

JUST4GK TRAINING ACADEMY

Goalkeeper Vocabulary & Terminology

A complete four-section reference guide covering technical mechanics, tactical positioning, physical athleticism, and communication & mindset — built for goalkeepers, coaches, and parents.

01

TECHNICAL

Mechanics · Handling · Saves

02

TACTICAL

Positioning · Angles · Decisions

03

PHYSICAL

Movement · Athleticism · Recovery

04

COMMUNICATION & MINDSET

Commands · Leadership · Mental

SECTION 1

TECHNICAL TERMINOLOGY

Mechanics · Handling · Saves

TOPICS COVERED

- **BODY MECHANICS & STANCE**

Set position · Athletic stance · Hip hinge · Center of gravity

- **HAND & WRIST MECHANICS**

W-grip · Scoop · Fingertip save · Soft hands · Palm save

- **CATCHING TECHNIQUES**

Secure catch · Contour · High catch · Collapse · Cradle

- **SAVE TYPES & TECHNIQUES**

Reflex · Diving · Spread · Parry · Smother · Double save

- **DIVING MECHANICS & FOOTWORK**

Lead hand · Power step · Collapse dive · Extension dive · Landing



SET POSITION	The ready stance before a shot — feet shoulder-width apart, slight bend in knees and hips, weight on the balls of the feet.
READY POSITION	Same as set position; the athletic base a keeper returns to between every action throughout the match. Also known as the position when a keeper is preparing to set with mini-hops just before a shot or performing a goalkeeper action
WEIGHT TRANSFER	Shifting body weight forward or laterally to initiate explosive movement — the bridge between stance and action.
HIP HINGE	Bending at the hips (not the waist) to lower the center of gravity — improves reaction speed and power generation.
BASE OF SUPPORT	The width between the feet that determines balance, stability, and the ability to move explosively in any direction.

ATHLETIC STANCE	A forward-leaning, bent-knee position that allows explosive movement in any direction — the physical foundation of goalkeeping.
STAGGERED STANCE	One foot slightly in front of the other — used during crosses or when reading a ball in flight for quicker directional adjustment.
BODY SHAPE	How a keeper angles their torso, shoulders, and hips relative to the ball and target — affects every save and distribution.
CENTER OF GRAVITY	The body's balance point — kept low to allow quick directional changes and explosive lateral movement across the goal.
KNEES OVER TOES	Proper knee alignment during diving and landing mechanics — critical for injury prevention and explosive push-off power.

W-GRIP	Proper hand position for catching above the waist — thumbs almost touching behind the ball, forming a "W" for maximum security.
SCOOP / BUCKET HANDS	Hand position for low balls — fingers pointed down, pinkies together, palms forming a "bucket" to receive the ball safely.
FINGER SPREAD	Maximizing surface area by fully extending all fingers on the ball — creates a more secure catch and reduces rebound risk.
PALM SAVE	Using the heel of the palm to deflect a ball away when a clean catch isn't possible — directional control is the priority.
FINGERTIP SAVE	Redirecting a ball over or around the post using fingertips — used on shots at the absolute edge of the keeper's reach.

TWO-HANDED SAVE	Using both hands together to parry or push a ball away — provides more force and directional control than a single hand.
ONE-HANDED TIP	Redirecting a ball just over the crossbar with a single hand — used when the ball is out of safe catching range.
WRIST SNAP	A quick flick of the wrist to redirect a ball during a reflex save — generates quick directional force without a full arm swing.
HAND POSITION	Where the hands are placed on the ball relative to the shot — behind and slightly behind center for maximum catching control.
SOFT HANDS	Absorbing pace from a powerful shot rather than letting the ball rebound — the difference between a clean catch and a dangerous spill.

CATCHING TECHNIQUES

8 terms · Types of catches and catching principles

SECURE CATCH	A clean, two-handed catch where the ball is fully controlled and brought into the body — the gold standard of goalkeeper handling.	BOX CATCH	Attacking and claiming a high cross at the highest point within the penalty area — requires timing, leap, and commanding position.
CHEST / BODY CATCH	Pulling the ball into the chest for added security on shots hit directly at the keeper — eliminates rebound completely.	REVERSE CATCH	Catching a ball that curves or bends back toward the keeper mid-flight — requires late adjustment and strong hands.
CONTOUR CATCH	Wrapping the hands and body around the ball to eliminate any chance of a spill — used on firm, well-struck shots.	COLLAPSE CATCH	Catching while going to ground — wrapping the ball before turf contact prevents spills and protects against challenge.
HIGH CATCH	Catching above head height — requires a W-grip with arms fully extended and elbows slightly bent to absorb pace.	CRADLE	Bringing the ball securely into the body after catching — protects it from physical challenge and signals full control to teammates.

SAVE TYPES & TECHNIQUES

15 terms · Save Types & Techniques

REFLEX SAVE	A reaction save made with little time to set — relies on muscle memory and trained instinct over prepared technique.	POST SAVE	Diving and saving with the hand closest to the post on a ball near the goal frame — near-post protection.	SPREAD SAVE	Expanding the body — arms wide, legs split — to make the goal as small as possible in a 1v1 situation.
DIVING SAVE	Extending the body fully to one side to reach a ball requiring the keeper to leave the ground entirely.	DOUBLE SAVE	Making a second save after a rebound from the first — demands instant recovery and renewed readiness.	BLOCK SAVE	Using the body as a barrier to stop the ball rather than catching or deflecting — absorbs the shot completely.
EXTENSION SAVE	A full-stretch dive where the body is completely elongated to reach a ball at maximum possible distance.	GROUND SAVE	A save made on a low, rolling, or bouncing ball using a collapse or smother technique to cover it.	POINT-BLANK SAVE	A save made with almost no distance between keeper and shooter — reaction speed is everything in this moment.
REACTION SAVE	Made on a deflection or close-range shot with no setup time — pure reflex and trained body positioning.	SMOTHER	Collapsing the full body over a loose ball to eliminate the rebound completely and end the danger.	PARRY	Intentionally deflecting the ball away from goal when a clean hold isn't possible due to pace or challenge.
CLOSE-RANGE SAVE	A save made when a striker is very near — requires the keeper to spread big while staying compact and low.	TWO-HANDED SAVE	Using both hands together to parry or push a ball away for maximum force and directional control.	OVER-THE-BAR SAVE	Tipping or palming a ball up and over the crossbar to prevent a goal — often a fingertip action at full stretch.

LEAD HAND	The bottom hand closest to the ground during a dive — makes first contact with the ball before the top hand secures it.	RECOVERY POSITION	Getting back to feet after a dive — quickly returning to the ready stance to deal with any rebound or follow-up shot.
TOP HAND	The upper hand during a dive — secures the ball after the lead hand makes initial contact with the shot.	GROUND MECHANICS	How a keeper controls the ball and body after going to ground — includes rolling, holding, and recovery movement.
POWER STEP	The final step before launching into a dive — generates explosive lateral momentum and determines dive range.	SHUFFLE STEP	Small, lateral steps used to adjust position quickly without crossing the feet — maintains balance and readiness.
PUSH-OFF FOOT	The foot that drives the body into the dive — always opposite to the direction of the dive for maximum power.	CROSSOVER STEP	Crossing one foot over the other to cover more ground laterally at speed over a longer distance.
HIP DRIVE	Explosively driving the hips laterally to initiate a dive — the primary engine of diving range and speed.	DROP STEP	A quick backward diagonal step used to quickly adjust to a ball played behind or over the keeper's head.
COLLAPSE DIVE	A short, low dive for balls close to the body — keeper collapses sideways rather than launching into full extension.	FORWARD MOMENTUM	Moving toward the ball to cut down the angle or attack the play aggressively — controlled aggression in action.
EXTENSION DIVE	A full dive for balls farther away — requires a push-off, hip drive, and complete lateral body extension.	LATERAL MOVEMENT	Side-to-side footwork to track the ball or adjust positioning along the goal line and penalty area.
LANDING TECHNIQUE	Leading with the hip and thigh on landing — never the knee or elbow — protecting the body and enabling quick recovery.	ARC MOVEMENT	Moving along a curved path rather than straight to maintain proper angle while shifting position laterally.

SECTION 2

TACTICAL TERMINOLOGY

Positioning · Angles · Decisions

TOPICS COVERED

- **ANGLE PLAY & POSITIONING**

Angle reduction · Bisecting · Depth · Near/far post · Working distance

- **GOAL LINE & SPACE MANAGEMENT**

High line · Defensive third · Penalty area · Recovery run · Sweeper

- **DECISION-MAKING FRAMEWORK**

Catch vs punch · Go vs stay · Commit vs delay · Early decision

- **1V1 & CROSSES**

Narrowing angle · Forcing wide · Claiming · Box dominance · Inswinger

- **SET PIECES & SPATIAL AWARENESS**

Wall organization · Corner position · Scanning · Anticipation



ANGLE PLAY, POSITIONING & SPACE MANAGEMENT

ANGLE REDUCTION	Moving off the goal line toward the ball to shrink the shooter's visible target — the core principle of all GK positioning.
CUTTING THE ANGLE	Positioning the body to eliminate as much of the goal as possible from the shooter's perspective before the shot.
Ball-Line	Standing in the path of the shot that equally divides the shooting angle between both posts — the mathematical basis of optimal positioning.
NEAR POST	The goalpost closest to where the ball currently is — the keeper's first responsibility to cover at all times.
FAR POST	The goalpost farthest from the ball — must be accounted for in positioning and communication on crosses.
CENTRAL POSITION	Being positioned on the bisector between the ball and both posts — the optimal starting reference point.
DEPTH	How far off the goal line the keeper positions — too shallow gives up angle; too deep gives the shooter too large a target.
WORKING DISTANCE	The optimal distance off the line that balances angle coverage with recovery ability on balls played over or behind.
OVER-COMMITTING	Moving too far off the line or too early — leaves the goal exposed and creates a scoring opportunity via chip or lob.
STARTING POSITION	The base position taken before the ball is played — determined by ball location, defensive shape, and phase of play.

GOAL LINE	The line the keeper defends — understanding when to be on it vs. off it is a core tactical skill for every keeper.
SWEEPER POSITION	A wider or deeper position taken in anticipation of balls played behind the defensive line — requires early game reading.
HIGH LINE	When the defense pushes high, requiring the keeper to act as a sweeper covering space behind the defensive block.
DEFENSIVE THIRD	The portion of the field nearest the goal — keepers must be in full command of all decisions and communication here.
PENALTY AREA	The 18-yard box — the keeper's primary zone of command for aerial balls, crosses, and through balls played in behind.
SIX-YARD BOX	The smaller box directly in front of goal — keeper's priority zone for close-range crosses and corner deliveries.
RECOVERY RUN	Sprinting back to goal quickly after being caught out of position on a sweeping action or wide play.
DEPTH ADJUSTMENT	Moving the starting position deeper or shallower based on ball location and the team's defensive shape.
DEAD BALL LINE	The end line — keepers must judge whether to play a ball going out or cut it off before the byline.
COVER SHADOW	The zone behind a defender that the keeper owns if the defender is bypassed — requires proactive awareness.

DECISION-MAKING FRAMEWORK

CATCH VS PUNCH	Reading whether it's safer to catch a ball for full control or punch it clear — determined by challenge, pace, and position.
HOLD VS RELEASE	Deciding whether to keep the ball after a save or immediately distribute to start a counterattack and exploit space.
ATTACK VS DEFEND	The decision to come off the line and claim a ball versus staying to defend the goal frame — requires early commitment.
GO VS STAY	The split-second read on whether to come for a cross, through ball, or aerial ball versus holding position to cover the goal.
COMMIT VS DELAY	In a 1v1, choosing when to fully commit to a save versus holding to force the striker wide or wait for their shot.

INTERCEPT VS COVER	Choosing between stepping out to cut off a pass versus holding position to cover the space behind the defensive line.
SHOT VS CROSS READ	Pre-reading whether an attacking player is likely to shoot or deliver the ball — dictates positioning before the action.
THROUGH BALL READ	Anticipating a ball played behind the defensive line and deciding early whether to intercept or hold defensive coverage.
EARLY DECISION	Committing to a course of action before the ball arrives — eliminates hesitation, prevents half-actions, projects confidence.
LATE DECISION	Waiting too long to commit — leads to indecision, hesitation, and dangerous half-actions that directly cause goals.

1V1 SITUATIONS

10 terms · One-on-one terminology and principles

1V1	A direct confrontation between the goalkeeper and a lone attacker with a clear path to goal — requires angle, timing, and decision-making.
NARROWING THE ANGLE	Coming off the line toward the attacker to reduce the visible goal target — the primary tool a keeper has in any 1v1.
SET AND WAIT	Stopping movement and settling into a ready position before the striker shoots — avoids being caught mid-step when the shot comes.
FORCING WIDE	Body positioning designed to push the attacker away from center and toward a less dangerous shooting angle.
STAYING BIG	Maintaining a large body shape — arms out, body upright — to block as much of the goal as possible without committing too early.

CLOSING DOWN	Aggressively moving toward the attacker to reduce their time and space to shoot — controlled speed is essential to avoid being chipped.
READING THE STRIKER	Watching the attacker's hips, plant foot, and body shape to anticipate shot direction before the ball is struck.
DELAYING	Slowing the 1v1 situation to allow defenders to recover — not always about making the save; time is the asset.
PENALTY KICK READ	Studying the shooter's run-up, plant foot, and eye direction to anticipate shot direction on a penalty kick.
SPREAD SAVE	Expanding the body wide — arms out, legs split — in a 1v1 to cover as much of the goal frame as physically possible.

CROSSES & AERIAL SITUATIONS

13 terms · Cross-reading, claiming, and aerial challenge terminology

NEAR POST CROSS	A cross aimed at the front post area — requires the keeper to attack the ball aggressively with a forward-moving jump.
FAR POST CROSS	A cross aimed toward the back post — keeper must track movement and potentially adjust from an initial near-post starting position.
SECOND BALL	A loose ball after an aerial challenge — keeper must quickly decide whether to claim, parry clear, or organize defenders.
PUNCH DECISION	Choosing to punch rather than catch on a contested aerial ball — must be decisive and directed well away from danger.
DIRECTED PUNCH	A two-fisted punch aimed intentionally away from the goal — distance and direction both matter; not just a blind clearance.
LATE CROSS	A ball delivered after a cut-back or delay — requires positional adjustment and timing recalculation from the keeper.

CLAIMING	The decision to come off the line and take full ownership of a crossed ball — requires a loud call, decisive movement, and peak timing.
CLAIMING TERRITORY	Establishing command of the penalty area by consistently and confidently coming for all catchable crosses throughout the game.
BOX DOMINANCE	Controlling all aerial balls within the penalty area through communication, timing, and decisive action every time.
TIMING THE JUMP	Attacking a high ball at the peak of the jump — taking off at the right moment to reach the ball first and highest. (Your Highest Point)
FLIGHT OF THE BALL	Reading the trajectory, pace, and spin of a crossed ball to anticipate where it will arrive before it gets there.
INSWINGER	A cross that curves toward the goal — more dangerous than an outswinger; requires earlier decision-making and aggressive claiming.
OUTSWINGER	A cross that curves away from goal — easier for the keeper to claim but can deceive defenders and create second-ball situations.

SET PIECES & SPATIAL AWARENESS

WALL ORGANIZATION	Directing defenders into a wall on a free kick — keeper sets number, position, and gap before organizing their own placement.
WALL COVERAGE	The near post side covered by the wall — keeper positions to protect the far post and any shots over or around.
CORNER POSITION	Starting near the front post on corners to allow forward movement and a clear view of the cross as it comes in.
POST REFERENCE	Touching or lining up against the near post before moving — a starting reference point before adjusting to the delivery.
FREE KICK SET	The complete pre-kick setup — wall placed, keeper positioned, all communication finished before the ball is struck.
SHORT CORNER READ	Recognizing a short corner early and adjusting position for a different delivery angle — avoids being caught out.
PENALTY POSITION	Centered on the goal line, reading the shooter's run-up, plant foot, and eye direction before the kick is taken.
NEAR POST CORNER RUN	The dangerous near-post flick-on on corner kicks — keeper must react quickly from an early starting position.
SCANNING	Constantly checking over the shoulder to build a picture of player positions before receiving the ball or acting.

ANTICIPATION	Reading the game ahead of time to position correctly before the threat fully develops — acting before being reactive.
PRE-READING	Identifying attacking patterns, player tendencies, or ball trajectory before any action is required from the keeper.
PERIPHERAL VISION	Using side vision to track multiple players while staying focused on the ball — a trainable perceptual skill.
PICTURE-BUILDING	Scanning the field to mentally map where teammates, opponents, and space are before receiving the ball.
POSITIONING TRIGGER	A cue — pass direction, player run, dribble — that tells the keeper when and how to adjust their position proactively.
TRANSITION READ	Recognizing when the game switches attack to defense (or vice versa) and immediately adjusting position accordingly.
GAME SITUATION AWARENESS	Understanding the score, time, and game context when making decisions — risk management applied in real-time.
SECOND PHASE AWARENESS	Being ready for what happens after the initial action — a rebound, deflection, or transition that immediately follows.

SECTION 3

PHYSICAL TERMINOLOGY

Movement · Athleticism · Recovery

TOPICS COVERED

- **SPEED & EXPLOSIVE MOVEMENT**

Acceleration · Reactive speed · Linear & lateral speed · Burst

- **AGILITY, QUICKNESS & REACTION**

COD · Reactive agility · Reaction time · Hand speed · Footwork speed

- **POWER, STRENGTH & JUMPING**

Explosive power · Hip power · Ground force · Vertical jump · Timing

- **SAQ TRAINING & BALANCE**

Plyometrics · Box jumps · Lateral bounds · Mirror drills · Proprioception

- **RECOVERY & INJURY PREVENTION**

Load management · Prehab · Aerobic base · Fatigue management



EXPLOSIVE FIRST STEP	The initial burst from a standing or ready position — the single most critical physical attribute for a goalkeeper.
ACCELERATION	The ability to reach top speed rapidly from a stationary or slow-moving position — key to sweeping and closing down.
REACTIVE SPEED	Speed triggered by a visual cue (a shot, a deflection) rather than a planned movement — trained through repetition.
LATERAL SPEED	The ability to move quickly side-to-side — directly tied to a keeper's shot-stopping range across the goal.
CLOSING SPEED	The pace at which a keeper approaches an attacker or loose ball to reduce their time and space to act.
BURST	A short, sharp sprint over 3–10 yards — the most common speed demand for goalkeepers in match situations.
SPRINT MECHANICS	Proper running form — arm drive, knee lift, forward lean — to maximize efficiency and speed across the ground.
LINEAR SPEED	Straight-line running speed — used in sweeping actions, breakaway situations, and goal kick distributions.
TOP-END SPEED	Maximum sprint velocity — important for sweeper-keeper situations and long recovery runs back to goal.
ACCELERATION PHASE	The first 10–15 yards of a run where the keeper is building speed before reaching full velocity.

AGILITY	The ability to change direction quickly and efficiently while maintaining balance and body control throughout.
CHANGE OF DIRECTION	A pre-planned directional shift — distinct from reactive agility because the movement is anticipated in advance.
REACTIVE AGILITY	Changing direction in response to a visual stimulus (ball movement, attacker's cut) rather than a planned pattern.
DECELERATION	The ability to slow down quickly and under control — essential before diving, setting, or changing direction at speed.
CUTTING	A sharp, explosive lateral movement — used to adjust position quickly or close down an attacker on the ball.
LADDER MECHANICS	Foot coordination patterns done in an agility ladder — builds quick feet, rhythm, and neuromuscular efficiency.
CONE DRILL PATTERNS	Directional movement sequences around cones used to develop change-of-direction ability, often under fatigue.
MULTI-DIRECTIONAL SAQ	Drills combining forward, backward, and lateral movement in unpredictable patterns — mirrors real match demands.
DECELERATION MECHANICS	Using a wide base, low center of gravity, and bent knees to stop quickly without losing balance or falling.
MIRROR DRILLS	Partner-based movement where the keeper reacts to a partner's direction — builds reactive agility rapidly.

QUICKNESS, REACTION & FLEXIBILITY

20 terms · Reaction time, hand speed, and range of motion

QUICKNESS	Short, fast movements over a very small distance — distinct from speed, which covers more ground.	FLEXIBILITY	The range of motion available in a joint — allows for full extension during dives, reaches, and saves.
REACTION TIME	The time between a stimulus (shot or deflection) and the start of the keeper's physical response — trainable.	DYNAMIC FLEXIBILITY	Flexibility used actively during movement — more relevant to goalkeeping than passive static stretching alone.
VISUAL REACTION	Responding to what the eyes see — tracking the ball from foot contact through flight to the keeper's hands.	HIP FLEXIBILITY	Range of motion in the hip joint — essential for low dives, split saves, and explosive push-off generation.
AUDITORY REACTION	Responding to a sound cue — used in training exercises to develop non-visual reactive ability.	SHOULDER MOBILITY	Range of motion in the shoulder — impacts overhead reach, diving extension, and throwing distribution power.
HAND SPEED	How quickly the hands move to the ball — can be trained independently from footwork through targeted drills.	ANKLE MOBILITY	The ability to fully dorsiflex the ankle — impacts sprint mechanics, landing quality, and push-off efficiency.
FOOTWORK SPEED	The rate at which the feet reset, adjust, and reposition — directly impacts save range and dive timing.	ACTIVE RANGE OF MOTION	The range a keeper can move through while generating force — the functional target for goalkeeper physical training.
IMPULSE RESPONSE	A fast, instinctive physical reaction triggered before conscious thought — the foundation of all reflex saves.	SPLITS SAVE FLEXIBILITY	The hip and groin range needed to perform a fully extended split-style save on low-wide balls near the post.
STIMULUS-RESPONSE	The neurological cycle of detecting a threat and executing a response — can be shortened through deliberate practice.	THORACIC MOBILITY	Rotation in the upper spine — affects how smoothly a keeper can track and adjust to balls hit across their body.
PROCESSING SPEED	How fast the brain reads information (ball flight, attacker movement) and converts it into a physical action.	WARM-UP MOBILITY	Targeted joint preparation before training or a match to ensure full movement range is available from the first action.
REACTION BALL DRILLS	Training with an irregular-shaped ball that bounces unpredictably — develops reflex speed and hand-eye coordination.	PASSIVE FLEXIBILITY	Maximum stretch range without muscle activation — important baseline but less directly applicable than active range.

POWER	• The combination of strength and speed — the ability to generate force rapidly, used in diving, jumping, and distribution.	VERTICAL JUMP	• The height a keeper can reach above their standing position — a key measure of aerial threat capability.
EXPLOSIVE POWER	• Maximum force production in minimum time — the primary physical quality separating elite goalkeepers from the rest.	APPROACH JUMP	• A jump taken after a run-up — typically more powerful than a standing jump due to converted horizontal momentum.
HIP POWER	• Force generated from the hip extensors — the engine behind diving range, jumping height, and sprinting speed.	STANDING JUMP	• A jump from a stationary position — the most common type used on corners and high crosses in the penalty area.
GROUND FORCE	• The force pushed into the ground during a jump, dive, or push-off — more ground force produces more explosive movement.	TWO-FOOT TAKE-OFF	• Jumping from both feet simultaneously — used for maximum balance and height in contested aerial challenges.
PUSH-OFF POWER	• The strength and explosiveness of the leg driving the body into a dive or jump — determines lateral range.	ONE-FOOT TAKE-OFF	• Jumping from a single foot after an approach run — generates more height with proper mechanics and momentum.
CORE STRENGTH	• The stability and force production of the trunk — essential for body control during dives, landings, and recoveries.	JUMP TIMING	• Taking off at the exact moment needed to meet the ball at the highest point — the most critical aerial skill.
LATERAL POWER	• Explosiveness directed to the side — the direct foundation of a keeper's diving range and lateral save ability.	PEAK HEIGHT	• The maximum point reached during a jump — where the keeper should contact the ball for optimal control.
CONTACT STRENGTH	• The ability to hold position and control the ball under physical pressure — important during crosses and aerial challenges.	KNEE DRIVE	• Lifting the knee explosively during a jump to generate additional upward momentum and attack height.
GRIP STRENGTH	• Hand and forearm strength — affects catching security, distribution power, and control of a wet or fast ball.	ARM SWING	• Using arm momentum to assist the upward drive during a jump — a key mechanical detail for maximizing jump height.
VERTICAL POWER	• Explosiveness directed upward — used for high crosses, aerial challenges, and over-the-bar saves at full extension.	AERIAL DOMINANCE	• Consistently winning aerial balls through timing, height, and decisive action — the hallmark of a commanding keeper.

SAQ	Speed, Agility, and Quickness — the three physical pillars specifically trained to improve goalkeeper athleticism.	LINEAR SAQ	Speed-focused drills run in a straight line — sprints, acceleration work, and breakaway simulations.	BALANCE	The ability to control body position and maintain stability during both static and dynamic movements.
PLYOMETRICS	Explosive jump and bound exercises that develop power through rapid stretch-shortening muscle cycles.	LATERAL SAQ	Side-to-side focused work — shuffle patterns, lateral bounds, and side-step drills for GK positioning.	DYNAMIC BALANCE	Maintaining control during movement — staying balanced while diving, landing, or lateral shuffling.
BOX JUMPS	Jumping onto and off an elevated platform — builds vertical power and landing mechanics simultaneously.	T-TEST MOVEMENT	A common agility pattern combining forward, lateral, and backward movement — used in assessments.	STATIC BALANCE	Holding a stable position without movement — the foundation of a solid ready stance and set position.
BROAD JUMPS	Horizontal explosive jumps — develops forward and lateral power transfer for diving and sweeping.	FOOT-EYE COORDINATION	Connecting visual input to foot movement — especially important in distribution and sweeper situations.	PROPRIOCEPTION	The body's internal sense of position — allows keepers to adjust without looking at their feet during saves.
LATERAL BOUNDS	Single-leg explosive side jumps — directly builds the lateral power used in diving saves across the goal.	COORDINATION	The synchronization of multiple body parts — hands, feet, hips, and eyes working together in every save.	BODY CONTROL	Managing limb placement, weight distribution, and momentum simultaneously during explosive actions.
HURDLE DRILLS	Stepping or jumping over low hurdles — develops hip mobility, coordination, and quick feet patterns.	TWO-TOUCH SPEED	How quickly a keeper can catch, reset, and redistribute — important in fast-paced possession play.	HAND-EYE COORDINATION	The brain-hand link that allows the eyes to track a ball and the hands to respond accurately in time.
RESISTED SPRINT	Sprinting with a resistance band or sled — builds acceleration mechanics and lower body explosive power.	WARM-UP PROTOCOL	A structured pre-training or pre-match routine to prepare the body physically for full effort safely.	LANDING MECHANICS	Controlled, safe contact with the ground after a jump or dive — protects joints and enables quick recovery.
OVERSPEED TRAINING	Running with assistance to train the nervous system to move faster than its normal maximum velocity.			VESTIBULAR CONTROL	Balance maintained through the inner ear — keeps the keeper stable during rotational or falling movements.

RECOVERY	Returning to a ready position or defensive shape after a save, dive, or physical action in the match.	HIP FLEXOR HEALTH	Maintaining strength and flexibility in the hip flexors — one of the most overused muscle groups in keepers.	REST-TO-WORK RATIO	The relationship between action periods and recovery periods in training — mirrors real match demands.
POST-DIVE RECOVERY	Rising from the ground efficiently and returning to set position — critical and often undertrained skill.	ROTATOR CUFF HEALTH	Shoulder stability work — critical for keepers due to high volume of catching, diving, and throwing.	FATIGUE MANAGEMENT	Knowing when to push intensity and when to protect the body — critical for keepers in multi-game weeks.
REACTIVE RECOVERY	Getting back into position quickly enough to deal with a second shot, rebound, or immediate transition.	KNEE HEALTH	Strengthening quads, hamstrings, and glutes to protect the knee joint during landings and saves.	LOAD MANAGEMENT	Monitoring and controlling training volume and intensity to avoid overuse injuries over the long season.
RECOVERY RUN	Sprinting back to goal after being caught out of position on a sweeping action or wide play.	SLEEP & NUTRITION	The two most important recovery tools — adequate sleep and proper fueling directly impact physical output.	DOMS	Delayed onset muscle soreness felt 24–48 hours after intense training — a normal adaptation response.
WORK RATE	The overall physical output and effort a keeper sustains consistently throughout a full 90-minute match.	PHYSICAL RECOVERY	The body's process of restoring energy, repairing muscle, and reducing fatigue between training sessions.	PREHAB	Proactive exercises to strengthen vulnerable areas before an injury occurs — prevention over treatment.
AEROBIC BASE	General cardiovascular fitness — supports concentration, effort, and physical performance over the full game.	OVERUSE PREVENTION	Structuring training load to avoid repetitive stress injuries — especially important for young developing keepers.	REHAB	Structured recovery and reconditioning after an injury — returning to full function safely and progressively.
ANAEROBIC OUTPUT	Short, high-intensity efforts (dives, sprints, jumps) — the dominant energy system for goalkeepers.	MUSCLE ACTIVATION	Low-level exercises to wake up key muscle groups before higher-intensity work begins in training or a match.	COOL-DOWN PROTOCOL	Post-training movement and stretching to aid circulation, reduce soreness, and begin recovery.
ACTIVE RECOVERY	Low-intensity movement done between sessions to speed up recovery and reduce next-day soreness.			SOFT TISSUE WORK	Foam rolling, massage, or manual therapy to address muscle tightness and improve tissue quality.

SECTION 4

COMMUNICATION & MINDSET

Commands · Leadership · Mental

TOPICS COVERED

- **VERBAL COMMANDS**

"Keeper!" · "Away!" · "Leave it!" · "Wall!" · "Step!" · "Press!" · "Hold!"

- **COMMUNICATION PRINCIPLES**

Early communication · Decisive call · Authoritative tone · Consistency

- **LEADERSHIP CONCEPTS**

Command presence · Accountability · Trust-building · Culture setting

- **MENTAL PERFORMANCE**

Composure · Visualization · Cue words · Process focus · Optimal arousal

- **PRESSURE, ADVERSITY & IDENTITY**

Mistake recovery · Resilience · Growth mindset · GK identity



VERBAL COMMANDS

21 calls · Every command a goalkeeper must know and use

"KEEPER!"	The keeper's call to claim a ball — must be loud, early, and decisive to communicate full ownership.	"HOLD!"	Instructing the defensive line to stay in place and not step forward — maintains shape and coverage.	"FAR POST!"	Directing a defender to cover the back post — prevents an unmarked run to the far side of the goal.
"AWAY!"	A command to defenders to clear the ball — used when the keeper cannot or should not come for it.	"STEP!"	Directing the defense to push the line forward — often to play attackers offside on a through ball.	"WALL!"	Organizing defenders into a wall on a free kick — followed by number of players and position calls.
"LEAVE IT!"	Telling a teammate to let the ball run through to the keeper — requires trust and precise timing.	"DROP!"	Instructing the defensive line to retreat and hold a deeper, more protected position behind the ball.	"SIX!"	Calling to organize defenders in the six-yard box on a corner or set piece delivery.
"MAN ON!"	Warning a teammate that an opponent is closing in from behind — gives them time to react.	"PUSH UP!"	Directing teammates to move higher up the field as a compact unit after winning possession.	"OUT!"	Directing everyone to step forward as a unit after a clearance or claim — resets the defensive line.
"TURN!"	Telling a teammate they have space and time to turn with the ball — no pressure from behind them.	"LINE!"	Reminding defenders to maintain their defensive shape and stay level with each other across the pitch.	"BOX!"	Calling for teammates to get into the penalty area — typically to receive a goal kick or short pass.
"TIME!"	Letting a teammate know they are not under immediate pressure — they can take a touch and settle.	"SET!"	Alerting teammates that a set piece is about to be taken — everyone must be organized and ready.	"YOURS!"	Telling a teammate that a ball is their responsibility — opposite of "Keeper!" — assigns ownership clearly.
"PRESS!"	Commanding defenders to close down the opponent on the ball — triggers the team's defensive press.	"NEAR POST!"	Directing a defender to cover the near post on a cross or set piece — closes the most dangerous angle.	"SHORT!"	Indicating to a teammate the keeper wants a short pass rather than a clearance — initiates possession play.

COMMUNICATION PRINCIPLES

10 points · Standards and principles behind effective keeper communication

EARLY COMMUNICATION	Calling before the play develops — giving defenders maximum time to respond and organize themselves.	PRE-MATCH COMMUNICATION	Establishing expectations, patterns, and cues with defenders before the game begins — sets the defensive standard.
LOUD AND CLEAR	The standard for all keeper commands — must cut through crowd noise, match intensity, and player movement.	CALM VOICE	Maintaining a composed, controlled tone during high-pressure moments — panic in the keeper's voice spreads to the team.
DECISIVE CALL	A command with no hesitation or uncertainty — ambiguity in calls causes collisions, missed clearances, and goals.	AUTHORITATIVE TONE	Speaking with confidence and conviction — the keeper's voice should signal control, not uncertainty or hesitation.
REPEATED CALL	Saying a command more than once to ensure it's heard and understood under match conditions and crowd noise.	COMMUNICATION CONSISTENCY	Using the same calls in the same situations every time — predictability builds trust with defenders over time.
TWO-WAY COMMUNICATION	Both giving and receiving information — listening to teammates' calls is as important as making your own.	HALF-TIME COMMUNICATION	Addressing defensive shape, marking assignments, and set piece organization during the break with clarity.
NON-VERBAL COMMUNICATION	Using hand signals, eye contact, and body language to communicate when verbal calls can't be heard.	IN-GAME ADJUSTMENTS	Updating teammates on tactical changes, threats, or positioning shifts as the game evolves throughout the match.

COMMAND PRESENCE	• The ability to project authority and confidence that organizes and reassures teammates — the keeper's most visible leadership quality.	CONSTRUCTIVE FEEDBACK	• Correcting a teammate's error in a clear, supportive way that improves performance without damaging their confidence.
DEFENSIVE LEADER	• The keeper's role as the last line of defense and primary organizer of the entire backline — ownership, not just position.	TRUST-BUILDING	• Earning the confidence of defenders through consistent, clear communication and reliable decision-making over time.
FIELD GENERAL	• A keeper who reads the game from behind and directs the entire team like a coach on the field — the complete leadership role.	EMOTIONAL REGULATION	• Managing personal emotions during the game to maintain a stable, trustworthy presence for the entire team.
OWNERSHIP MENTALITY	• Taking full responsibility for the space, decisions, and culture in and around the penalty area — no excuses, no deflection.	BODY LANGUAGE LEADERSHIP	• Using posture, eye contact, and energy to communicate confidence — teammates read and reflect the keeper's body at all times.
ACCOUNTABILITY	• Owning mistakes without deflecting — acknowledging the error and immediately refocusing on the next action.	CULTURE SETTING	• The keeper establishing the standards for effort, communication, and character within the team environment.
SETTING THE STANDARD	• Modeling the level of effort, communication, and professionalism expected of the entire team through your own actions.	ORGANIZING ON SET PIECES	• Taking charge of wall placement, marking assignments, and positioning before every dead ball — every single time.
POSITIVE REINFORCEMENT	• Verbally affirming a teammate's good action — builds confidence in defenders and strengthens the defensive unit.		

MENTAL RESILIENCE	• The ability to recover from mistakes, setbacks, and adversity without a lasting drop in performance or focus.	PROCESS FOCUS	• Concentrating on what you control — technique, effort, decision — rather than outcome (score, result, opponent).
COMPOSURE	• Remaining calm and focused under pressure — the most prized mental quality in any goalkeeper at any level.	PRESENT MOMENT FOCUS	• Staying locked on the current moment — not replaying past mistakes or worrying about future scenarios.
CONFIDENCE	• A keeper's belief in their own ability — built through preparation, repetition, and positive competitive experience.	NEXT-PLAY MENTALITY	• The instant reset after a mistake — acknowledging it and immediately returning full attention to the game.
SELF-EFFICACY	• The specific belief that you can execute a skill or action successfully in a given moment under pressure.	MINDFULNESS	• Non-judgmental awareness of thoughts, sensations, and environment in the present moment — a trainable mental skill.
FOCUS	• Directing attention to the right cues at the right time — tuning out distractions and irrelevant information.	COGNITIVE REFRAMING	• Changing the interpretation of a situation — turning "I made a mistake" into "I have information to improve."
CONCENTRATION	• Sustaining focus across an entire match — including long periods of inactivity followed by sudden explosive demands.	POSITIVE SELF-TALK	• Internal language that reinforces confidence and execution — replacing doubt with constructive, action-oriented cues.
OPTIMAL AROUSAL	• The ideal mental and physical activation level for a keeper to perform their best — not too relaxed, not too anxious.	CUE WORDS	• Short, powerful words used to trigger focus, reset, or execute a skill — examples: "Set," "Track," "Reset," "Next."
AROUSAL CONTROL	• Managing energy levels before and during a match — breathing, routine, and self-talk are the primary tools.	PRE-PERFORMANCE ROUTINE	• A consistent sequence of physical and mental actions before a match or training to reach optimal readiness.
VISUALIZATION	• Mentally rehearsing saves, distributions, and decisions before they happen — trains the brain like physical reps.	BREATHING CONTROL	• Using deliberate breathing patterns to manage arousal, calm the nervous system, and restore focus mid-game.
MENTAL REHEARSAL	• Pre-performing scenarios in the mind — scripts the body for real execution when the moment arrives in a match.	PERFORMANCE ANXIETY	• Excessive nervousness that impairs decision-making and movement — recognized and managed, not suppressed.

MISTAKE RECOVERY	Acknowledging an error and returning to full performance engagement immediately — the defining resilience skill.	GOALKEEPER IDENTITY	A keeper's sense of self and belonging in the position — "I am a goalkeeper" as a core and valued identity statement.
BOUNCE-BACK ABILITY	How quickly and completely a keeper recovers confidence and performance level after conceding a goal.	ROLE CLARITY	A clear understanding of responsibilities, expectations, and strengths within the team and the position itself.
ERROR COMPARTMENTALIZATION	Setting a mistake aside mentally to prevent it from affecting the very next action in the game.	PREPARED CONFIDENCE	Confidence built through deliberate preparation — not arrogance, but the earned belief that comes from hard work.
PRESSURE INOCULATION	Training under simulated pressure so real match pressure feels familiar, manageable, and not overwhelming.	BRAVERY	The willingness to take risks, make decisions, and act under uncertainty — a trainable mental quality, not just a trait.
ADVERSITY TOLERANCE	Maintaining effort and focus when conditions are difficult — bad weather, losing scores, hostile environments.	COURAGE UNDER FIRE	Making the right decision (coming for a cross, diving at feet) even when the physical or emotional risk is very real.
RESILIENCE CYCLE	The repeatable pattern: experience adversity → acknowledge → reset → re-engage — each loop is trainable.	GROWTH MINDSET	The belief that ability develops through effort and learning — essential for long-term goalkeeper development at any level.
EMOTIONAL RECOVERY	Returning to a neutral emotional state after a frustrating event — prevents compounding errors in the same game.	FIXED MINDSET	The belief that ability is static — limits a keeper's willingness to try, fail, and ultimately grow from experience.
HIGH-STAKES MOMENTS	Penalties, 1v1s, final minutes — moments where mental readiness determines outcomes as much as technique does.	IDENTITY SEPARATION	Keeping performance outcomes separate from personal worth — a bad game does not make you a bad goalkeeper.
GRIT	Passion and sustained perseverance through difficulty — a long-term mental quality developed over seasons, not sessions.	COACHABILITY	The openness to receive feedback, adjust, and grow — a defining mental quality of every successful goalkeeper.
ACCOUNTABILITY W/O SHAME	Taking responsibility for mistakes without internalizing them as a reflection of personal identity or worth.	CHAMPION MENTALITY	A commitment to excellence in preparation, effort, and standard — regardless of opponent, score, or circumstance.