the arm is extended and the final spin to the ball is the result of the wrist movement - The hand should be close to floor when releasing the ball - The first bounce should be aimed further - The follow-through should be towards the direction of the throw - The wrist should be kept stiff until the release of the ball 	<ul style="list-style-type: none"> - The opponent is about to change or is instantly backing up the defence 	<ul style="list-style-type: none"> - Quick way to open up the game and easy for the player to gain the control of the ball 	<ul style="list-style-type: none"> - Might be easy for the opponent's player to block in case of harassment
Long distance throw with a bounce	<ul style="list-style-type: none"> - The arm rotation should start from the upper body and then continue from the shoulder - The hand should rotate from back to front and the ball should be released in the level of the shoulder with an extended arm - Elbow and wrist leads the movement and wrist will give the final snap to the ball - Follow-through all the way to the opposite side - The wrist should be kept stiff until the release of the ball 	<ul style="list-style-type: none"> - A fast way to put ball in play in order to make a transition and take the advantage of an zone power play situation when the opponent is situated on the goalkeeper's offensive zone - Also when the top striker is in the other end of the court ready to score 	<ul style="list-style-type: none"> - When executed fast, not an easy throw to be blocked by the opponent - Best way to release the pressure from the defensive zone 	<ul style="list-style-type: none"> - Might not be easy for the top striker to get possession of

Short pass on the floor



Long distance throw with a bounce



Long distance throw on the floor



Suggested training:**Drill 18.****Objective:**

- To practice different types of throws
- Organisation:
- Two goalies in 10 meters distance with balls
- Execution:
- Goalies throwing balls alternately or even simultaneously
- Long distance throws on the floor and with a bounce

Key points:

- Goalies should concentrate on the right technique depending on the type of the throw
- Rotation from the shoulder, final snap from the wrist etc

Modifications:

- When they have adapted the right technique, the goalkeepers can receive the throw by moving towards the ball on knees as in making a save and rising up to throw again
- The goalkeepers can also aim at a certain point: two cones can be placed in an adequate distance from the goalkeeper where the throwing goalkeeper has to aim the ball
- The receiving goalkeeper can also stand feet wide apart and the throwing goalkeeper can aim between the legs

Drill 19.**Objective:**

- To practice throwing and moving

Organisation:

- The goalkeeper in a basic save position in front of the goalkeeper's area
- Two players, nr 1 and 2, diagonally on the opposing sides in about 5 meters distance from the goal area (as in the picture) with balls
- Some extra balls on top of the goal

Execution:

- Player nr 1 shoots an easy shot that is easy for the goalkeeper to catch
- After catching the ball (in basic save position) the goalkeeper has to rise and throw the ball to player nr 2
- Player nr 2 shoots the same ball back, the goalkeeper makes a save and throws the ball back to player nr 1
- Repeated several times

Key points:

- The drill should be executed with one ball but in case the ball is shot over the net or the player does not receive the pass (throw), extra balls should be used to save the time
- Goalkeeper should make proper sideways moves and even move towards the shot
- Goalkeeper should be active and alert

Modifications:

- The drill can be modified so that the players start from the corner without ball (option 2)
- Goalkeeper throws a ball to player nr 1, who receives the ball, takes possession and shoots
- Goalkeeper makes a save and throws the ball to player nr 2, who starts running by the side of the rink
- This emphasises aiming and throwing to a player in movement
- The goalkeeper has to predict the speed of the player and adjust the strength of the throw accordingly

Catching the ball

There are two different terms referred to catching the ball; the pure catch, which is more related to the eye-hand coordination, and reaching for the ball, when the goalkeeper actively tries to get the possession of the ball.

Suggested training for catching the ball:

Drill 20.

Objective:

- To practice catching the ball
- To practice eye-hand coordination

Organisation:

1. Three goalkeepers standing in a circle in one meters distance from each other with three balls
2. Two goalkeepers facing each other in one or two meters distance from each other with two balls

Execution:

- Goalkeepers throw the ball to each other simultaneously catching with one hand and throwing with the other
- The ball is switched from one hand to another in the middle
- Goalkeepers can use a technique which suits best for the purpose and distance
- They can start with low pace and then increase the speed according to the development

Key points:

- The rotation of the ball should be constant and the timing of each throw and catch should be emphasised

Modifications:

- If only one goalkeeper is available, the coach can assist in execution
- The drill can also be executed as drill nr 1



Drill 21.

Objective:

- To practice catching the ball in movement

Organisation and execution:

- Two goalkeepers running in few meters distance from each other and throwing one ball to each other
1. 1) Running sideways facing each other, both right and left side
 2. 2) Running facing ahead side by side, throwing the ball from the side in the air and with a bounce
 3. 3) Making a full turn (360 °) after throwing the ball which also develops coordination
- Both hands should be used
 - Few laps around the court

Key points:

- Especially with younger players, the duration should be kept short to avoid frustration
- The players should be encouraged to keep up the concentration
- Both hands, left and right should be used to keep up the balance

Also see all drills that develop eye-hand coordination.

Suggested training for reaching for the ball:**Drill 22.****Objective:**

- To practice active goaltending by actively reaching for the ball

Organisation:

- Goalkeeper in the goal
- Two opposing players inside the goal area, predetermined who is defending and who is attacking
- One player or the coach shooting a ball from the middle line
- Other players can execute another drill in the other end of the court that demands more players

Execution:

- A ball is shot towards the goal area where the two opposing players fight for the ball
- The attacking player is trying to score and the defender one is preventing
- Goalkeeper is actively trying to get the possession of the ball but still remaining in the position to make save
- When there is a save made, goal scored or the ball is hit out of the goal area, another ball is shot
- The players can change roles after each execution

Key points:

- Should only be executed as a specified practice with few players
- Goalkeeper should be encouraged to reach for the ball and not just stand by the goal line
- He/she should remain the readiness to make a save all the way and not outplay him/herself by for example falling to one side
- Goalkeeper should not be afraid for the ball nor the contact that might appear with the field players
- Goalkeeper can also try standing when the ball is shot towards the net
- The attacking player should try to screen the goalkeeper and score
- The defending player should try to block the shot and hit or kick the ball to the sides while trying to push the attacking player to the side from screening the goalkeeper without breaking the rules

Modifications:

- Can also be executed with only the attacking player trying to prevent the goalkeeper from making a save

Level 3; Individual Tactics

Active versus passive goaltending



The way the goalkeeper participates in the game is a central factor that can determine the result. The goalkeeper can be either passive or active. Passive goaltending, where the goalkeeper is not attending the game with all possible ways, is more or less negative and should be avoided. The goalkeeper should be encouraged to a more active way in goaltending. By active goaltending the goalkeeper can affect the game situations and by catching the ball and throws, open the game in more effective way. By tactical positioning the goalkeeper should be able to react to the opponent with the ball (shot) and opponent without the ball in case of a pass.

Active goalkeeper's duties:

- Reaching for loose balls
- Catching all saves
- Blocking passes
- Directing defence
- Screening the opponent
- Active movement and alertness

Tactical positioning

The goalkeeper should learn to read the game just as the field players do. What if there is a two against one situation; where should the goalkeeper position him/herself? How should he/she instruct the defenders? The situation becomes even more complicated when there are three offensive players against one defensive player. What to do? How to move in order to still stay up ready for the possible next reaction? The goalkeeper should be alert and keep awareness of the field players, both team mates and opponents.

The goalkeeper should be thought to think, not just react to a shot but to also see the next situation that might end up as a shot.

Covering space

The most space is covered when the goalkeeper is positioned by the line of the goalkeepers area. He/she should not be standing inside the net because the ball might be accidentally hit in the goal. This should be especially emphasised to the beginners and junior players.



Location mark

During a game the goalkeeper can find him/herself in a situation where it is difficult to locate the position inside the goal area. The goalkeeper is suggested to search and recall a certain visual mark in the rink or other surroundings to re-locate him/herself. It can be a sign in the rink or on the wall.

Positioning according the ball

There are few situations that occur often in the game. They are presented in the following with things to consider.

Ball behind the goal and the goalkeepers actions:

- Blocking the passing lanes to the crease
- Keeping awareness of the players in the crease
- In case of a shot, move towards the shot to cover as big space as possible
- Using feet in order to block the passing lanes
- No turning back to the court (in case of a pass to the crease, the goalkeeper has out-played him/herself)
- Keeping the posts

High balls and the goalkeeper's actions:

- Active on catching the ball
- Standing up

Screened shots and the goalkeeper's actions:

- Follow the ball
- Being as big as possible to cover the space
- Active when reaching for the ball

1 vs 1 and the goalkeeper's actions:

- Moving towards the player with the ball
- Keep awareness of the possible players behind the player with the ball

2 vs 1 and the goalkeeper's actions:

- Communication with the defender; who takes the shot, who takes the pass
- The goalkeeper should wait for the shot as long as possible and stay close to the net because if there is a diagonal pass it is faster to dive towards the shot
- Readiness to move sideways in case of pass

3 vs 2 and the goalkeeper's actions:

- Communication with the defenders
- Reading the situation

- Keeping awareness of the players at the same as seeing the ball
- Readiness to move sideways in case of pass

Playing short handed and the goalkeeper's actions:

- Communication with the defenders
- Readiness to move sideways in case of a diagonal pass
- In a way there is always one attacking player left for the goalkeeper which is usually the player with the ball
- Therefore the goalkeeper should also take the direct shot because it is the easiest to cover

Drill 23.

Objective:

- To practice blocking passing lanes

Organisation:

- Players in the corner (nr 1) with balls
- One player (nr 2) in about 7 meters distance from the goal and other one (nr 3) on the opposite side close the goal area as in the picture
- Goalkeeper in the goal

Execution:

- Player nr 1 has two options where to pass the ball so that the goalkeeper cannot predict the pass but has to move accordingly

Option 1)

- Player nr 1 passes the ball straight to player nr 3
- Player nr 3 shoots
- Goalkeeper has to try to intercept the pass using feet

Option 2)

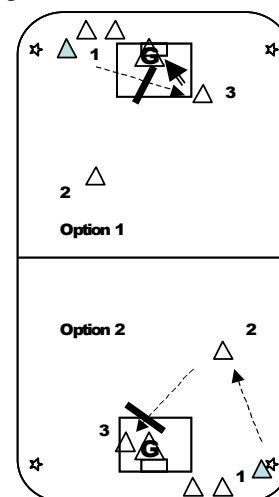
- Player nr 1 passes the ball to nr 2 who passes to nr 3 who shoots
- Goalkeeper tries to intercept the pass from nr 2 to nr 3
- After each execution the players rotate so that nr 1 becomes nr 2 and nr 2 becomes nr 3, nr 3 goes to the end of the line

Key points:

- Goalkeeper should follow the balls movement
- The interception of the pass should be emphasised
- Goalkeeper should concentrate on reading the situation and acting accordingly
- The passes should be hard and accurate

Modifications:

- To bring even more options and make it more difficult for the goalkeeper to predict the situation, nr two can also shoot instead of passing to nr 3



Drill 24.

Objective:

- To practice different game situations

Organisation:

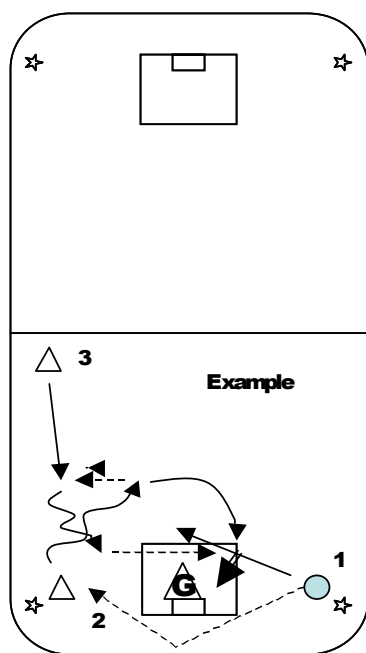
- Players divided in three groups
- Each group situated in the corners of one end of the rink as in the picture
- Nr 1 is a defender and nr 2 and 3 are attackers
- Line nr 1 with balls

Execution:

- Player nr 1 passes the ball to either nr 2 or 3 and becomes a defender
- Players nr 2 and 3 will play 2 against 1 situation against player nr 1
- After the execution, players will rotate so that nr 1 becomes nr 2, nr 2 becomes 3 and nr 3 becomes nr 1

Key points:

- The attacking players can use imagination and creativity when attacking
- Goalkeeper should act according the situation which is unpredictable
- Goalkeeper should concentrate on following both the ball and the players, blocking passing lanes, staying alert and instructing the defender
- Should be executed both sides
- Can be executed in both ends for efficiency



Drill 25.

Objective:

- To practice different game situations
- To practice reading the situation

Organisation:

- Players divided in groups of three to 5 depending on the number of players available
- Rink divided in two small fields (as in the picture)
- If there are more than three players in each group, the switching players should be standing by the middle line and prevent the ball from slipping to the other side

Execution:

- 3 against 3 game
- 45-60 seconds shifts with three players in the group or with more players in the group, players can switch on-the-fly and the playing time can vary up to even 10 minutes

Different rules:

- The goal has to be scored from a direct pass/ no dribbling
- Goalkeeper has to follow the opponent without ball in order to move to make a save
- The goal has to be scored from air (a bounce)
- Goalkeeper has to be prepared for a rebound and a hassle in front of the net
- The ball has to be played behind the goal before a goal can be scored
- Goalkeeper has to follow the ball behind the goal and the opponent in front of the net at the same time

Key points:

- The rules should be strictly followed in order to get the most out of the drill
- The small field and small number of players increases the amount of ball activity in the field which makes the drill more intensive for the goalkeeper
- The activity of the goalkeeper should be emphasised and constantly encouraged by the coach

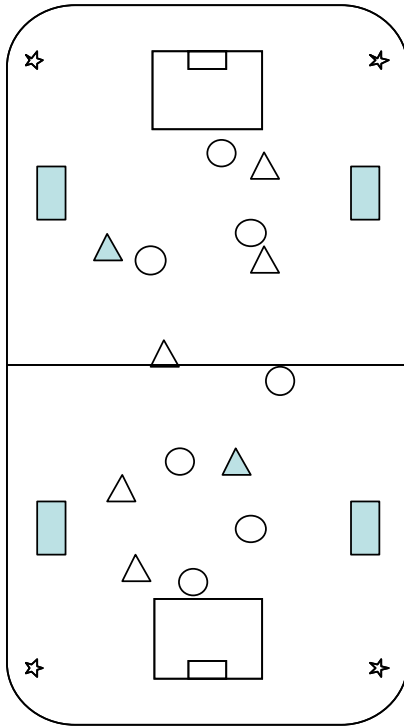
Modifications:

Can also be executed so that the rink is divided in two halves and the 3 against 3 game is played on one goal in each end

In this case the defending team, when they get the possession of the ball, has to either pass or dribble the ball across the middle line to turn over an attack

Otherwise same rules can be applied as previously suggested

Also all game like drills where different game patterns are repeated such as 2 against 1, 3 against 2 etc. These practices can start from different parts of the defensive zone.



Directing/Instructions

The goalkeeper is the one giving directions to the players who might not be aware where the opponent is situated. The goalkeeper however has an overall picture of what happens on the field, especially in front of the net, so he/she is the one instructing players. It is important for the goalkeeper to be aware of the team tactics and have the ability to read the game situations in order to give useful advice. Also instructing the players during close distance free-hits is very crucial.

Conclusion



Sometimes the special situations can solve the result of the game. Sometimes even the level of goalkeeping can be the determining factor, but all together it is the cooperation of the team that has the biggest influence. The team cohesion, no matter what the skill level is, is the most important factor when developing a team. These details discussed in this manual are details that can make a good team perfect. Enjoy your practice!

References

Goalkeeping in Floorball (DVD), Finnish Floorball Federation, 1999 and 2007
Team Tactics and Special Situations (DVD), Finnish Floorball Federation, 2000