

KEYS TO GOAL KEEPING AND SKILLS TO PRACTICE

To be a good goalie it's important to have good flexibility, agility and fitness. You need to be as fit as a field player. Goalkeepers have to be flexible and agile enough to get their feet into the bottom corners to stop a shot 1-second & to the top corners the next. Yoga & pilates are a good option to help with your flexibility. It's important to remind your coach that you are not a punching bag. Hit from the top of the circle and push or flick from in close. If you lose your confidence use tennis balls until you feel comfortable enough to use a hockey ball again.

SAFETY IS YOUR PRIORITY, WEAR A MOUTHGUARD AND LOOK AFTER YOUR GEAR AS IT WILL LOOK AFTER YOU!!!!

READY POSITION

- Eyes over Knees over toes.
- Body weight leaning forward.
- Be on the balls of your feet. Heels just off the ground.
- Hands held up and forward with palm of hand facing up.

KICKING

TECHNIQUES

- Be on balance (eyes over knees over toes).
- Keep your head over the ball, watch the ball all the way onto your foot.
- Your Plant foot or rudder should be next to the ball. Direction of this foot determines direction of the kick
- Kicking foot needs to be at right angles to the rudder or plant foot.
- When you kick the ball make sure you follow through and get into the ready position.
- Kick straight back in the direction that the ball has come from.
- Avoid kicking across the line.

DRILL

Kick the ball at a target or in pairs making sure to use the correct techniques.

Kick twice as many times on your weak foot.

You can practise without your gear on with a small soccer ball.

COACHFORCE

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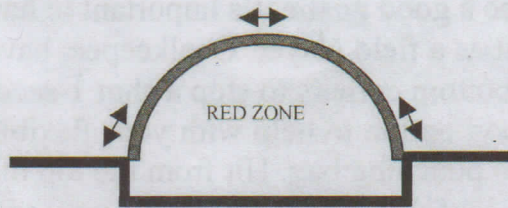


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THE RED ZONE

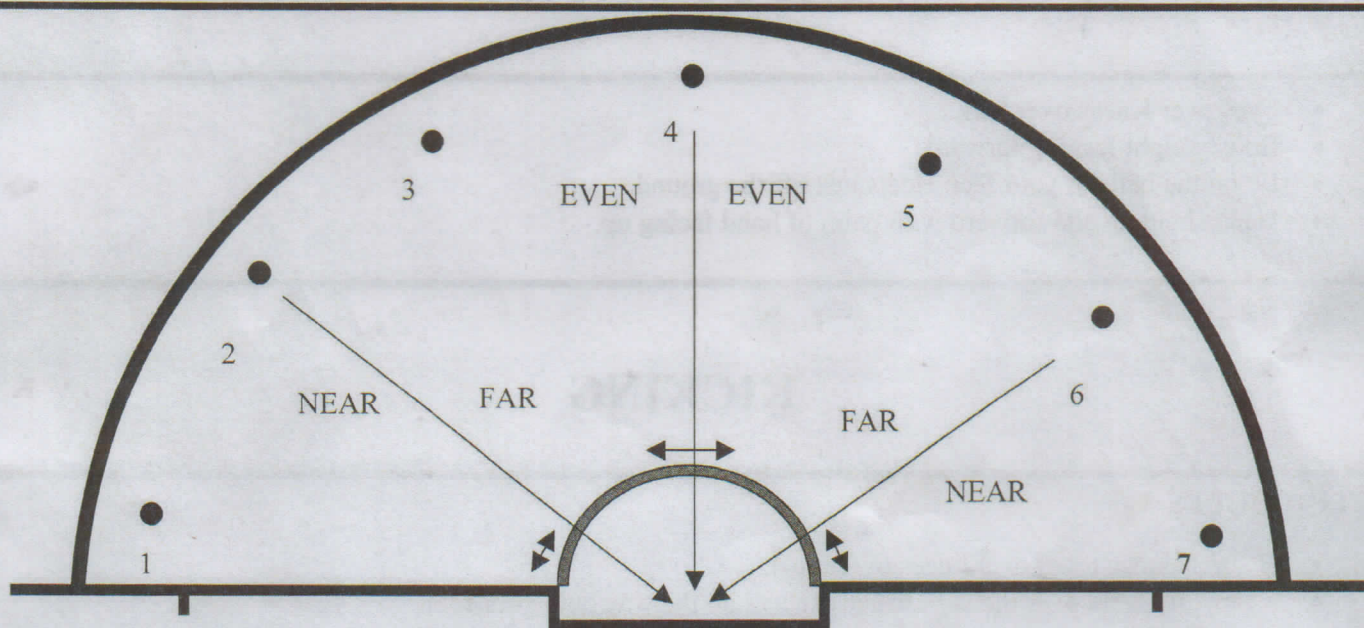
Practise by marking out your red zone (one stick arc from post to post).
Move around this zone going from side to side.

- When moving from side to side, **move with small crab like steps**.
If moving left lead with your right foot and vice versa.
- Count the steps around the red zone. Get to a stage that you can move around the red zone with your eyes shut. Keep your head level and still. Chest needs to be square to the direction of the ball.
- As you move around the red zone you should be in the ready position.
- Find near post with stick or glove depending on which post.



10 MINUTES

ANGLES



- Small gap on the **Near** side bigger gap on the **Far** side. **Even** gap when the ball is in the centre of the circle.
- Call out a number and move around the red zone with crab like steps to that number. Put gloves or a ball behind your feet and go out and stand behind that number to check your angles.
- Repeat this going from side to side. Keep checking to see if you have your near post and a far post correct.
- Once confident with your angles try moving from number to number with your eyes closed.
- Line from middle of goal through middle of goalie to the ball.
- Ball 1 and 7 have no near gap.

20 MINUTES

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