



A Goalkeepers responsibility: 1-4-2-3-1

To keep clean sheets and limit your mistakes. Be vocal to my team mates and always keep a positive attitude.



- Physical demands:
 - Strength, strong jumping
 - Have a Presence
 - Agility
 - Speed over short distances
- Technical importance in possession:
 - Correct handling
 - Speed & quality of distribution
 - Kicking – Punts, back passes & goal kicks
 - First touch and passing ability
- Tactical awareness in possession:
 - Understanding the formations and the role of your team, especially the defense.
 - Can you start an attack? With a throw or punt?
 - Always be in a position to receive a back pass
- Out of possession:
 - Communication. Lining up your wall on set pieces. Your positioning at all times.
 - Keep looking at the positioning of your players and understanding when to correct errors
 - Organize, organize and organize!!!
- The mental aspects of soccer
 - Understand, you will make mistakes that cost your team a goal. Stay positive
 - If you drop a catch, think, “I’ll catch the next one”
 - Intelligence
 - Attitude
 - Bravery to avoid goals against
 - A leader and organizer