



INTERNATIONALS
Soccer Club



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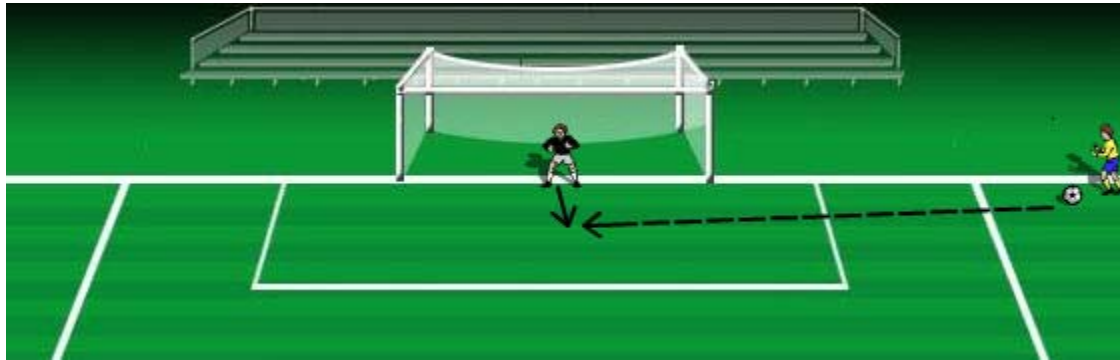


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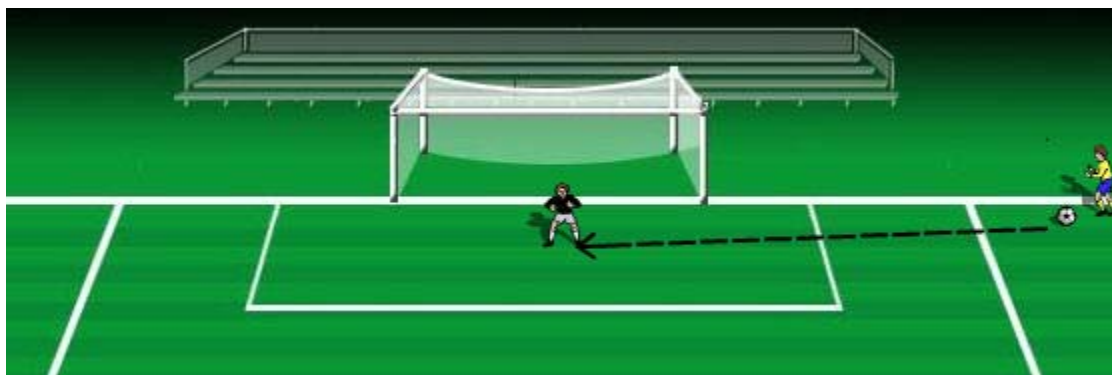
Goalkeeping: *Getting your shoulders square in order to catch.*

In order to be able to catch a ball consistently, it's important to be able to get your upper body turned so that your shoulders are directly facing the flight of the ball.

Using a cross as an example, if the cross is hit from the keepers left and is played in front of the keeper, the keeper will come forward to meet the ball



If the keeper tries to catch the ball without getting their upper body turned to their left so that their upper body is facing the path of the ball, they will find it extremely difficult to hold onto the ball





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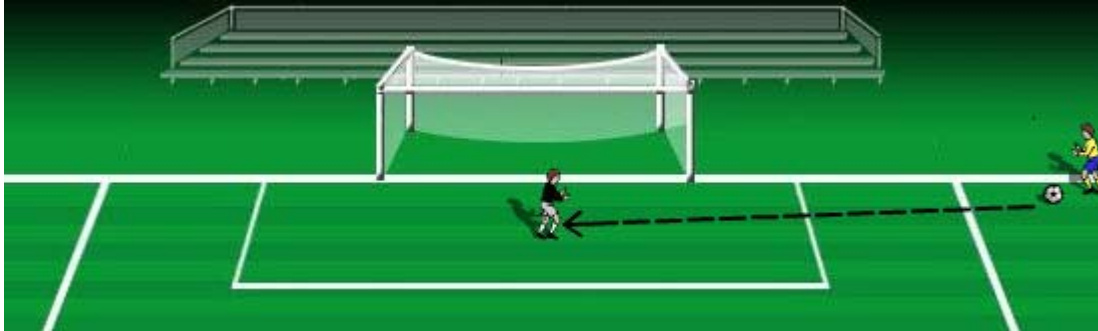


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On the other hand, if the keeper can get their body turned so that their upper body is facing the flight of the ball, it becomes a lot easier to catch the ball.



While it's helpful to get the whole body turned to face the direction the ball is coming from, if you can't get your whole body turned, at the very least, you will need to get your upper body tuned in order to catch the ball.

If you aren't able to get your upper body turned to face the direction the ball is coming from, you will most likely have to punch the ball rather than catch it (see <http://www.finesoccer.com/edition6.htm> for more on catching vs punching).

This article is based on an article written by Lawrence Fine of www.finesoccer.com .