

Vaggelis Lappas

# Goalkeeper training methodology



level 1 & 2





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## PREFACE

The purpose of this book is not to discover anything new or innovative. Its only purpose is to put all the knowledge I have gained concerning football in order. This book was written to assist me in my daily routine when I'm working with goalkeepers, whose needs oblige me to follow this specific methodology. It helps me to analyze and customize the training routine and adapt the methodology in order to meet the needs of every goalkeeper.

My occupation with sports started in 1986 and I was lucky enough to grow up in a family where sports were very important—and with my beloved team ever since—Aetos (Eagle) Korydallou. This is where I met my first coach, Mr. Stephanos Iliadis; I'd like to thank him because even though he had no special knowledge about coaching, psychology, and so on, he trained me with his love for his occupation, always keeping in mind the fact I was first a child and then a goalkeeper. He taught me how to respect, show discipline, work and appreciate; and last but not least, he made me love the goalkeeper's position.

In 2010, I was lucky enough to meet Mr. Yiannis Samaras, who became my mentor. There's nothing I can say to express my full gratefulness for getting the opportunity to work with him. Regarding my world of football, the most beautiful things that have ever happened to me are endless hours of conversation, work, research, record keeping and analysis.

I dedicate this book to my parents, Dimitris and Maria, who educated me properly and taught me to respect everyone. I'd also like to dedicate the book to my family—Marina, Anastasia and Dimitra—who constantly offer me insatiable love, patience and support.

Finally, I'd like to thank everyone. I love you all!





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# INTRODUCTION

Football is a team sport played with 11 players. Every team member should contribute at maximum potential in order to raise the chances of winning the game. The best teams in the world start their build-up with an exceptional goalkeeper.

Developing the skills of a goalkeeper (technically, tactically, physically, psychologically and socially) are necessary to create goalkeepers that can withstand the difficulties at the highest levels of football.

# VISION

Our vision is the creation of a positive training atmosphere, where the goalkeepers will develop and evolve their techniques, and physical and psychological skills, along with creativity and understanding of the game.

If we want young goalkeepers to evolve through the process of the game, we need coaches who are not afraid to encourage, and can coach without the fear of failure. In addition, we need coaches who possess a huge variety of training methods, so they can safely guide the young goalkeepers in order to learn the game.

There is no room in our vision for overzealous adults that tend to DRILL unjustified pressure onto young players which provokes stress, or for coaches that insist on winning being the main focus. This can lead to sacrificing the learning process, the fun of the game and the personal development of the player.

Our first target concerning youth football development should be the creation of a space where the very young goalkeepers can feel the love for the position of the goalkeeper and for the game overall.

Our second target is to develop goalkeepers with excellent technique, excellent tactical understanding, extraordinary physical characteristics and skills in decision making.

The profit from this procedure is twofold:

- We enhance the chance of creating highly skilled goalkeepers with excellent technique, creativity and perception of the game.
- The positive approach and entertaining experience for the young players can secure their active role in the game for many years. They can become fans, coaches, support staff, referees or volunteers.

*I cannot teach anybody anything.  
I can only make them think*  
**Socrates**



# TRAINING GUIDE

1. Coaches are role models for young goalkeepers. They have to be perfect in their behavior and in their appearance.
2. A coach should be approachable, pleasant and patient.
3. The working conditions depend initially from the disposition and the attitude of the coach. Facilities and training equipment come next. A good coach adapts and can always be productive.
4. The training equipment is an added help. The coaching eye and his knowledge are the basic tools for the goalkeeping coach.
5. The training duration should serve the training purpose of the module. After that, the goalkeepers should be incorporated into the team.
6. The main objective in every training module is a technically flawless execution of every drill. Without it, there can be no progress.
7. Any given correction from the coach to the goalkeepers should follow the correct technique and use questions with the positive feedback method. The corrections should be limited and precise, so they can be easily understood. You should never tell your goalkeeper what to avoid. You should always tell him what to do to in order to succeed in his objective.
8. The goalkeeper is part of the team and that means his role is active in both of its functions, defense and attack.
9. During a game, the goalkeeper touches the ball with his feet 70% of the time (this percentage is about to increase) and 30% of the time with his hands. So, a goalkeeper's training should be structured following these percentages.
10. A goalkeeper should participate in the tactical training/games with his team. That's the only way to understand the game, obtaining the much needed automatic requirements of the defensive and attacking functions of the team.
11. The know-how of modern football is necessary, thus, the goalkeeper can have a clear perception during the game, allowing him to make more accurate predictions.
12. His role is to be calm, to motivate, to encourage and to guide.

**DRILL 5    1 V 1 SITUATION (LEVEL 2)**

**Description** Mark out a 10 m x 6 m space with two small goals at each end.

One goal is the home base for the goalkeeper and the other is the base for the assistant.

The goalkeeper serves a ball to the assistant either with his hands or his feet.

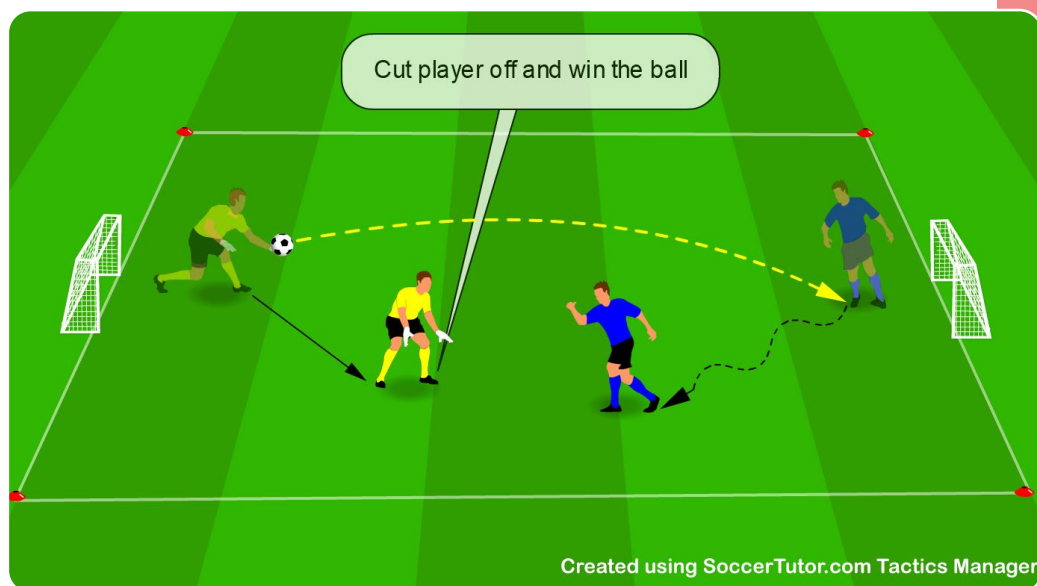
The assistant receives the ball and immediately dribbles towards the goalkeeper's goal in order to take the ball around him and score.

The goalkeeper confronts the assistant as soon as he makes his first touch. His task is to cut him off and take control of the ball or clear it from the area.

**Advice** Create an impervious wall with your body.

**Coaching Points**

1. The same as the previous drill.
2. Try to bring the ball carrier into a difficult position e.g. close him off on the sides.



## DRILL 5 TURN BACK FROM POST TO SAVE SHOT (LEVEL 2)

**Description** The goalkeeper is at the post and facing sideways. One assistant stands at the side of the 6-yard box across with balls in his hands (close to the post). A second assistant stands in line with the center of the goal and to the side of the goalkeeper. The first assistant serves medium height balls to the second assistant who kicks the ball towards the goal as the goalkeeper turns. The goalkeeper moves parallel to the path of the ball and tries to make a save to parry the ball away.

Each goalkeeper must repeat the drill 10 times. Depending on the experience of the goalkeeper, the level of difficulty of the shots can increase.

### Coaching Points

1. The goalkeeper must turn quickly and the head must be held steady.
2. He must quickly locate the ball and be in a good starting position after the turn.
3. Body weight should be forward and extend yourself to maximize your size.
4. Decide correctly whether to catch or parry the ball.
5. Decide correctly which part of the body to parry the ball with.
6. If you catch the ball it must be secured to the chest.
7. Be prepared to make a second save if necessary.



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**DRILL 5B PUNCHES FROM A SITTING POSITION (LEVEL 1)**

**Description** The goalkeeper sits on the ground and looks at the assistant who is 2 meters away.

The assistant serves the ball to the goalkeeper with his hands, so that the goalkeeper returns the ball with a single hand or double handed punch. The assistant throws the ball in varied areas but also with bounces on the ground. The goalkeeper must decide to hit the ball with one or two hands.

**Coaching Points**

1. Keep the wrist steady.
2. Hit the ball with the flat surface of the fist.
3. Hit the ball on the bottom half, so that it will take height after the hit.
4. We do not try to hit the ball with all our strength, but to hit it with the right technique and in the right direction.





# 5b drill



This book does not intend to discover something new or make any innovations. Its purpose is to organize our existing knowledge. It was written to address the needs that occur from daily training with young goalkeepers, which sets the base for analysis, planning and adapting methodology to the needs of every individual goalkeeper.

This book presents the 14 categories of GK training, both in order of importance and by age. Each training category includes a rich and specialized range of exercises that is accompanied by photographs and illustrations. In total there are 168 exercises to cover every aspect of the specialized GK training.

## Author



Vaggelis Lappas was born in Athens on the 28th of March 1975. He has UEFA A and AFC-GK Level 1 qualifications. He has presented at numerous seminars and conferences throughout his career. For the last 8 years, he has also presented at seminars and conferences in Greece and a variety of international events. His involvement with soccer started at a very young age, specifically in the goalkeeper position at the Academy of Aetos Korydallou. He competed in many amateur teams as well as for F.C. Keratsini in the 3rd Division. His career as a trainer began early on in 1998 as he took his first steps at the Academy of Amfiali (1998). In 2001, he worked at the Academy of Aetos Korydallou for four years and then in the First League as a GK trainer for AE Moschato FC, Proodeftiki FC, Panelefsiniakos FC, Haidari FC, and Fostiras FC. In 2010, he joined the Academy of FC Panathinaikos where he worked until 2015, after which he was promoted to the First League team. He did this while still having an overview of the Academy always in relation to the GK training. During the season of 2016-17, he signed with Al Dhafra FC, based in Abu Dhabi, which competes in the Arabian Gulf League. In 2018, he joined the Academy of Olympiacos FC as a goalkeeper coach and an Academy Goalkeeper Development Supervisor.

