

When You Find a Good Goalkeeper - Don't Lose Him

By [John Carragher](#)

You have to admit, these guys are special... so make them feel special.

Goalkeepers need a different approach to training than other players.

Other sports can help goalkeepers. Encourage them to participate in a wide range of sports, particularly those which call for good hand-to-eye co-ordination.

From table-tennis to ten-pin bowling, from basketball to cricket, there are lots of other sports that can improve their speed of reaction and help them get stronger and more flexible.

Some things to say to your players:

- "You are unique amongst your team of seven or eleven players".
- "There is no more technical role, no more specialist role, on the football pitch than that of a goalkeeper".
- "If you are really serious about being a goalkeeper, then you may have to consider taking lessons from a professional goalkeeping coach. In such lessons you can practise and learn under the eyes of an expert".

"You'll be in the company of other, young, aspiring goalkeepers. So that while goalkeeping can be lonely, you can be at least sure of one thing: you are not alone".