



International Goalkeepers Academy

Technical Tip # 12

PASS BACKS

Many of our keepers struggle with receiving a pass back and distributing the ball back into play. It is important for keepers to have the varied skills it requires to deal with pass backs. The understanding of decision making is required when executing this phase of play. This is critical if a satisfactory result is to be attained.

Keepers must have the ability to effectively deal with pass backs utilising either foot to take the first touch and clear the ball if necessary with a first time kick, or pass.

The first touch must be practiced on a rough ground as many times as possible, as without practice, it is not feasible to clear the ball with a first time kick without risking an embarrassing air swing.

The first touch must be practiced when under pressure with an opposition player closing the keeper down, and the keeper taking a touch away from the oncoming player and then clearing the ball.

The ability to pass the ball accurately with either foot is also important and allows the keeper to be more effective and open up attacking options for teammates when receiving the ball.

Keepers who are competent in dealing with pass backs are a valuable asset to the team as they give the coach more tactical options.

A competent keeper can change the tempo of the game by either slowing the game up when required or delivering a quick throw or pass to set up an attacking option. The keeper can also take the pressure off the defense by calling for a pass back and switching the play to a team mate in a better attacking position.

To deal with pass backs effectively, the keeper must communicate with their defenders and get into position early for the back pass moving to the side of the goalmouth so any bad bumps and air swings do not allow the ball to travel into the goalmouth.

It is important to give yourself room when the ball is played back and not get cramped with the ball at your feet if you wish to play the ball first time. The decision making on which technique to use on a pass back must also be practiced so the right option is taken. This is a very important part of the keepers' game that is often neglected, if you require help in this area of your game talk to an IGA Coach and we will work through the pass back at a session with you.

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