

# 7 Skills a Goalkeeper Really Should Master

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In this part, I will present 7 fundamental tips for your success on the soccer field. It is therefore critical to read these tips several times and really make sure to understand the point!

## 1. Talking

One [thing that many goalies forget](#) is to talk with their teammates. Always talk with your players during a soccer game.

By communicating you will make it easier for your teammates to mark the opponents. This is really important because without marking, your opponents will be able to do whatever they want.

Another thing to keep in mind is that your teammates will not be able to see the whole field and it is therefore vital to tell them which opponents they should mark.

Don't yell at them when they make mistakes. Instead, encourage them even when a mistake costs your team a goal.

## 2. Quick Reflexes

Having quick reflexes is the most important aspect of all goalies. Having poor reflexes is like jumping into water without knowing how to swim.

Reflexes is something that will not come by itself, you have to practice on it often and regularly.

Skillful goalies always work hard to improve their reflexes and if you want to be one of them you need also to do your best to improve that part.

My experience is that the best way to gain good reflexes is to either play as indoor soccer goalkeeper or get into a handball team.

Peter Schmeichel, the former Man United goalkeeper, said once that he would never become best in the world if he wasn't combining his soccer goalkeeping with handball goalkeeping.

### 3. Covering Angles

To [become good at goalkeeping](#) you will also need how to cover angles. The nearer you are your opponent the harder it will be for them to get the ball past you into the net.

If you an opponent is running completely free toward you, whatever you do don't stand on the line and hope for the best!

Instead, run quickly towards them and make yourself big. However, you should not lie down too early on the ground when going for the ball.

A skillful opponent will wait for you to make the first move to make it easier for him or her to get around you.

One good strategy you can use is to wait instead for your opponent to make the first move and then quickly dive and grip the ball.

### 4. Reading Opponents

Most players will generally look to where they are going to shoot, unless you have some pretty skillful forward against you.

So what can you do in these situations when the opponent is really good and you cannot decide where he will shoot by reading their body language?

Well, one strategy you could use is to look at the supporting foot of your opponent. The direction of their foot is usually the direction that he/she will shot.

If you are really serious you could study one or more videos of your opponent and see what they are doing in particular situations.

This is what professional soccer players do before every soccer game. They study their opponent's body movements and what they are doing in situations like 1 vs. 1 to learn how to stop them.

### 5. Diving

Diving is also important for you and you should always try to land on your side and grip the ball fast in to your stomach.

Don't dive with your head first, instead perform the dive from the side to protect your head.

The danger with diving with your head first is that your opponent may kick your head instead of the ball which may result in a serious injury.

## **6. High Balls**

During the corner kicks you should place two of your teammates at each post.

You are not Superman and cannot fly 5 yards in the air; you need therefore someone that helps you protect the goal especially during the corner kicks.

When your opponent kicks the ball into your 18 yard box you must either try to catch it or punch it away.

However, you need to really analyze the situation carefully. You should not run 10 yards from your goal line just to catch a corner kick, instead, let your teammates kick the ball away.

Skillful goalies always jump for the ball using the knee of their non supporting leg to protect themselves.

You need also to do this because jumping for a high ball may really hurt if you don't protect yourself from the opponents.

This is completely legal and you should always use it.

## **7. Game With The Feet**

You don't have to have great ball skills with your feet but you should be able to receive, pass and clear the ball with precision.

This is critical as your players must be able to pass the ball back to you when they are under high pressure.

A goalie who can't master the [fundamental soccer skills](#) will never become successful!

## Summary

It always surprises me how many people believe that [becoming a successful keeper](#) is like playing the lottery.

They don't realize the amount of hours these keepers have sacrificed a lot of their free time to become what they are!

To become as successful as they are, goalkeepers have to sacrifice a lot of free time and devote themselves at practicing very hard.

Remember, nothing comes for free and if you really aim for the stars and plan to [become a successful goalkeeper](#), you'll need to sacrifice your own time as well!