



# International Goalkeepers Academy

## Technical Tip # 4

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### COVERING ANGLES

One of the most confusing aspects of goalkeeping for a young inexperienced keeper is how to effectively cover the goalmouth by positioning themselves at the best possible angle to cover any danger.

The keeper must consider and react to crosses, cut backs, through balls and shots while constantly repositioning themselves to reduce the shooting angle and open goal area to an attacking player.

Too many young keepers are afraid to make a decision and leave the security of their goal lines, as they do not understand the basic principles of closing an angle.

Game related drills where the keeper is required to quickly change their position to react to any threat will build confidence and familiarise the keeper with their area. Constant repetition will build speed of reaction and the decision-making process whilst building confidence.

By utilising cones placed in two lines between a stationary ball and either goalpost, keepers can visually gauge the best position to take up to cover the shot. This is more effective when the keepers are shown from the location of the ball with a player of similar size placed in the correct position. The keeper can then see the reduced size of the goal when the correct position is taken.

By changing the location of the ball and the cones the keeper will then learn to change positions quickly and confidently. While the setting up and explanation of this practice may be time consuming the rewards in building keeper confidence and reaction time will pay off in game situations.

While some keepers have a natural sense of where to position themselves most young keeper will need constant game related practice before they position themselves naturally.

Reducing the angle may seem difficult to master, as every situation is unique and keepers usually adapt when they are shown the basics with practice drills introduced to training sessions.

At all times we must strive to reduce the options available to the strikers when we close down an angle i.e. by closing down the near post when a shot is threatened from an acute angle with the strikers options then limited to a cross or cut back.

Constant practice builds awareness of position and the confidence to react and reduce options while putting pressure on the attacking player.

Keepers must practice fast footwork drills, which will enable them to change their positions quickly while maintaining balance and retaining their starting position while focusing on the ball.

During practice check your position after each shot to check if you were in the best possible position for that save.

**Jim Fraser**  
**Director of Coaching**  
**International Goalkeepers Academy**

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