Goalkeeper Notes

Sports Do Not Build Character...They Reveal It
--John Wooden

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“Becoming a Champion Water Polo Goalie” DVD is available.
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**How many goalies have heard or coaches uttered, “Just go over there and do some laps”?**

Being a water polo goalie is a unique position and requires specialized training to perfect. It can be a foreign world to coaches and so this manual is as much for them as it for goalkeepers themselves.

When we examine why we decide to become a goalie, what do you think about? Why are we getting in the way of something being thrown hard at us? Is it because the person throwing the ball at us is TRYING to get it BY us? The challenge and the reward for me is to keep a player, intent on getting an object by me, from succeeding. Strange? Yes. A little.

So, in order to succeed in this quest to not let anything get by us, we need to block the ball. Many coaches (including myself) have been known to tell a goalie, “Just block the ball!” It seems pretty simple right? It’s not. But that is what this manual is for.

We will first look at our general responsibilities within the game. How are we interacting with our teammates? What do we need to know to be successful generals in the water? Following this will be an overview of the types of shots that we will be facing - from outside shots, center shots, lob shots, and one on goalies (notice that I didn’t say one-on-nobody, we are NOT a nobody).

Moving on from there we will talk about drills and techniques that will give us the best shot to well... block the shot. Many of these drill are centered around four main areas of emphasis. They are my mantra: High, Wide, RPM and “Living in the Triangle”. High refers having your knees high in the water. Wide refers to have your “base” (legs) be as wide as possible. RPM refers to how quickly your legs are rotating (how much power we are creating). “Living in the Triangle” refers to our positioning within the triangle that is formed by the two posts and the ball. When we have mastered all four of these skills, then we will be very tough to beat. With High/Wide/RPM we will be giving ourselves TIME to react to a shot and with finding the perfect spot within the triangle we give ourselves the best possibility of blocking the ball.

Finally, we will finish with a “Troubleshooting” guide for goalkeepers. What are the common problems that face all goalkeepers? Are our hands too deep? Am I on my chest? Why am I swinging at the ball? All of these issues are addressed here. For coaches and goalies alike, it is important to familiarize with these common problems.

Do not be mistaken! The goalkeeper IS the backbone of a strong defense and strong team. It is an incredibly important, intense and difficult position to play. There is no grey area - the ball got by us or we blocked it. It is not for the faint of heart. We need to be confident in our abilities, but recover our composure quickly when we fail. It is a huge challenge and hopefully within these pages, you can find the key to rising to that challenge.
CHAPTER 1  GOALIE KNOWLEDGE

1.1 FRONT COURT DEFENSE

You are the general!! It is very difficult to play field and to get a good overall view of what is going on-- only the very best players can visualize and "see" the pool as well as a goalie. Goalies are able to see the field MUCH better than field players! It is therefore one of your responsibilities to communicate and run the defense. This will be in coordination with your Center defender (where they are and what they want) and the coach.

Do we need to drop?
Has the Center defender lost position?
Should we press?
What kind of drop?
Do I NOT want someone to shoot? Do I want someone to shoot?
Do we have the right matchups? Is there a mismatch at set that we need to help with?
What is the offense running?

1.2 5-6 Movement and Position

This is too big a topic to be covered in a few paragraphs, but I will go over the basics. Your team is at a disadvantage-- we have one less player than the other team, therefore it may seem that there are open players everywhere. All the players in the pool have specific responsibilities-- mostly to make the cage smaller for you. They are all responsible for at least 1 foot of cage. They will be trying to funnel the ball to you- ensuring that all the shots are in your halo. If the defense does their job, then the only openings will BE THROUGH YOU!! What funneling ideally does is not just limit the amount of cage that you have to cover, but to limit the amount of lateral movement that you have to do. This doesn't mean that you can relax-- 5on6 player down is very very hard and generally the offense is able to pass and move the ball freely. It is very important that your turnover rate is very quick and that your hands are light in the water (working, but not too deep).

If the ball goes to the 1 or 6 position (the deep wings in a 4-2 offense) you will need to step down and back into the goal to help your defenders-- as the ball is passed to the 4 and 5 positions, then you will need to step up and out of the goal-- towards the shooter. This is important, as don't forget about how much angle a shooter will have on the goal, if we are on the goal line. We want to come out and cut off the angle.

Although, everyone has responsibilities to help and a goal might not "be your fault"-- is important to help out our teammates as they are trying to help us out. Try to put yourself in the eyes of the shooters--
What are the shooters looking at?
Do they see the holes in the defense that you see?
What are they working for?
Who are their strong shooters?

Try to anticipate what they are doing- where is that shooter looking? Ideally a team wants to score 60% of the 6-5’s on offense. On defense you want to hold them to 40% success rate. Player-up situations are a very large part of water polo. A strong player down defense can be the difference in a Championship game.

1.3 PASSING KNOWLEDGE

We are the generals of the pool. The counter attack is a very important part of our leadership.

Some of the things that we need to think about:

1. Do we have a breakaway
2. Is there a frontline counter (1onG, 2 on 1, 3 on 2)?
3. Do we have a left-handed player in the pool?
4. Where is our Center player? Which side is he/she going to set on?
5. Has my teammate done a good job releasing?
6. Are they stationary? (We generally don’t want to throw to someone who is sitting, especially if they are guarded).
7. What do I want to "tell" my player by the position of my pass?
8. Do we have a back line (or 6-5) counter?
9. Does the team know?

All of these questions should be addressed-- sometimes within the span of less than a second!!

The general checklist for passing on the counter-attack is as follows:

1. 1st look is down center-- Do we have a BREAKAWAY??
2. 2nd look is for a Front Line (or First Line) counter attack. These are the defensive players who were defending the 2,3, and 4 positions. Is there a 2 on 1, or 3 on 2?
3. Third look is a Back Line or 2nd Line Attack. At this point, if there is not a frontline counter attack, we should be paying attention to where the my team's Center is going. Are they more towards the 2post (left side of the pool) or the 3post (right side of the pool)? Ideally, by getting the ball out to the side of the center, we can save our offense lots of time by already getting the ball to the correct side. Conversely, if we put the ball to the wrong side, then our team has to work hard and spend time to get it back over the correct side.
4. If we can not determine where the center is going and we might have a back court advantage, we need to get the ball out. In this case, then we would like get the ball out to the Right side of the pool. Why is this? The answer is that most of the players in the pool will be right handed. Therefore, if we bring the ball up the right side of the pool, when we make a cross-pass, the receiver (who will mostly be right-handed) will be able to receive the ball strong-side (with their right hand).
5. **Fifth look is to the Left.** This is if there is no release for a breakaway or to the right side. This is a less ideal pass (Unless the Center player is going towards the 2 post- more later) because of the same reason as above. Now if there are left handed players in the pool, then they will be able to receive a cross-pass strong sided. But in general it is less ideal to pass along the left side.

6. **Sixth look is short or to the Center defender.** Is there a 6 on 5 counter? Meaning did your Center defensive player counter the Center offensive player after they took a shot? This player should be up on the counter attack nearly every possession. BE VERY CAREFUL THROWING TO THIS PLAYER!! It is very dangerous to throw down the center of the pool if most of the defense is already back on Defense. This pass HAS TO GO to your players hand- a good defense will jump your player if it is a bad pass or if they think that they have a chance to make a steal.

Again to repeat-- do not throw the ball to someone who is sitting. YOU HAVE CONTROL. IF need be, have them swim back towards you to receive the ball. DO NOT FORCE A PASS THAT YOU ARE UNCOMFORTABLE THROWING!

You can tell your teammates a lot about the situation they are facing by the kind of pass that you throw.

IF...They are open and have no defender between them and the goal, then you can lead them into the counter. This means that you put the ball over their head and in a line that will lead them towards the goal. You do not want to "take them out" of the counter-- this means that the ball is wide of where they need to go and they must swim out of their way (maybe allowing the defense to catch up and cover them). By putting the ball ahead of them, you are telling them that they have some time and that they can go straight to the cage.

IF...A defender is close to them or if they will need to make a pass immediately upon receiving the ball from them-- then the ball needs to be on their hand. By passing your teammate a ball that is catchable-- then you are telling them that they need to be prepared for a defender or to look for an additional pass right away. You are warning them. They should NOT tip a pass forward that they are able to catch. Any ball that can be caught should be caught.

IF...A defender is RIGHT ON TOP OF THEM-- the ball needs to be passed away from the defender and most likely wet. This allows your teammate to help protect themselves from getting the ball stolen from them. They are able to seal off the water and then protect the ball. IF this pass is dry to the hand, your player will be less likely to be able to protect the ball from being stolen.

Again by your pass you are telling your team LOTS of things. So, in addition to having to be technically proficient, the correct decision by you will have to be made in terms of where and what kind of pass will need to be made. This is something that you will constantly be learning and adjusting throughout your career, but the basics are above.
### 1.4 Communication

A goalie's primary job is to block the ball. A close second is to run the defense. I have already discussed the goalie as being the backbone or general of the team's defense and in order to be successful at this job, goalkeepers will need to communicate. Gaining the trust of the field players and in turn, trusting them, comes about through excellent communication. So what kind of things am I talking about? Firstly, we need the field players help to make our goal smaller through the use of field-blocking (funneling the ball). In their field blocking, field players are expected to take away one foot of cage. Unfortunately, since they are facing away from the goal and generally out a distance, they will need our help to know WHERE they need to take away. Again, our main focus is the ball, so we would like to keep our communication direct and succinct. For example: Left, Right, Good, back, and knockdown. KIS, keep it simple. Generally, since we are focused on ball, this has to be nearly a subconscious decision and our communication should not distract us from the ball (thus why we are so short and direct). If we are constantly talking, then we can become easily distracted. Additionally, our field players may tune us out.

We will also need to direct our team defense. We will need to be in close communication with our coaches in order to know what defenses we are running. The decision on which defense will be run will most times hinge upon the position of ONE player. That player is the opposing teams center. When the center does not have position (meaning that our center defender is between them and the ball), we would like to stay in a press defense. When, our team’s center defender loses position (meaning there is no defender between the center and a potential entry pass), generally, we will have to call a defense to adjust to that situation. This will be in coordination with our own center defender and again it will be decided by their center and where they are. If the center is closer to the 3 post, then it would be ideal to have help from the 3/4 side. If they are closer to the 2 post, then help from the 2/3 side would be better suited. We need to be the conduit to let our team know the position of their center by calling out the correct defense to best handle the situation. The most important information that you can give is to tell your team that your center defender has lost a fronting position. We would use the terms "behind", "help", "drop".
CHAPTER 2:  SAVE SITUATIONS

2.1 OUTSIDE SHOTS
This is where most of our action will come from. Within a frontcourt setting there will be lots of movement including drives and post-ups. Fortunately, when we are in front court we will have good help from our field players. Your defenders will help you out by either pressing the ball so that a shot is difficult to take (ball is under pressure) or by using a shot-blocking arm to take away one foot of near side goal (in a drop). One thing to consider when the ball is in the frontcourt and that is that it is “game on”. Meaning that for approximately 20 seconds (30 seconds minus counter attack time) we are working. It is very hard and takes too much time to go from 0mph to 100mph. By the time our legs are ready to go, the ball is already by us or we are “late” on it. When the ball is in the frontcourt, our legs need to be in their great Base Position with really high RPM there therefore we are going 90mph already when the shot comes and we just need a little extra oomph when the shot comes.

With all the movement and the need to direct the offense it is easy to forget about the most important part of the game, the BALL. We must know exactly where the ball is at all times. We must have confidence when we face outside shots. They are NOT expected to go in- they are called “natural” goals and generally there are very few “naturals” scored in a game. Shooters DO NOT score from the outside. One thing that you can do is set a goal by saying that no one scores on me from 8 meters and out. Then when you get more confident move it to 7 meters and so on.

2.2 CENTER SHOTS

There are some responsibilities that you will take and some that you will share with your Center defender.

Center defenders will generally play strong side (unless they have pushed the offense outside the post). This means that if a Center offensive player is right handed, the defender will play on their left shoulder. This is to take away a strong-side turn, sweep shot, or layout. These are generally the stronger shots or moves available to a Center player. What is difficult for the defender to take away is the backhand and weak side turn. Therefore, the goalie needs to be responsible for the NEAR SIDE backhand. The defender should be able to hit the elbow of the offensive player if they attempt a backhand that goes cross-cage. Therefore, the goalie is PRIMARILY responsible for nearside backhands, BUT needs to help on ALL shots out of set.

Now- we are assuming that you have not been able to come out and steal the ball. The offense has done a good job of locking you and keeping you in the cage. The ball then goes into set. Here are some general things to look for and do.

First-- look to see which side of the ball the Center offensive player puts their hand on. Assuming they are right-handed--- if they place their hand on the RIGHTSIDE of the ball, then they are probably looking for a step-out, a sweep shot, a strong-side turn.
If they place their hand on the LEFTSIDE of the Ball, they are most probably looking for a backhand shot or weak-side turn.

Secondly, try to come out and cut off the angle. The closer that you can get to the point of the ball-the less cage or angle they will have to shoot at. If they don’t have time and need to shoot quickly, then we can try to come right out behind their right elbow. This is assuming that the Center offense if close to the 2M line. If they are farther out, then we can’t come too far out of the goal. Now, if the Center offensive player has time, then you need to play more conservatively and can not come out of the goal as far-- because with time, the offense will be better prepared to lob on you.

The position that you want to have as you try to block a set shot-- is to be vertical-- legs are underneath you and working very hard-- your arms should be directly out to your side with a 90degree bend at the elbow. The elbows should be along the water line. The reason for this is that the width that you take up along the water line is doubled with your arms straight out and elbows bent. If you have your arms straight and in a "Y" then you are giving up space along the water for the shooter. I call this the Cactus vs. Y (or field goal) problem. We want to be a cactus!

Remember that: IT IS EASIER TO GO LOW TO HIGH THAN HIGH TO LOW. Therefore we take away low and give them high and then we can take that away more quickly than vice versa.

ALSO: Remember that as soon as you take your hands out you lose your mobility-- DO NOT TAKE THEM OUT TOO EARLY. This is something that you will have to adjust-- if a shot goes by you without getting your hands out- then we need to get them up earlier, but in general, try to keep your mobility as long as possible. Get to know your competition- who shoots quickly from set and who takes a longer time?

Time: Remember that the closer that you are to the shooter the less time you have to react to the shot. So on shots out of the Center position- when we are right behind the shooter (cutting off the angle), we should have our hands out. The farther away we are, the more time we have to react- and thus can have our hands light in the water instead of UP.

2.3 BAD ANGLE SHOOTING

One of the things to think about with a shot from the bad angle (from the deep wings) is that the shooter is looking at very little cage. The angle or amount of cage the shooter sees is no bigger than when you do pull-downs in the "Halo". It is a mindset- no one should score on you bad angle. How many balls get by you when you warm-up with pull-downs? Not very many I’m guessing. Bad angle shots should be NO DIFFERENT.

There are four main things to think about:

- You still need to step towards the ball- don't get lazy.
- Have your shoulder closest to the post be IN Front of the post. This near-side arm should be nearly straight up along the bar-- with a slight bend at the elbow- which allows you to be
off the post a little bit. Your far arm (away from post) should be out along the water with a 90-degree bend at the elbow.

3. **HOLD YOUR WATER!!** Don't let the shooter fake you out or get you to move-- again, they have very little to shoot at-- let them hit you. If you start waving your arms or trying to move to the ball-holes will open up. Again, hold your ground and get up big. **DO NOT FALL FORWARD!!** Keep your legs. Also make sure that your far shoulder stays back-- this makes it easier to move across the goal if there is a cross pass.

4. **TIME.** Similar to a Center shot—the closer the shooter to you the more you will have to have your hands out as you will have less time to react to the shot. The farther they are away, then we can have our hands in- **BUT READY!!**

### 2.4 ONE on GOALIE

Tackling this is something that is very difficult and can be approached in a number of ways. I will talk about a process that is more advanced and may NOT be right for your team or your abilities. Eventually, I would like everyone to be able to implement some of these techniques, but until you are very comfortable in the cage I would check with your coaches as to what they want.

I am of the belief that goalies can be pro-active, meaning that they can help to dictate the play of the other team and not just **REACT** to what they are doing. Reacting in terms of a counter-attack one-on-goalie (NOT one-on-nobody!) is to stay in your cage and wait for the offensive player to come down and move the ball across the cage. As soon as the offense is able to get both of your hands out of the water- you lose most of your lateral mobility. They will still have one hand available to help them move laterally and so the advantage goes to them. So I do not recommend staying in goal and waiting for a player to move you in this way. They will have the advantage.

Here is what I would like to see us (goalies) do (psst . . . don't tell the field players)-- again some of this is more advanced stuff and should be adjusted to your abilities, swim speed, training and coaches preference.

We want to start by coming out of the goal to intimidate the pass from the goalie. How far you come out is determined by how fast you are and how comfortable you are, but generally we should not be out past the 4meter line. Can you get the pass? If not-- you don't have to swim straight back to the goal (unless you are very far out, which you shouldn't be). As the offensive player receives the ball, slide back towards the goal-- keeping your hips ups-- we are "drifting" back to the goal. It is possible that the player will turn and see you out and try to lob-- this is the shot that we would be ready for. If we "surprise" a player on the counter attack, very often they are not prepared to take the shot that we give them (the lob) and they will miss or shoot poorly. (**THIS IS PRO-ACTIVE playing-- we are GAMBLING.** We are hoping to surprise the offense- sometimes they will be prepared and we will get scored on-- but I believe that it is better to take the chance than to sit back in the cage and wait. The advantage goes to the shooter when this happens and they get our hands out. This could be something that you think about down the line however, as it is more advanced!!) If they don't “fall into our trap” but taking the lob, but instead swim the ball in towards the goal, we will
continue to "drift" back into the goal, again keeping our hips up so that we have good mobility. Did they mishandle the ball? Then we could steal it! Now if they still have not taken a shot and we are back into our goal-- then we need to start to get our legs back underneath us. The idea is to keep the distance between the player and ourselves the same, until we get back into our goal. Again, we want to keep our hands in as long as possible-- is the shooter a threat yet? When they are a threat to shoot, then you will have to get Vertical and bring your hands out.

Finishing the end-game in the vertical position. This technique is similar to that of how we handle 2M shots with arms at a 90degree bend-- taking away low and giving high and above head. These are things that we can then take away. Understand that the closer that the player gets to you, the more angle that you are taking away. When we get our hands out in this situation, we will still be taking away a lot of cage, this is especially true if the player is attacking one on goalie from a bad angle. In that either case, we need to also consider that one of the player’s options is to lob the ball. Since we already have our hands out of the water, we need to throw one hand back into the water as quickly as possible to help us get as much height as possible. Since the player is so close, there is no time for the standard lob technique (discussed in 2.5) so the move is generally straight up. In all situations, it’s important to get our legs underneath us and to not fall towards the shooter.

2.5 LOB COVERS

Generally lobs are taken at a bad angle, where the shooter is at a disadvantage due to the amount of cage a goalie takes up. The shooter is aiming for halfway up the inside of the far bar. That is where we want to meet the ball. The lob shooter has to put the ball over you, but it still has to go in the goal, so we try to block it where it will cross the goal line (or it’s lowest point). We do not want to go straight up and meet the ball at the apex. Therefore, we need to cover a lot of distance in the cage. The best way to do this is to get a good step with the lead leg (right leg if you’re jumping right, etc.). You will have to turn your body back towards the goal, pull strongly on the water with your lead arm and cross over your body with the NEAR SIDE Arm. A shot that comes from the 4/5 side (lefty's side) would be saved with the left hand (or near side hand). With the 1/2 side (righty's side) the save would come from the right hand. Follow the ball into your hand and again meet it at the far post instead of at its apex.

When we do “laps” of lob covers: Get positioned--> lob cover --> then get reset. You should be able to get about 6-8 covers per lap. Make sure to switch which way me make our lunge.

2.6 DIRECT SHOTS (5m Foul shots)

These shots are when a player is fouled outside of the 5m-line. The offensive player then gets a “free shot” at the goal. The fouling player must allow the offensive player ‘some’ space to shoot the ball. Your defensive player will still be allowed to get a shot-blocking arm up to help the goalie with shrinking the cage. The offensive player must shoot the ball in one smooth movement without delay. This is a rule where the definition and boundaries are CONSTANTLY being pushed by the shooters. They will hesitate, they will move forward and they will play games. My
recommendation is to play the ball and attempt the save for ALL attempts. It is then the referee’s decision to turnover the ball if they feel the shot was illegal. We can attack this shot *slightly* different than a regular shot because the shooter can’t fake (although again this is a boundary that is being pushed). We would like to cut off the angle as best we can and so we can come forward on the ball *a little bit* early. We do not want to show our cards too early or the player will have the opportunity to lob the ball or alternatively they might also pass to a shooter at the wing who can then shoot behind you- so be careful! As the ball is being fouled, make sure to let your defender know where you would like them to take away: strong side or cross-cage (right side or left side).

### 2.7 PENALTY SHOTS

The first thing to note regarding Penalty shots and the technique in which to approach them- is that there is no right way or wrong way. Each goalkeeper will have his or her own style and technique. After all, this is the ultimate battle of wits- a chess match against the strongest opponent of the opposing team (usually). If we can do something that is ‘out of the ordinary’ or unorthodox (and non-repeatable), then perhaps we can gain the edge on an unsuspecting shooter. Some goalies prefer to play ‘go with’ two hands, while others prefer to bait. Let me break down the basics of what we want to accomplish with our technique and I’ll review my ‘standard’ technique for blocking Penalty Shots.

Although the shooter can shoot with a slower motion or with a quick wrist action, the one thing that they can’t do is fake the ball. We want to try to use this to our advantage. Our technique for a ‘live’ shooter in the front court is to keep our legs underneath us- however, since on a Penalty shot, we know that the shot is coming and that it is coming in a limited amount of time (no fake), then we can take advantage of that knowledge by coming forward towards the shooter and cutting off their angle. It’s an EXTREMELY rare shot, where the shooter will lob the ball- therefore, we can take advantage of coming out towards the shooter EVEN more. Obviously, as goalies we will also have to elevate out of the water in order to block the ball. For us to both go forward towards the shooter AND elevate out of the water- we want to have our body and legs at a 45° in the water. If our legs are directly underneath us—then we would be getting vertical, but we would not be able to come forward to cut off that angle. Since the rules state that our head needs to be on the goal line—that means that there will be a lot of cage on either side of us. Since the shooter is so close, there will be very little time to figure out which side they are shooter—and thus no time to step to that side (as we would normally). We MUST go forward towards the shooter and at the same time be able to elevate. These are the basics of the geometry and the fundamental technique. At this point there are certainly different styles.

One physical limitation that we have as goalkeepers is that our muscles work much more quickly when they are going from a lower position to a higher position, than going from a higher position to a lower position. What I mean by that as we are coming forward, it is preferable to go from ‘low to high’. This is fortuitous because one of the more common Penalty shots is the skip shot. If we stay low as we come towards the shooter (taking away that skip shot) it is much easier to adjust to a higher shot with the arms. We do want to use those arms/hands to help us pull forward (and up)
towards the shooter, but it needs to be a quick move and they should be out of the water directly after pulling that water—spread as wide as possible. We pull and sweep low with the hands-while being prepared to adjust high. This is generally the technique in which I use.

Playing games: After all, this is the fun part of the game. Games can be on the line and a stop should invigorate and inspire your team to victory. A penalty shot block can easily change the momentum of a game. At ALL levels, it’s important to know and study both penalty shot shooters in general and especially individuals who you see often. What are their tendencies? Individuals are creatures of habit, therefore they have their ‘favorite’ spots to shoot—we need to know these and be ready. When they know that we know, that’s when it gets interesting (and when smart goalkeepers shine). I encourage everyone to take notes on tendencies and to be that student of the game. There are several ‘games’ that we might be able to try as a goalkeeper. The first is very subtle- where we set up just slightly off of the center of the goal—just enough for the field player to notice, but for them to think that it’s by mistake. Then when we come forward we ‘shade’ to the side that we’ve ‘given’ them. It’s possible to also do a head fake one direction and jump back the other. Generally, I prefer to try to come out as much as possible and to take away that angle with a slight emphasis on one side or the other. This is where each goalie will find their own style.

Lastly, it’s very important to note that prior to the signal from the referee, that our legs are really working and pumping- ready to explode up and forward. In terms of the timing of everything, as soon as the referee raises their hand to indicate that everyone is in position, I start moving forward towards the shooter. Although technically we aren’t supposed to move before the whistle, this is generally accepted game play. The earlier that we’re able to move, the closer we’ll be able to get to the shooter (the less angle that they’ll have). Obviously, this should be done within reason or the Penalty shot will be re-taken.
CHAPTER 3  Basic Warm-Up and Movement Drills

3.1  Warm-Up   (All)

Below are the basic drills and training for goalies- no matter what the level! They are meant to basically go in the order listed as they build into each other. It is important to maintain a standardized warm-up.

100 Free-style
100 Breast
50 Triple-Kick
100 Water polo IM
   25 Butterfly Arms/ DOUBLE-Breast stroke Kick
   25 Backstroke Arms/ Scissor Kick
   25 Breaststroke
   25 Free/scissor kick

2 laps hips-up
2 laps eggbeater

3.1a  Wall-Push   (All)

This is a very easy, quick way to get warmed up. IF we ever find ourselves with very little time to warm up our legs (which unfortunately can happen), this is the drill that we want to do. By facing the wall and pushing with our hips up we can get very warm! We want to alternate between eggbeater, breaststroke and flutter kick. Since we're in the vertical position, there is less pressure on the groin than if we were to do vertical work. It's best to start slow and gradually pick up intensity. Transition between stroke should be between 4- 10 seconds.

3.2a  Start/Stop #1 (Counter Attack Steal)   (All)

This is a drill that focuses on anticipating and intimidating a pass out of the cage from the opposing goalie. This is similar to a sprinter. There is no need to worry about quick vertical motion- your body can be on top of the surface of the water. Hips are up and legs are cocked ready to "explode".

There are two options here- one is to make yourself known and maybe kick some so that the other goalie knows that you are there- thus intimidating them from making the pass. The other option is to get your head low in the water (so that the other goalie) has difficulty seeing you and then "sneak" out of the goal. Again, you will be ready to swim hard for a pass that you feel that you can steal, if it is a good pass, then you can slide back into the goal. When you do decide to come out of the goal to make a steal, swim to the ball, sweep it with an outstretched hand and flip it away from the offense. Then cock your leg and change direction to where you have flipped the ball. This will
require several more strokes after your initial swimming. DO NOT STOP when you get to the ball--you must get the ball away from the player and stay away from the offensive player!

**Start and Stop (counter)**

<table>
<thead>
<tr>
<th>Steps</th>
<th>Teaching Emphasis</th>
<th>Water Polo Specific</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Horizontal Position- ready to swim on bad pass.</td>
<td>1 Strong flutter kick</td>
<td>1 Counter Attack awareness</td>
</tr>
<tr>
<td>2 Eggbeater going in “ready position”.</td>
<td>2 Sweep ball away then get away from field player</td>
<td>2 Decision making</td>
</tr>
<tr>
<td>3 Explode to ball</td>
<td>3 Explosive start</td>
<td>3</td>
</tr>
<tr>
<td>4 Swim for approximately 4yd.</td>
<td>4 Quick decision- to steal or not?</td>
<td></td>
</tr>
<tr>
<td>5 Sweep “ball” away- then change direction to follow.</td>
<td></td>
<td></td>
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</tbody>
</table>

**3.2b Start/Stop #2 (Center Entry Pass Steal) (All)**

Coming out to for a center pass steal. In this case you will be in a vertical position (front court game situation). You will be focused on a perimeter shooter and although you would like to anticipate the pass to set--you must honor the shooter (if they do a good job of locking you). On the pass to set, you are transitioning from a vertical position to a horizontal swimming position. The quickness of this transition is very important. Again, get to the ball and sweep it away (from underneath) to open water- then swim to the ball. Again we want to NOT STOP and to stay away from the offensive player. If the Center player gets the ball before you get to it--then you will need to quickly regain your legs and get as vertical and high out of the water as possible. You can’t continue to swim at them if they have the ball--you must get into as good a "goalie" position as possible.

**Start and Stop (set)**

<table>
<thead>
<tr>
<th>Steps</th>
<th>Teaching Emphasis</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Vertical position (ready for shot)</td>
<td>1 Quick transition from Vertical to horizontal.</td>
<td>1. Awareness of when to come out.</td>
</tr>
<tr>
<td>2. Over hips and Explode to ball</td>
<td>2 Strong flutter.</td>
<td>2. Decision-making.</td>
</tr>
<tr>
<td>3. Swim for approximately 2yd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Sweep “ball” away- then change direction to follow ball</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3.3 DRIFTING

Drift Lap #1. Drifting (lateral sculling) - switch side every 2 lanes.  *(All)*
Drift Lap #2 Drifting (sculling) coming over hips for jumps.  *(Intermediate/Advanced)*
Drift Lap #3 Drifting backwards to Vertical lob cover  *(Advanced)*

Drifting is very important. Staying on top of the water keeps our mobility. We DO NOT want to sit in the goal and wait for the game to come to us. We want to direct and dictate what is happening in front of us. We want to anticipate and try to make the offense do what we want them to do. Being mobile is a big part of that. As we get Vertical in the water, we become less mobile. This is most important on the counter attack defense when the ball can move more easily and we need to be ready-- maybe even having the ball go to the person that WE want by our actions??

**Drifting Lap #1**

<table>
<thead>
<tr>
<th>Steps</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Horizontal position</td>
<td>1. Look for hips on surface of water. NO plough</td>
<td>1. Starting to think about moving in goal-</td>
</tr>
<tr>
<td>2. On side- approx. 45 deg tilt</td>
<td>2. Want to be water dynamic. (Body in straight line)</td>
<td>leading with legs</td>
</tr>
<tr>
<td>3. Hips-Up! Legs on surface</td>
<td>3. Look for speed</td>
<td>2. Counter defense-staying mobile in goal</td>
</tr>
<tr>
<td>4. Legs lead- body follows.</td>
<td></td>
<td>before we go “vertical”.</td>
</tr>
<tr>
<td>5. “Slip” water when straightening legs- Pull hard when bending.</td>
<td></td>
<td>3. Covering water when out of position.</td>
</tr>
<tr>
<td>6. Pull with lead arm and push with trail hand.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Switch “side” of tilt every lane.</td>
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</table>

**Drifting with Over-Hip Lunge  (Drift Lap #2)**

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<thead>
<tr>
<th>Steps</th>
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</thead>
<tbody>
<tr>
<td>1. Same as above for Drift.</td>
<td>Transition from horizontal drift position to regaining</td>
<td>1. Big pull with top leg- this is a first</td>
</tr>
<tr>
<td>2. Every lane- come over hips for lunge to direction you are drifting.</td>
<td>legs/support for lunge. Quick/smooth move.</td>
<td>step to other drills.</td>
</tr>
<tr>
<td>3. Big pull with top leg- and push with trail arm</td>
<td></td>
<td>2. Leading lunge with the legs</td>
</tr>
<tr>
<td>4. Like a step out or lunge steal</td>
<td></td>
<td>3. Stepping toward ball.</td>
</tr>
<tr>
<td>5. Bring upper body over legs for balance/support.</td>
<td></td>
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</tr>
</tbody>
</table>
CHAPTER 4: DEMONSTRATIONS

4.1 HIGH and WIDE Demo (Base Position Demo):

Demo on how important it is to get legs high and wide. Partner up. One person is doing eggbeater the other is pushing down on their shoulders. Push down with the same intensity all 4 times. You only need to go for a short amount of time-- switch after all four.

1. Eggbeater as high and wide as possible.
2. High knees- narrow base
3. Low knees- narrow base
4. HIGH AND WIDE

<table>
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<tbody>
<tr>
<td>Partner up. One person doing eggbeater following 4 steps below. Partner is pushing same amount on shoulders for each. Only 5-7 sec. each. Then switch positions.</td>
<td>1. Pay attention as pusher and receiver 2. Ask what they learned</td>
<td>1. Importance of a broad base. 2. Wider the base the more support and balance in the water. 3. Stability and ability to recover balance. 4. Importance of Flexibility</td>
</tr>
</tbody>
</table>

4.2 Life Guard Entry (Base Position Demo)

This Demonstration serves multiple purposes. It is definitely challenging, but at the same time fun to do. We are entering the water from the deck and trying to keep our heads from going underwater. It’s very similar to the “Life Guard Entry” that is taught to all lifeguards, but with one catch—we don’t get to use our hands to help. All the work of keeping us from going under water is done with our legs. In addition to showing us why it’s so important to have the wide base, this drill also shows why we need to have really fast RPM’s (Rotations Per Minute). The faster the legs are working, the more quickly they will ‘catch us’ and keep our heads from going under. Our entry into the water (from the deck) is very similar to being at the top of our lunge--- when we are ‘up there’. If we don’t get our legs working again after a lunge, then we will certainly sink. The drill shows why it’s so important to get those legs working quickly to aid in our recovery after a lunge. After a lunge
there is a tendency to rest or even stop our legs- relying on our hands to do the recovery (or even going under water on a regular basis). It's imperative to 'restart' the eggbeater immediately after we complete our lunge move. Repeat several times, as there is dramatic improvement over even 3-4 entries.

4.3 Up/Hold Demo (Base Position Demo)
Goalies rarely pay attention to how fast or hard their eggbeater is going. Additionally, they don't necessarily know how hard/fast their eggbeater needs to go to get elevation from the water. This is a very simple drill and demonstration. We are just jumping straight up getting two hands out of the water. When we do this, we want to only pay attention to how hard our legs are working. Notice how fast our legs are moving in order to achieve that elevation? That's it! It's important to know the correlation. When are legs are moving this fast, I get up this high.

4.4 VORTEX Competition and DEMO (Power Demo)
This is both a competition and a demonstration of the power of the eggbeater. We don't usually get a sense of exactly how much power we create with our eggbeater. It's pretty impressive. We can see all the water eddy's and water movement, but we don't usually get a chance to FEEL the power. All you really need for this is two people. Though, to make it a competition you will need a third person to be the judge (and additional competitor). One person at a time goes underwater and will hold their hand close to the eggbeater of the other person(s). It's important to wear goggles, so that you do not get kicked. The idea is to get down deep enough to feel the power coming off of the eggbeater- both from the side and from the bottom. With a group of three or larger, we can crown a Vortex Champion- or the goalie with the best Vortex! Why is it that one person wins over another? Are they just stronger? Do the make a wide circle with their lower leg? Do they 'whip' their foot and use it as a paddle? Are they wasting power? These are all things to examine for both your partner(s) and yourself. You should now have an appreciation of the power that we can create.

4.3 ARM PLACEMENT Demo:
Demo on where to correctly position arms in “ready” position. While in water, cross your legs at the feet (relying on your arms/hand to keep you afloat). Third iteration should be the easiest to get up and also have maximum height.

   1. Arms straight out to sides of body--- try to get up!
   2. Arms straight out to the front of you. Hands nearly touching--- try to get up!
   3. Arms shoulder width apart. Slight bend elbows—try to get up!
ARM WIDTH- Demo

<table>
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<tr>
<th>Steps</th>
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<tbody>
<tr>
<td>Vertical Position with legs crossed</td>
<td>1. Importance of where we want our arms to be.</td>
<td>· Arms out in front of us where they are will be able to block the ball (out in front).</td>
</tr>
<tr>
<td>1. Arms straight out to sides from shoulders- 10 seconds of getting up as high as they can using only arms</td>
<td>2. Three little bears â€œjust right!â€</td>
<td>· Much stronger when blocking in front of body then along plane of body or behind.</td>
</tr>
<tr>
<td>2. Now arms straight out in front- nearly touching: 10secs of getting up as high as possible.</td>
<td>3. Shoulder width apart.</td>
<td></td>
</tr>
<tr>
<td>3. Now arms shoulder width apart. 10 sec getting up.</td>
<td></td>
<td></td>
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</tbody>
</table>

4.4 BLOCKING POSITION Demo:
Demo to show importance of blocking the ball early (out in front of you) versus to the side or behind you. This is done on land. This should indicate how much stronger we are when our arms are out in front of us. Back and chest muscles are involved versus shoulder and arm muscles.

1. Hold arm out in front of you at 45degree angle (90 being straight up/ 0 being straight out). Partner pushes on arm, imitating the power of a shot.
2. Hold arm straight up (along plane of your body). Partner repeats pushing motion.
3. Hold arm back behind you (and to the side). Partner repeats pushing again.

Ideal Blocking Position Demo

<table>
<thead>
<tr>
<th>Steps</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. On land work with partner</td>
<td>1. Strength of Arm at various positions.</td>
<td>1. Light hands allows hands to get out earlier</td>
</tr>
<tr>
<td>2. “Blocker” places arm in three different positions (Forward, Side, Behind)</td>
<td>2. When arm is behind plane of body- it is a ramp to the goal.</td>
<td>2. Strong legs free hands</td>
</tr>
<tr>
<td>3. Pusher, pushes the same amount each time</td>
<td>3. Difference between goal and deflection</td>
<td>3. Better control of ball</td>
</tr>
<tr>
<td>4. Switch roles.</td>
<td>4. Ask where they are the strongest.</td>
<td>4. Rebound stays in front of you.</td>
</tr>
<tr>
<td></td>
<td>5. Can show them that a pinkie finger can push an arm backward that is behind the body.</td>
<td>5. Less likely to hit hand and go in goal.</td>
</tr>
</tbody>
</table>
CHAPTER 5:  BASE-POSITION AND LUNGE,  
Technical Aspects and Drills

5.1 HIGH AND WIDE  (Base Position)  *(All)*

(FWD/Side/Side/Back). This is the key to being a strong and balanced goalie in the water. The wider your legs will go and the higher your knees are towards the surface of the water, the stronger you will be in the water. Arms should be shoulder width apart and IN the water; however you DO NOT USE your arms/hands. Stay balanced the whole time. Make sure that your hips and body are directly above your legs (even when you go lateral). Goalie should be in a seated position. You are walking forward very slowly—this is not a race. Make sure that circle created by eggbeater is pointed towards the bottom of the pool.

<table>
<thead>
<tr>
<th>Steps</th>
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</tr>
</thead>
</table>
| 1. Seated position.  
2. Legs and feet below body (even when going lateral)  
3. High knees/ Wide legs  
4. Hands in water. Right below surface of the water—DO NOT USE!!!  
6. Shoulders out of water. | 1. Balance-  
3. Legs and feet below body.  
4. No hands.  
5. Power towards bottom of pool. | 1. This will be “base” position.  
2. Training the lower body to realize that it is in charge of movement NOT arms.  
3. Freeing up hands to do the blocking. |

5.2 BARNACLE STRETCH  *(All)*

This is a stretch that should be done everyday and can be done in the water. Facing the wall and grabbing with both hands- put your knees onto the wall and spread your legs out as much as you possibly can. The legs should be bend at the knees. This should really work and stretch your hip flexors.

5.3 DANCING WITH PARTNER  *(All)*

Although we might be able to influence where the ball is passed on offense, generally we are reacting and adjusting to where the offense is passing the ball. We don’t control where we go!
Therefore “Dancing” is designed to take immediate action from outside stimulus (our partner leading us). Two goalies face each other in ready position. Arms slightly bent with fingertips touching (goalies will not be using their hands to maneuver). The leader then moves left/right/back/forward and the follower has to make the adjustment to keep the fingers tips from losing contact. DO NOT BEND Or MOVE YOUR ARMS—this movement should all be done by using your legs!

Dancing with Partner

<table>
<thead>
<tr>
<th>Steps</th>
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</tr>
</thead>
<tbody>
<tr>
<td>· Base position                                                       · Explain “cheating”- Shouldn’t move hands to adjust                                    · Always being having a balanced position</td>
<td></td>
<td></td>
</tr>
<tr>
<td>· Hands just below surface of water                                   · Only use legs to move                                                                  · Always ready for a shot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>· Don’t use hands                                                    · Be aggressive when leading                                                              · Intuitively moving and adjusting to where the ball is going.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>· Fingertips touching                                                · Not a waltz- more boogie!                                                               · High rate of RPM for legs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>· Leader moves any direction- Follower follows as best they can</td>
<td>· Great Base Position</td>
<td></td>
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</tbody>
</table>

5.4 CONE DRILL (Stepping Drill) (Intermediate/Advanced)

Stepping from cone to cone (cones should be around 1foot apart). Try to get body centered on each cone after taking a step. This is working on our lateral motion. It is also good to open up and strengthening our hip flexors and legs to take a wider and wider step (going farther and farther). It is also a drill to help up balance after making a big move.

1 lap hands out
1 lap hands in
1 lap hands out.

5.5 WASHING MACHINE (Intermediate/Advanced)

It is preferable if this is done with jugs with water. It can also be done with a Heavy Balls that are more readily available. The amount of water or weight will obviously be dependent on your strength and ability. But it is best with water as the center of gravity tends to shift with the water and it sloshes. Take the jug (or heavy ball) and hold it out to your side with outstretched hands. Then WITHOUT bring your hands back to you, move your body TO the JUG. You will again need to cock or angle your body towards the jug– and then take a BIG step towards the jug. This will both feel and look awkward-- this is what I want. This is a drill to help with the recovery of your legs, when you make a big jump or move and are off balance. The jug forces the goalie to be out of balance. It will also help with the ability to take bigger/larger/stronger steps laterally. But the most important this is that it forces you to quickly regain your balance and position. Again- take a big step to the jug or HB
5.6  **CORNER HB TOSS**  *(Intermediate/Advanced)*

This drill is taking all of the drills that we've done so far and combining them. The receiver will be in the corner of the pool with two players/coaches on the deck throwing the balls or heavy-balls. The receiver will have to "TURN AND FACE" to the ball. This will require take a step with the lead leg, turning the body and squaring to the shooter and receiving the ball. Follow with hands and head- return ball to the tosser and then other tosser will be throwing the ball in quick succession. Legs should not stop. It is similar to Mini-Jumps in that respect. So, back and forth between the two tossers to determined length. The tossers should be about 1 yard away from corner. Twice through 20 tosses each.

5.7  **Iron-Cross Stepping Drill**  *(All)*

This drill will further improve our lateral stepping ability. Although it will be most effective if done with a group of three people, it can also be done solo *(explained below)*. This drill isolates the stepping motion and takes the arms and hands completely out of the equation in regards to movement. Two of the people will be holding water polo balls *(or lacking that- holding up their hand)*. The ball is the target for the player who will be in the middle. The active goalie in the middle will have their arms and hands just above the water level and held directly outstretched to their sides *(no bend elbows)*. Their arms should be pointing directly towards the players with the balls. The skill that we are working on is our laterally step. We are stepping so that our already outstretched arms/hands touch the ball being held by our partner. There will be a HUGE tendency to put our hand back into the water to 'catch' ourselves from falling and help with the recovery. Part of the drill will be to fight that urge and to force the legs to do the recovery. Head and eyes should be watching the hand touch the ball. There are 3 progressions of this drill. One person should stay in the middle until they have completed all three progressions. It's important to know that the holders should be just forward of the active goalkeeper- to ensure that the step is going slightly forward and not directly to the side or backwards.

- Targets are placed within relatively easy reach of the active goalkeeper. Ball should be on the surface of the water.
- Targets are extended away from active goalkeeper making it more challenging *(but not impossible)* to touch the ball. Ball should still be on the surface of the water.
- Targets are raised above the surface of the water approximately 1 ft. Maintain that challenging distance. Holders might have to adjust closer.

*To do this drill without assistants—find a corner of the pool. Face the corner and adjust your depth in the corner to the appropriate distance. Make sure that you’re stepping forward just slightly on each ‘lunge’.*
5.8 MINI-JUMPS (All)

Mini-jumps (MJ) are taking our HI/WIDE lap and starting to think about what we will be doing with our hands. The arms are outstretched in front of you (shoulder width apart) there is a slight bend in the elbow. For MJ we are working on taking our hand out of the water to block the shot from THEIR START POSITION. Do not bring them into your body!! Do NOT SWING in an arc! Follow the ball with your head- and DO NOT SNAP your head back to the center. We want to have your hand go from point A (start position) to point B (where the ball will be). We do not want to have two moving objects trying to hit each other (arm and ball)-- we want to have the hand/arm be a wall and to have it be in place when that ball comes. We do not want to have two missiles trying to hit each other. We want a missile and a wall. In addition to bringing the hands out-- for MJ I also want to take a step towards the ball. This should be a small step-- MJ should not be a big jump: just small jumps back and forth. Additionally-- your legs should CONSTANTLY be MOVING in MJ. There should be NO down time with the legs- recovery is immediate and you should be ready to jump to the other side right away.

This is a drill that you should be totally controlled in doing- No flailing! Please note that this drill has previously been called “Euro”.

Mini-Jumps

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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Regular Base Position</td>
<td>1. Eyes and head following ball!</td>
<td>1. Beginning of full lunge</td>
</tr>
<tr>
<td>2. Moving forward (with Lunges) slowly</td>
<td>2. Quick recovery with legs for next jump</td>
<td>2. Teaching legs to recover for next thing</td>
</tr>
<tr>
<td>5. Hand straight to ball</td>
<td>5. Be quick and determined with lunge</td>
<td></td>
</tr>
<tr>
<td>6. Eyes and Head towards ball</td>
<td>6. Arm out to side (not up)</td>
<td></td>
</tr>
<tr>
<td>7. Recover and jump again</td>
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<td></td>
</tr>
</tbody>
</table>
5.9  **DINOSAUR ARMS  (Body to Ball)  (All)**  

This is a simple drill that is JUST focused on moving body to ball. It's the basic building block and should be one of the first drills done with goalies at ALL levels.

- **FIRST LEVEL: T.REX**  
  Elbows and arms locked to sides. Hands should be near your shoulders- you CAN NOT USE THEM!! Shooter throws soft lofty "shots" over each shoulder- pointing left and right. Step towards the ball- do not land on your stomach or on your back. Do not turn lead shoulder "back" into cage (no Ole's). Come forward and meet the ball. Go for the block, but CAN'T USE hands. Turn head towards ball NOT away.

- **SECOND LEVEL: ALLIGATOR** (honorary Dino) Elbows locked to sides. But forearms can come off of body. Repeat above with slightly wider shots. You can not adjust your arms do not move them from their starting point. Use body to block ball. Again, worry about legs and stepping forward towards ball- not about actually blocking ball.

- **THIRD LEVEL: PTERODACTYL** Bent elbows with arms out to the side. Again you CAN NOT adjust your arms from their starting point. Shot should be wider. Still only focus on stepping and correct body motion, not on blocking the ball.

5.10  **ONE-HAND OUT LUNGE  (All)**  

This is another incremental step prior to that full lunge. The idea behind this drill is to prove how far we can lunge without the use of our lead hand. By starting with the lead hand out of the water, it is amazing at how quickly we can lunge for the ball. Although we are sacrificing some distance, you will be surprised how far you can make a lunge. We are making a big step with the lead leg and pushing with our trail leg. Our trail hand is also pushing. Head and lead hand to the ball (tied in with the step). The lead hand will be just out of the water and should not be used at all to propel us.

5.11  **THE FULL LUNGE  (All)**  

Combining our base position work (High/Wide/RPM) with the Dino Arms and Mini-Jump Drills we are ready for the Full Lunge. Don't forget with a good base position and correct position in our triangle, we have time to wait on the ball- we don't want to guess and move early. What we do want to do is once we know where that ball is going, we want to get up as big as we can, go as wide as we can, and stay up as long as we can (while still using correct technique!). We don't ever want to "pull-away" or help gravity in any way. We want to do our very best to get as much body behind a shot as possible. You will find that if we use the correct technique that shots that we initially missed, we will get a fingertip on. Again getting stronger, shots that we get our fingertips on, we
will eventually get our hand on. It all comes from the basics of Base Position, Mini-Jumps and Dino-Arms.

Some things to remember:

1. Head to the ball!!
2. Light hands
3. Stay off of your chest
4. Follow through- Do not pull away from corners (head, body or arms)
5. Hands should not end up back near your body.
6. Follow ball with your eyes all the way into hands.
7. Do not snap head back center
8. Wide legs
9. NOT Up and then OVER. Go straight to corner.
10. Lead with legs and not with upper body.
11. Step to ball.
12. Watch and meet the ball out front of you. Go slightly forward for every jump
13. Land on side not front or back
14. Use trail hand to push the water.
15. Do not swing in rainbow (or wax on) motion. Arm goes straight to ball.

5.11 Double Step Lunge Technique  (Advanced)

This is an advanced concept, so please don't get discouraged if it takes time to master. It is in line with the idea that we always want to be doing eggbeater. The time where our legs are NOT working should be infinitesimal. On the back end of the lunge, we have discussed how quickly we need to recover with the eggbeater in order to help with our balance recovery. On the front end, we can also lengthen the amount of time that we're doing eggbeater by trying to get one more RPM rotation in on the final step. For most shots, we are stepping ONCE towards the ball and our legs stop moving. In this Demo, we are stepping TWICE towards the ball. There is a second very quick rotation with that lower leg. In this way we're extending our eggbeater for longer. This will allow us to stay up longer and go farther on our lunge. This will be especially useful for shots that are from farther away (and take longer to get to us) and shots that are off-speed. If we commit to the shot perhaps earlier than we should have (reacting as if it's a hard shot- when in fact it's a soft shot), then we will have a better ability to “stay up” and get to the corner by using this technique.
**5.12 CANNONBALL RUN (Intermediate/Advanced)**

This is very challenging and is good for conditioning.
The set starts with one shooter at each post. They each have 2 balls. There is a goalie in the goal facing towards the goal and away from the shooters. Goalie does 4 high corners—they will then turn and face the shooters. The first shot is from the shooter who is opposite the side that the goalie finishes on. All the shots will be near-side. The shots should come quickly- the idea is that we are off-balance/out of position and we need to do whatever we can to get over to the shot (including taking a big step with the lead leg). Shooters focus on the timing so that the goalie has a chance to block the ball. Although it will be tough- don’t wait until they are in position!

**5.13 FOLLOW THE LEADER (All)**

Each person leads for 8 jumps
One of the main things about being a goalie is working on hand eye coordination. From all the above drills, we have done a good job of understanding what the body should be doing to prepare for a shot, where to be for the shot, and how we should be blocking the shot. Up until now, we’ve known with prior knowledge where the ball will be going-- not something that happens in a game so for the follow the leader drill, you will not know which way you will be jumping (left/right/up). The leader can go either direction, different combinations, etc. The people who are following are only looking at the front person- NOT the person in front of you! If you are in back you will have to look up and over to see the first person! All the trailing people should be exactly together. Do not forget that the leader can make several jumps quickly- so do not relax! You are reacting to outside stimulus and are trying to react correctly and quickly.
CHAPTER 6  MOVEMENT / VISUALIZATION / REFLEX DRILLS

Note: There are many different styles of goalkeeper and of goalkeeper movement. There are many successful goalkeepers who have techniques that differ greatly from what I am teaching. However, I feel that those goalkeepers are the exception rather than the rule. In the following two demonstrations I compare two competing ‘styles’ with the hope that you will have a better understanding of the ‘pros’ and ‘cons’ of each.

6.1 STEPPING DEMO (HAND OUT vs. HAND IN)  (All)

This first demonstration focuses on whether the goalkeeper should take their lead hand out of the water on a cross pass step or leave their hand in the water. To get a better sense of the difference, we need to isolate the upper body—so go ahead and cross your legs in the water. With your hands in their ‘ready’ position, imagine that there is a short cross pass from the 3 spot to the 2 spot. Take your right hand out of the water completely, swing it to the side and then make a big pull of the water towards your body. Notice how, as you took your right hand out of the water, that your lower body swung to the left- AWAY from where you wanted to go? Now repeat the drill, with the exception that your right hand quickly slides to the right while staying just below the surface of the water. Then you are again pulling towards your body as before. Did you notice that your lower body didn’t swing quite as far to the left this time? Although the impact could be small, I do believe that there is a benefit to leaving your hand in the water for these cross-pass move(though always the hand shallow). Play around with this on both sides and experiment!

6.2 UBL (upper body lead) vs. LBL (lower body lead) -- DEMO  (All)

Similarly, with a bigger cross pass, there are two differing ‘styles’. I call them, UBL and LBL- or Upper Body Lead and Lower Body Lead. They both serve the purpose of moving quickly through the water to reposition into our new triangle position. The advantage of the UBL is that we can go farther. The disadvantage is that we might not have time to get our legs back underneath us before the shot is taken. The advantages and disadvantages of the LBL are completely the opposite. If we lead with our lower leg first, then we will not be able to cover as much water. On the positive side, since we are leading with our legs, they will be back underneath us much more quickly. The demonstration entails just two ‘shots’. The goalkeeper will start in exactly the same place and the shooter will shoot from the same spot and to the same spot. The shooter will also give the goalie the same amount of time for each shot. To set this up, the goalkeeper will ‘set’ on the 5 spot. The shooter will be at the 2 spot. So this will be a big and challenging cross pass. Both shots should be near-side skip shots. For both shots, the shooter will say “GO” and then they will count to 2. For the first shot, the goalkeeper should lead their step with their upper body- dipping their right shoulder into the water and then try to regain their balance- a UBL. For the second shot, the goalkeeper should step first with their legs on the cross pass- a LBL. Goalkeepers should notice how deep their hands are on the first shot- perhaps they even tried to block it with their trail hand
This is because the only thing keeping them afloat on the water is their right hand—the hand that they need to block the ball with. Their legs are not accessible to them, since they're trailing their body. For the LBL, the goalkeeper will notice that they're farther away from the ball than with the UBL, but that they're blocking hand is much more accessible—since it's not responsible for keeping you up. Your legs are already doing that. Although the goalkeeper may not block either shot, my experience is that the goalkeeper using the LBL will make a better attempt at a save (or save).

6.3 5/6 MOVEMENT DRILL (All)

This is a drill simulating our movement in a 5/6 situation. (Face out from the goal)
: 20 Seconds On: 40 Seconds OFF.
This is a visualization drill. Imagine Ball being passed from one position to the next. Everyone should have their own "cage". If there are not enough cages, then kick boards spaced 10 ft apart on the deck will suffice for posts.

6.4 5/6 PVC MOVEMENT (Intermediate/Advanced)

This is the standard 5-man visualization for goalies with a twist. The hands will be taken out of the picture here. They will be holding a piece of PVC pipe so that only the legs can be used for movement (if a PVC pipe is unavailable, a kickboard held out of the water is a suitable substitute).
The most important part of this drill is to MAKE BIG MOVES. This is not a drill for comfort— I do not care about egg-beatering under control from post to post. I want each goalie to make big lunges with the PVC— especially in the corners— make a big lunge with that lead hand into the corner— then you will be forced to get your legs back under you to recover— because if you don’t, then you’ll be underwater. Generally let’s go for approximately 30 seconds and then rotate. Again— don’t be under control— do your best to make big moves and then focus on recovery.
This is a drill to approximate what the legs go through during a 5-man situation— especially if we get “faked” out and go the wrong direction â how do we recovery for the next move? Make sure to slide off of goal line when ball is at 4 or 5. Go back into cage when ball is at 1 or 6. Movement should form a trapezoid. Hands on PVC (out of water- shoulder width apart)

6.5 PING-PONG (All)

Ping-pong is designed to react quickly to cross passing and to be able move quickly in the goal. The turnover rate needs to be quick here. Goalies will be moving from cone to cone (about 5 feet distance). Be as quick as possible— but always try to keep your legs balanced and underneath you. When you change direction you will probably have to cock your legs towards the direction that you will be going. This should be hands out and hands in.
Typical set:
Twice through (hands in and hands out)  
: 30 seconds Fwd/Back : 30 seconds Side/Side  
1 Minute on/ 1 Minute off

6.6 GARBAGE DRILL  (All)

This is a drill to work on quick hands and reflexes. Trying to prevent the "garbage" goal from occurring. Get as many balls as possible here. Out goalies will shag—try to make sure that the shooter constantly has balls available to shoot. You will be working in a semi-circle starting at one post and finishing on the other. All the shots are from very close- using only wrists/backhands/rips (Don't pick it up fake/shoot hard). The goalie will need to have their hands up with a 90degree bend at the elbow. Arms should be straight out from sides along the waterline (with that bend at the elbow) for maximum coverage along the water level. We are giving up the "bunny" and can react to shots that go over our head. Goalies and shooters gradually move from one post to the other- shooting and blocking the whole way- maybe 30/40 "shots". Switch goalies/make sure that you get to go both directions.

6.7 MIRROR DRILL  (All)

Each Leader goes for 10 jumps. Then switch leader.  
This is very similar to "Follow the Leader", however; it is just in groups of two. The two goalies are facing each other. One leads and the other follows. There are two ways to do this drill:

Full jumps-- any speed, combination, direction, etc.
Arms-- this is for close in shots where you already have your arms up. So elbows are bent on the water level and body is up-- legs are going. Leader makes a motion, extending left arm/right arm/ or both above head. Make sure the movement is quick and that the head follows the ball. On this one make sure that you allow the follower to return back to "base" position before going again. Very important to have the head turn towards the ball. If the leader goes too quickly from one move to the next, then the follower will be less likely to turn their head toward the ball.

6.8 TWO-BALL SHOOTING WITH PARTNER  (All)

This drill is designed for improvement of Hand/Eye coordination. It should be done in pairs. One person has a ball in each hand. Both goalies should be relatively close and facing each other. The goalies should be close enough that both shots are strong enough with just using wrists. The shooter shoots both shots at the same time at their partner. The blocking goalkeeper tries to track and control both shots as best as they can. To make this even more difficult, the shooter might try to cross-over the shots.
Goalies are notoriously poor at catching and shooting. When we are training by ourselves, we want to make our shots and drills as ‘game situation’ as we possibly can. Therefore, to make sure that shots are coming as fast (or faster) than we would see in a game, we eliminate the pass part of the drill and supplement it with a verbal “GO” command. The goalkeeper will set themselves up on an imaginary shooter—then on the verbal “GO”, the goalkeeper will reposition and move to the new shooter who already has a ball up and ready to be shot. Using a verbal command to substitute for a cross-pass not only saves wasted time, but it can be very easily adjusted to different abilities and situations. This is a terrific drill for a bad angle shot off of a cross pass. For instance the goalkeeper sets up on the 3 spot—then on the “GO”, they quickly step down to the 1 or 5 spot where the shooter shoots.

On occasion, a shot is redirected off of a field blocker’s hand and we can only watch it go in. The idea behind this drill is try to practice for the unpredictable – for chance favors the prepared mind! The key to making this drill work is to have the goalkeeper fully commit to their lunge—even though they ultimately know that the shot is going the opposite direction. Setting it up- the goalkeeper jumps to a side (without a shot). Halfway through their lunge, they stop and attempt to block a shot in the opposite direction (that is an actual shot). Timing is difficult to perfect on this drill, but can be improved with work. The shot should be challenging, but not impossible.

This drill requires three people. There is the goalkeeper, the outside shooter and the inside shooter (garbage person). The focus is to limit the use of the goalkeepers lead hand in their recovery. As a reminder, it should always be the job of the legs to do the recovery- and never the hands, which need to be available to block the ball. For this drill, goalkeepers will get a sense of how much they rely on that blocking hand for the recovery. Setting it up, the outside shooter is approximately 5-6 meters away. They'll be shooting just to one side at a time. The ‘inside’ shooter will be less than 1 meter away from the goalkeeper- on the same side as where the shot will go. The goalkeeper will know which side the shot is coming. The outside shot should be outside the halo and really extend the goalie. As soon as the goalies hand enters the water after making the outside shot block—the inside shooter will ‘wrist’ a shot to that same side. If the hand goes too deep on the recovery, the goalkeeper will have no ability to block the “rebound” or “garbage” goal. As with the prior Redirect Drill, it will require that a goalkeeper “Buy into” the fact that there is only one shot (even though there are two).
CHAPTER 7: PASSING DRILLS

Lots of different variety of passing that I will only touch on briefly.

Short Passing:

Two ball passing: Using both hands and staying in close passing both balls back and forth. This can also be done while walking. Very good for hand eye co-ordination. Make sure to go forward and back as well as side to side.

A. As a challenge, try two different types of balls (Heavy/Junior/etc)
B. Try crossing over. One ball goes high (from left hand to left hand), the other goes low (from right hand to right hand). Switch.
C. Try knocking the balls together. One person starts with both balls. Throw balls so that they hit each other in the air. Other person tries to catch both balls.

HB Passing: This is done with TWO hands and is done with a VERY light HB. Make sure to connect the arms with the body. It is very important to “crunch” the abs on this passing.

Longer passing drills that will help with recognition and decision making as well as getting the ball off your hand quickly.

1. Eyes closed: Partner moves after you close your eyes- open them and pass as quickly as possible to them.

2. Turn back to partner: Ball is away from you. Step to ball, turn and throw all in one motion-adjust pass as you are throwing to your partner (more advanced)

3. Throw ball off to sides: Swim to ball. Pick up from underneath, gather legs and throw as quickly as possibly-- must be balanced first!

4. Target: Give your partner a target and try to have them hit it. Swimming for overhead/swim to sides/ on the hand/ bullet passes.

5. Over head: Practice leading your partner as they are swimming.

6. Name Call: If a coach is present and you are passing with three or more people. Have the coach call out the name of the player B or C as player A is catching the ball. This is for working on quick implementation, and quick and natural mechanics once a “Decision” is made as to where to pass.
PASSING TEST SET  (All)

Five passes from appropriate distance (or however many you want). Passer will be given a soft knock-down, which they quickly control and make the pass. Target will be a kickboard (held by an out goalie). Make sure that kickboard is held in place (on the lane). Standard lane width is 2.75 Yards (2.5 Meters). 1 point for each pass that touches the kickboard. Can’t hit water first. Record results.

<table>
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<th>Male 13 + under</th>
<th>Male 15+under</th>
<th>Male 17 + older</th>
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<tr>
<td><strong>5 lanes</strong> (13.75 yards.)</td>
<td><strong>6 lanes</strong> (16.5 yards)</td>
<td><strong>6 lanes</strong> (16.5 yards)</td>
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<tr>
<td>Female 13 + under</td>
<td>Female 15 + under</td>
<td>Female 17 + older</td>
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<td><strong>4 lanes</strong> (11 yards.)</td>
<td><strong>5 lanes</strong> (13.75 yards)</td>
<td><strong>6 lanes</strong> (16.5 yards)</td>
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CHAPTER 8: GOAL ORIENTATION AND POSITIONING WORK:

8.1 ZEN (All)

This is a drill to help goalies get comfortable in the goal. Many times (when the ball is a threat) we are not able to check our posts to figure out where we are. It would be nice to know intuitively where we are in the goal without even looking. By going from post to post with our eyes closed we can get a sense of where we are in the goal without looking. Start with one hand on post- close eyes and move to other post without looking, making a natural arc in the goal. Repeat. Also we can go at game speed. This is a wonderful drill for awareness in goal. The more aware of where we are, the less we have to check our post and the better position we will be in the goal.

8.2 LEG-KICK COUNT (All)

Again, this drill is to make ourselves better aware of where we are in the goal without looking at our posts. Starting at position will would be with the ball at 1 or 5, imagine a cross pass from 1 to 3 (center of pool). Count the number of total legs kicks (or just one leg if that is easier) that it takes you to get to the center (3 spot). Then do the same with a pass from 3 to 5. With the knowledge of how many kicks it takes to get from one position to another- you can have a general idea of where you are in the goal. This is something that will most probably take place at a subconscious level. The more that you practice this the more that you will be comfortable and knowledgeable about your position in the goal without looking.

8.3 LIVING IN THE TRIANGLE (Front Court and Center shots) (All)

This is something that is extremely important- but I'm only going to touch on here. There is a triangle created by the ball and each post. There is an accompanying packet that goes into much greater detail entitled, “Living in the Triangle”. The goalie will constantly be trying to find that perfect spot within this triangle to best keep the ball out of the goal. If the goalie came all the way out of the goal to the point created by the ball—then the shooter would have NO WHERE TO SHOOT. Unfortunately—they can still lob the ball, so this is not feasible. We need to stay back and find the perfect spot where we cut off the angle enough- but don’t come too far as to give up the lob. We never want to be on the goal plane (in between the line created from post to post). This gives the shooter the MOST angles to shoot. When we talk about blocking a hole-set shot—then we really want to come out AS MUCH AS POSSIBLE towards the point of the ball. It is EXTREMELY DIFFICULT to lob from the set position. Usually Center players are trying to get a quick shot off and most are too preoccupied with getting/holding/receiving the ball and getting the shot off to worry about where the goalie is. We can make a good gamble and come out as far as we feel comfortable to cover as much cage as possible.
8.4 LANE LINE SHOOTING DRILL  

(All)

This drill requires the use of a 25yd lane line. One end of the lane line needs to be attached to one post of the goal - the other lane line to the opposite post. These are two points of the triangle that you are going to create. The third point of the triangle will be the shooter. There will need to be a “out” person who pulls the center of the lane line taught. A triangle will be created. This is a drill to show the goalie how little goal they actually need to defend when a shooter is at a bad angle. So let’s start at the right-hander’s deep wing—somewhere in between position 1 and position 2.

You will need a shooter to shoot the ball from the point of the triangle. The lane line will need to be pulled tight, so that the shooter and the goalie can correctly see where the shooting lanes are. The goalie will discover that there is actually very little cage to shoot at. If you like you can demonstrate this by having the goalie start on the goal line. Even on their goal line (not taking off any angle)—they will be able to cover nearly the whole cage when they outstretch their hands. Walking towards the point of the triangle (shooter) they will be able to successfully cover the ENTIRE goal while getting more and more vertical- until they can cover the entire goal by putting just their hand in front of the ball. We know from “living in the triangle” that we can’t come this far due to the lob possibility. By from the “lane line shooting drill” we know that we don’t have to!!! A shot from a bad angle does not require a lunge, only a small step to get body behind the ball. This is very similar to a knockdown (pull-downs) where the ball rarely is ever gets by you if the shots are within your halo.

By holding ground- not making a big move/not jumping early- goalies should always block a bad angle shot. There should never be the excuse that you “fell for a fake”. The ball has to go THROUGH YOU to go in—Keep the hands light- and small step with body and these shots should never go in.

With lane line drill make sure to show several angles and switch sides. This is a fantastic visual aid to goalies (and shooters) and really helps out with the mathematics of goalkeeping and “Living in the Triangle”.

8.5 HIGH CORNER SET – 2244664422  

(All)

Standard high corner set. Two or three goalies per cage. Rotate through quickly after each set of 2, 4 or 6 jumps.

1. 2 high corners alternating left and right for Technique- make sure that there is time between jumps and that goalie is balanced following each jump.
2. 2 high corners for Time. Meaning get to the corners as quickly as possible. Extend fully for each corner (don’t pull away), but recovery must be very quick so that goalie can get to next corner.
3. 4 HC for Technique
4. 4 HC for TIME.
5. 6 HC for Technique
6. 6 HC for Technique
7. BACK DOWN to 2.

Please note: If you are working with more experience/stronger goalies then this set can be expanded or altered to adjust difficulty. This is just a framework from which to start.

To REPEAT: DO NOT FORGET Basic Lunge Technique:
1. Head to the ball!!
2. Light hands
3. Stay off of your chest
4. Follow through- Do not pull away from corners (head, body or arms)
5. Follow ball with your eyes all the way into hands.
6. Do not snap head back center
7. Wide legs
8. NOT Up and then OVER. Go straight to corner.
9. Lead with legs and not with upper body.
10. Step to ball.
11. Watch and meet the ball out front of you. Go slightly forward for every jump
12. Land on side not front or back
13. Use trail hand to push the water.
14. Do not swing in rainbow (or wax on) motion. Arm goes straight to ball.

8.6 **Knock-Downs** *(All)*

Knockdowns are the final step before getting into the goal and taking shots in practice or in games. These are also called “Pull-downs”, but I prefer the term knockdown. I want to make sure that we never think of “pulling away” from a ball, but that we leave our hands out as long as possible.

Several different options here as well.

**Halo:** Basic knockdowns are hard shots thrown within your "halo". Your halo is the area that you can move your arms, without having to make a big lateral movement. These shots are generally thrown without fakes, but as you progress you can start to use fakes. It is important with knockdowns that you follow and remember all the technique that we learned above. Stepping to the ball, so that your body is behind the ball and not just your hands. Lead with the head. NONE of these shots shot get by you. Take pride in knockdowns. These are shots that you will be expected to save in a game.

**Pointers:** These are knockdowns where you know where they are going. Your partner will point which side they will be thrown. The shots will be farther away from your body and so you will have to step to them. Chances are also that they will be too far to go with two hands-- you will probably have to go with one hand.
CHAPTER 9. Putting it ALL Together

Our “Ready” or “Base” Position

- The Eggbeater
- Hand Position
- Body Position
- Living in the Triangle

Keys to a Strong Eggbeater

- Wide base
- High knees
- Big circle with lower leg (very little knee movement)
- “Vortex” pointed towards bottom of the pool.
- High RPM (Leg turnover)

Primary job of Eggbeater is for “getting up” for the shot, recovery, balance and movement.

Hand Position

- Hands are shoulder width apart
- Slightly bent elbows
- Very shallow in the water
- Extremely light sculling motion
• Primary job of hands is to block the ball

**Body Position**

• Relaxed upper body

• Upright and seated position

• Slight lean forward- not heavy on your chest.

• Body is directly above legs (your power plant)

**Living in the Triangle**

• Find the correct position within the triangle.

• Know the angles!

• Get balanced (always)

• Hold water (don't fall forward or lean on shots)

• Always square body/get perpendicular to shooter (unless the shooter is at a really bad angle)

**“Ready Position”. Now what?**

With very light hands and ready legs- we give ourselves a very important thing:

**TIME**
With time we can wait to see where the ball is going before we move.

**With TIME, we can...**

- Eliminate the need to guess or “jump” early.
- Decide to go with 2 hands (halo) or 1 hand (shot to corner)
- Avoid getting up big (straight up) before the shot and THEN having to adjust.
- Avoid taking our hands out too early (which limits our coverage and mobility)

**TIME is important because...**

The longer it takes our hand to get out of the water, the LATER we will be on the block. We will be forced to block the ball to our side or even behind us.

We are stronger blocking the ball out in front of us than we are blocking to our side or behind us.

**Therefore, we want to...**

Move our hand directly from its “Ready Position” straight to where the ball will be.

The earlier we can do that (without guessing), the stronger our block will be and it will eliminate these common goalkeeper problems:

- Swinging (or Wax on)
- Olé (Turning your lead shoulder back to give yourself more time to block the ball)
- Pulling Away from the Shot (a very common with being “late”)
• Two Hands versus one Hand (2v1)

• Up and Over (going up before we know where the ball will be going)

Brick Wall

• By maximizing our time on the shot and having our hand go directly to where the ball will be- we become a brick wall.

• When we are in the correct position within the triangle- we can deter and intimidate the shooter.

• When we have great “Ready” position at ALL times- we are in control of our destiny.
ADDENDUM:

**Common Goalkeeper Problems: Glossary of Terms**

**Chapter 1: Eggbeater and Base Position**

1.1 HOC (Heavy on Chest  
1.2 Straight Leg EB  
1.3 RPM  
1.4 Hands in the Cookie Jar  
1.5 Narrow Base  
1.6 Faith/Rely on Legs  
1.7 Direction of Vortex

**Chapter 2: MOVEMENT and POSITIONING**

2.1 Live in Triangle  
2.2 Drift/Mobility (good, staying active)  
2.3 UBL (Upper Body Lead)  
2.4 Hold water/falling forward  
2.5 Drift (bad. Losing position)  
2.6 Dig too deep  
2.7 GL (Goal line)

**Chapter 3: BLOCKING THE BALL**

3.1 10/90 issues  
3.2 DPA (Don’t Pull Away)  
3.3 HTB (Head needs to turn towards ball)  
3.4 Step (No step to ball)  
3.5 100% to Ball  
3.6 GFE (Go For Everything)  
3.7 2 v 1: (2 hands versus 1 hand)  
3.8 Afraid of ball (head turn away from ball)  
3.9 Late on ball  
3.10 Swing (wax on)  
3.11 Fold  
3.12 No Olé  
3.13 Downward Energy/Fight Gravity  
3.14 Snap back to body  
3.15 Hands too Early  
3.16 Up and over  
3.17 Iron Cross
3.18 PD on KD ("Pull Downs" on "Knock Downs")
3.19 Field Goal/Cactus
3.20 Use Trail Hand
3.21 Up/Down on Slow

Chapter 4: PASSING

4.1 Passing Technique
4.2 Don't spin
4.3 Ready Position
4.4 Arm Speed
4.5 Safe passes/Passing reads

Chapter 5: GAME SITUATION and GAME PLAY

5.1 Gamesmanship
5.2 Anticipate/Deter
5.3 Communication
5.4 Focus on ball
5.5 Steal decisions
5.6 1 v G (one versus the goalie)
Chapter 1: EGGBEATER and BASE POSITION

1.1 HOC (Heavy on Chest): When you are on your chest, your hands are deep, so that when you want to block the ball, then the hands take too long to get out of the water and you are late (see: Late. Chap 3.8). Also, the first move on shot is backwards when you fold up from the waist. We don't want any backward movement. Being heavy on the chest makes goalies susceptible to fakes and severely limits our mobility.

1.2 Straight Leg EB: This is a basic issue with eggbeater. The most power that we can create with our eggbeater is with a wide circle created by our lower legs. In addition, we can create a lot of power by "whipping" our foot as we constantly abduct (bring foot away from body) and adduct (bring foot back towards body). Have you ever trip running in the water? Just imagine what this would look like—your knees would be going up and down and your leg would be pistoning up and down, with the final down motion having a straight leg. In turns of downward power (which is what we want) the bottom of your foot pushing down would be the only thing that would be deriving power. Think of the surface area of your foot—not a very big engine. So, when I talk about straight-egg beater, there is a LOT of wasted energy. The leg should NEVER be straight! We always want that high knee and that really nice circle with the lower leg—creating a big time vortex.

1.3 RPM: Rotations per minute. Leg speed is really, really important. Our legs are the motor that propels the “rocket” (us) out of the water. We can’t just start the engine when the ball is shot; we need to turn on the afterburner when the ball is shot (that extra oomph!). When the revolutions are too slow, a shot to one side or the other might “catch” or legs in a position where they are not ready to step to the ball. If they move fast enough, they will always be ready for a shot to either side.

1.4 Hands in the Cookie Jar: Relying on your hands too much and bringing them into your body before they came out of the water. This is the first part of “Up and over”. In order to come up “big” we are using our hands to dig deep . . . in the cookie jar. And what happens is that we “get caught”. We do not have time to get our hands out before the shot gets by us. So—we want to abstain from cookies until after the game. Keep the hands light, so that we do not get caught!

1.5 Narrow Base: We are not maximizing our eggbeater (power/vortex) potential if we have a narrow base. This is remedied with stretching- barnacle and laps like “high/wide”. The wider the base, the more support that we will have. This is one of the three main tenets of a strong eggbeater-others including high knees and RPM’s.

1.6 Faith/Rely on Legs: When problems such as, swinging, snap back to body, pulling away, GFE, HOC, falling forward, DPA, deep hands, etc. then we are NOT relying on our legs. Your legs are stronger than you believe. If you are not maximizing your eggbeater, then refer to those sections. When we have correct eggbeater, and are in the correct triangle position, then we should have the advantage and not have to guess or fall into the traps listed above. Have faith in THE LEGS!!
1.7 **Direction of Vortex:** The lower leg circle, which provides power to eggbeater is NOT below their body. Generally, this is because the leg is low. Power is wasted when circle is pointed in the wrong direction. Vortex circle must be underneath your body.

**Chapter 2: MOVEMENT and POSITIONING**

2.1 **Live in Triangle:** There is a triangle that is created by the three points of the ball and the two bars of the cage. We must take away the “angle” as best as we can, by finding the correct position within that triangle. It requires constant adjustment and mental geometry. We must also know exactly where we are in that triangle. The legs should constantly be working (even when the ball is under pressure) to get us into the correct position in the cage and most importantly to maintain our balance (legs underneath).

2.2 **Drift/Mobility (good, staying active):** This is about staying mobile. This is especially important as the opposing team is coming towards us on the counter attack. Ideally we want to be around the 4m line when our team is on offense. We are mentally into the game and can easily react to a counter attack pass (steal decisions). As the team comes towards you, where is the ball going? Who is open? At this point we do not want to be vertical in the water (we are not very mobile). We want to be able to slide and move on potentially some big cross passes. What we don’t want to do is retreat completely into our goal, there is a great potential in this situation to deter or anticipate passes by the offense. At this point, you should also be thinking about directing your defense.

2.3 **UBL (Upper Body Lead):** There are two schools of movement on a big cross pass. There are coaches who coach goalies to lead with their upper body and then quickly swing their legs back underneath them. The way that I teach the movement on a big cross-pass or large movement in the goal is to lead with the legs- with the upper body following. This requires good flexibility and good pulling ability of the legs. The move will not be as large as the UBL—but you will have MUCH more balance as you make the move and be able to more quickly get legs underneath you. For people who use the UBL, this is a BIG change and can be a difficult adjustment. Anyone with this listed, I would be happy to go over the move in more detail—and convert you to my thinking!

2.4 **Hold water/ falling forward:** Be careful to hold your water. What I mean is, when you are in the correct position—stay there. As the player fakes you, you seem to want to “fall forward” and cut off the angle, but your momentum is too far forward and your legs are not underneath you. Get to the right spot (see: Living in the Triangle) and keep your legs underneath you where they belong. The legs are very strong and if they maintain their balanced you will be hard to beat.

2.5 **Drift (bad. Losing position):** Very similar to living in the triangle. We need to make sure that we know where we are at all times. This can be in two main ways. The first is by checking your own
NEAR side post, but looking over your shoulder. This can be done when the ball is NOT a threat to be shot (don’t lose focus on the ball). When the ball is up and threat to be shot, you can use the opposite goal to help you maintain your orientation and positioning. Here it is even more important not to lose focus with the ball—make sure that when you “look” at the opposite cage, that you are doing so with the “back” of your brain.

2.6 **Dig too deep:** This is generally in combination with issues such as HOC (Heavy on Chest), but can be an issue even with the correct body position. Generally, when we dig our hands too deep we are not comfortable with the power that our legs are creating (out of shape/poor technique/tired). We want those hands to be available quickly for the shot block. This is their job; not keeping you up in the water. The deeper the hands are, the longer it takes to get them out and the later we are when we try to block the ball.

2.7 **GL (Goal line):** This is when we are playing too deep in the cage. Don’t forget the math. The cage is 10ft wide. If we are on the goal line and put our hands out to our sides— that would be your wingspan (usually wingspan is the same as your height). Subtract wingspan from 10ft. That is how much cage is left to cover. Divide by 2 and that is how much cage we have to cover to each side. As we get closer to the shooter that number goes down. The only reason not to be all the way out towards the shooter is because they can lob. A lob is a very difficult and a more uncommon shot and if we focus on good lob technique, then we can gain a nice advantage over the shooter by coming off of the goal line. Also see (Living in the Triangle).

2.8 **ABR (Always Be Ready)** Never lose focus on the ball. This includes having the ability of looking “through” your defenders, arms, splashes, and whatever else gets in the way. Do not be distracted by the clock, the stands, your coach, or the referee.

**Chapter 3: BLOCKING THE BALL**

3.1 **90/10.** This is when we use the same technique to go for ALL shots, regardless of amount of cage accessible to shooter. When we train to do lunges or high corners, most of the time goalies will try to use their hands quite a bit in order to get “All” the way to the corners of the cage. However, only a very small percentage of shots require us to really extend all the way to the high corners to make a save- generally perfect high corner shots from center cage (3 spot). I believe that those types of shots are taken less than 10% of the time during an actual game. Unfortunately, the percentage is greater during practice, since everyone wants to score and that is the highest percentage shot for the shooter. Since, this is how most teams practice, goalies get into the habit of always trying to make that huge move for the ball- generally with the poor technique listed below. Meanwhile, >90% of the shots taken during the game do not require that huge move/lunge to the corner. This is because the shooter is generally off center, which decreases their shooting angle. Additionally, during a game, there are generally field blockers to help you limit the size of the goal (and diminishes that angle). We want to make sure that the technique for the 10% doesn’t infect the technique that we need for the other 90%.
3.2 DPA (Don't Pull Away): Don't be afraid of the ball or be afraid of tipping the ball out of bounds. Bad habits are formed when we are concerned with tipping the ball out. It is possible that you are not in the correct position and therefore a ball that would seem to be going out could actually be going in. Pulling away is a symptom of not having faith in your legs to help with the recovery. You feel the need to get the hand back in the water (quickly) in order to help with your recovery and balance. A lunge should be as big, as far, as wide, as high, as long as possible, even if your hand lands outside the goal. The only caveat is if you are bad angle—you will not have to make a huge lunge as the angle is diminished—but you still have to step and move to ANY shot!

3.3 HTB (Head needs to turn towards ball): The most important thing and the most common goalkeeper problem! How can we block a ball when we can't see it hit our arm? This all starts with focusing on watching the ball—just the ball (not the eyes, shoulder, wrist, hand, etc). When we see that ball come off the hand, follow it with your eyes. Your head will automatically follow the direction your eyes are looking. When this happens, you will be able to visibly watch the ball strike your hands/arms/body. Right now, as you are reading this—look straight ahead and wave your arm out to your side. Can you see it?? Probably not. Then how can we expect to block something being hurtled at us?

3.4 Step (No step to ball): What I am looking for is a really good step to the ball with the lead leg (side the shot is going to). I feel that the lead leg goes straight down and I would like to see a step to the side (lateral lunge). With the step we are shifting our base of support to the side, allowing us to get a farther and stronger reach with our blocking arm. This is something that will improve with flexibility and leg strength. We want to use that inner thigh to help pull water on the lateral step.

3.5 100% to Ball: Fairly self-explanatory. We need to give 100% effort to get to every shot. Perhaps we think the ball is going out and we don’t “try” for it. It is easily possible that we are not where we think that we are and that ball goes in. By going for everything 100%, we get into the good habit of always going body to the ball- even on shots that are just outside out body. In that case, instead of just going with our hands (where we could miss the ball), we go with the body- now if the ball gets through- it won’t get through our body.

3.6 GFE (Go For Everything): Make sure that you get into the habit of going for everything, even if you think that it is going out. Do not worry about new shot clocks- I'm more concerned with correct technique and not "pulling away" from the corners. The shot that you can not get to now, will be the shot that you get your fingertips on 6 months from now and the shot that you get your full hand on 1 year from now. But, you will have to have correct technique and ALWAYS go for everything in order to get into the habit.

3.7 2 v 1: (2 hands versus 1 hand): This is a VERY common problem. This is when we go for a block with 2 hands, when the correct technique would be to go with 1 hand. Realizing when a shot will be in your halo (2 hands) or farther outside (1 hand). When the ball is outside the halo,
that second hand is needed to push in order to get more distance to the corner. The decision of where that ball is going and how many hands that we should use, is something that needs to be decided VERY QUICKLY. This is one of the most challenging parts of being a goalkeeper. This is an issue that is very closely linked to Olé (see: Olé. 3.11). We do not have the ability to get to shots in the corners of the goal when we go with two hands, we must be able to use that trail hand to help push us those extra inches. As with most of these “hand” issues, they stem from poor/underperforming eggbeater.

3.8 Afraid of ball (head turn away from ball): This is a common- if dangerous habit. And I don’t mean dangerous because we’re getting hit in the head. As goalies we CAN NOT be afraid of the ball. We have to have the attitude that we will do ANYTHING to get in the way of that ball. One of the most common times that goalies turn their head is when the ball hits or looks like it is going to hit the goalpost. The rebound is not something that we can control or gauge well, thus we turn our head. When we turn our head, we lose track of the ball and generally our body turns away from the ball as well. So we end up trying to get away from the ball— not something that we want to do as goalies.

3.9 Late on ball: This is a consequence of several other issues including HOC (Heavy on Chest), hands too deep, poor eggbeater technique. We want to do the very best we can to meet/block that ball out in front of our body. We are much stronger when our arms are out in front of us. The farther back that we block the ball, the weaker we are.

3.10 Swing (wax on): Very similar to “Folding”. We want to make sure that we do not have one speeding object trying to meet another speeding object in the air. It is very to have two missiles strike each other and this is what happens when we swing for the ball. Think of a baseball catcher— there move their glove (and their body) to the spot that the ball will be going by them. They do not move their arm in a arc to get to that spot. It is the same with us. We want that hand to go straight to the spot of that ball will cross our plane. This requires our old standard— light hands and heavy legs. Swinging generally is due to the hands being too deep and then the goalie trying to make a last second/last ditch effort to get their hands to the ball. Additionally, even if we make contact with the ball, it is very difficult to control the direction that the ball redirects (with quite a few shots going into the cage).

3.11 Fold: Means that on our lunges for the ball, there is a tendency to fold out your arm at the elbow. The elbow shouldn’t move too much, just open up that shoulder. Hand goes straight for the ball. We really want to limit the moving parts when it comes to blocking the ball. I talk about a missile hitting another missile- hard to do. This is in essence what happens when you fold out your arm and try to “chop” at the ball.

3.12 No Olé: Olé is a reference to bull fighting. It is when the matador holds the cape out for the bull and as the bull rushes forward at the cape, the matador pulls the cape away, swinging it up and out of the way. As you can guess, we as goalies do not want to do that. A ball hurts distinctly less than a bull, so let’s step to that ball and do what we can to get in the way! This all has to do with
stepping to the ball (lateral step). Remember that we only want to finish our lunge with the side of our body landing in the water. We do not want to land on our back or on our stomach (except for lobs). The reason that goalies turn that “lead shoulder” backwards into the goal is because we trying to catch up to the shot. In essence, we are late on the shots (see: up/over, cookie jar, HOC) we are trying to give ourselves more time to block the shot. When we fix the contributing factors to being “late on the ball”, then this is something that should not happen to us.

3.13 Downward Energy/Fight Gravity: The is similar to “pulling away”. We never want to help gravity (it doesn’t need our help)- or spend any energy coming down. No energy should be spent in a downward motion. On the shot, we want to get up as big as possible, get as wide as necessary, and stay up as long as possible. We should have enough faith in our legs that we do not need to get those hands back into the water immediately. Hang in there and hang up there!

3.14 Snap back to body: This is very similar to “pulling away”. As with pulling away, the hands come away from a blocking position and come all the way back in to the body. The reason goalies have this tendency is that they feel uncomfortable or unbalanced as they extend for the ball- and have the need to immediately bring that hand back into their body in order to help support themselves. Don’t forget, that with that lateral step, we will be able to continue the lunge all the way out to the side and have better support for our lunge. We are working on using those legs to be in charge of the recovery (not the hands) and so there is not the need to bring them back into the body.

3.15 Hands too Early: When we are “showing your cards before you need to”. Keep the hands in (but very very light) until you are forced to bring them up. But on outside shots, we shouldn’t need to get the hands up early. By having our legs really working, we will have time to make a move for the ball once we know where it is going (and not have to guess). By leaving our hands in longer, we are not only staying mobile, but we are conserving energy. We really don’t want to make a move before we know where the ball is going. Obviously, the closer the shooter is to us, the less time we have to react and we have a tendency to try to move early, but fight the urge! The time when we can have our hands out early, is when the ball is at a bad angle (5/6). Since the angle the shooter has at the cage is so small, we do not need to make a big move at the ball (where hands are more important) (see: holding water/falling forward).

3.16 Up and Over: “Up and over” is a major part of being jumpy. No being jumpy side to side- but coming straight up too early. You are making a big move before you know where the ball is going and then trying to react. So going getting up big, then doing your best to then react. The main issue with this is that NO lateral step has been made. All of your energy has been spent going up and we are only going to the ball with the upper body. Two things then occur. The first is that if the ball gets by your hand and arm, then there is no body available to be a backstop. The second is that as the upper body leans out to the side, there is NO support available from the legs. At which point, goalies generally feel very uncomfortable and which leads to things like swinging, pulling away, and in general we will want to get those back in the water as back as fast as possible (whereas we want to keep them out as long as possible)
3.17 Iron Cross: Very similar to up and over, except in this technique, we actually bring our hands up and out to our sides—looking like a cross. Now, this can be a successful technique when the shooter is close to us and we don’t have time to react to the shot. The closer the shooter is to us the earlier and bigger we have to get out of the water. There is just no time to react to the ball. However, if we use this technique when we do have time to react to a shot with the correct technique, then we are giving up too much. When we come up earlier than we need to, then in essence we are telling the shooter exactly what we are going to do- showing our cards. In this case, we are coming up big and the shooter will then shoot low, under the arms. In can be a fine line between when to use this technique and when not to and it will also depend on the reaction speed of the goalie.

3.18 PD on KD ("Pull Downs" on "Knock Downs"): This is when we use downward energy on our "Knock Downs". The word pull should not be in our water polo vocabulary. So when anyone says, "pull downs", please correct them and say that you are doing “knock downs”. This can also be in cahoots with catching the ball- another thing that we do not want to do. When we do Knock Downs (KD) then we know the situation. We know that the ball will be thrown in our halo and that we will most probably be able to get two hands on the ball. With our light hands and legs pumping we should be able to get up quickly and high with our body when the shots is taken and our hands should be able to come out quickly as well. We then want to let the ball hit our hands and when we soften the blow the blow with our arms (and with a small redirect with the hands) then ball should be able to be controlled in front of us. This can all be done without expending energy and slamming the ball down into the water. Again, this happens because we are trying to catch ourselves from falling—it is the legs job to do the recovery leaving the hands available to stay out.

3.19 Field Goal/Cactus: What I mean by this is when as goalies we put our hands and arms straight up in an attempt to block the shot. I call this "Field Goal" for the sign the referees make. If this were really bad angle or we were right on top of the shooter, then this could work. All other times, when are forced to get our hands up, we want to keep our elbows down along the water so that we double our coverage along the water level. This looks like a cactus. Is essence we are taking away “low” and forcing the shooter to shoot high. It is easier to go from low to high than from high to low. If we go from high to low- we are making a huge commitment early, before we know where the ball is going. By "staying down" or least keeping the elbows along the water, we are not committing ourselves to the same degree so we are better able to adjust to any lateral movement and

3.20 Use Trail Hand: Very similar to 2 v 1 (see: 2v1). In this case however, we are going mostly with one hand, but we are not using the trail hand to it’s greatest potential. Perhaps, we are pulling it out of the water a little early—I call this “style arm”. When the trail hand comes out of the water, especially early, it is now no longer able to supply any power to the lunge to give ourselves the best opportunity to save the ball.
3.20 Up/Down on Slow: This is a situation where a goalkeeper is reacting early to a shot—not to a particular side, but with believe that the shot will be a hard shot. This often happens when there is an outside shot from a long distance or there is a an off-speed shot. The goalkeeper commits too early and by the time the ball is near them and in a position to be blocked- the goalkeeper has already gone up and is now on their way down. They lose the ability to get to the corner. Necessitates patience and reading a shooter- understanding that a shot from farther away will take longer to get to the goal and that there is time to react.

Chapter 4: PASSING

4.1 Passing Technique: Is the ball getting to the spot where we want it to go? Is there sidespin on the ball? Did it fall short? Are we on our legs when we make a pass? Are we using our body or just our arm? What is your arm speed like? Is it in coordination with your body motion? There are too many different issues to go into here, but I will touch on several prominent ones. By bringing the release point in closer to the body, your pass will be more accurate as you will be using more of your body muscles and not just your shoulder and arm muscles to make the pass. Make sure that you are following through with a good turn with your passing shoulder, a good snap at the waist and a good following through and snap of the wrist, finishing with your middle finger being the last finger on the ball. One of the biggest mistakes that can be made here is dropping your elbow. It is very important that you keep your elbow ‘up’ as this allows the power of your throwing motion to be maximized. When the elbow ‘drops’, the power becomes disconnected from the pass and the pass is weaker (only receiving energy from your forearm and wrist).

4.2 Don’t spin: This is in regards to not spinning the ball before you pass. It is a very common bad habit- and one that I would like to never see. Firstly, there is no use for it. Secondly, I also want that ball to be up in a ready position, so that when a pass becomes available, we are able to very quickly get the ball out of our hands. Thirdly, it’s my belief that when the ball is spun—and stopped from spinning—that one or more fingers is grasping onto the ball more than the other fingers. Now when we go to throw ball, it will not come off of our hand cleanly (hooking/spinning). What I would like to see upon getting ready to pass, is to pop the ball up into the air and let the ball land evenly in your hand. That way no finger is holding the ball any “harder” than any other and when we go to pass, the ball comes off of our finger cleanly, finishing up with the middle finger as we snap our wrist.

4.3 Ready Position: The ball needs to be presented and ready for the counter pass. By getting the ball up and out of the water, you are telling your team that the ball is safe and that they are on offense and need to counter. They will have trouble seeing the ball if it is in the water. Additionally, with the ball in the water there is a greater potential to have it stolen by an opposing player. The “ready position” for passing is to have your throwing arm on the same plane as your body (out to your side). You are almost holding your arm straight up- it is just slightly out from your body with a small bend in the elbow. Your non-throwing hand needs to be in the water in front of you, helping to hold your body up with a sculling motion. This is not the time for your legs to rest; they also
need to be working hard. It is important to get ‘up’ and be able to see what is going on beyond all the splashing and white water. Walking forward helps to shorten the distance of your throw. After making the throw make sure that you point to the direction in which the pass was thrown. This is because your offense will be countering hard and may not know where the ball is when they turn to look at you (the last place they saw it). They will need to quickly correct and adjust to its new location and pointing is imperative for this.

4.4 Throwing Arm Speed: This is where the goalie uses all arm and no body on their throws. I have found that accuracy, distance and a healthy shoulder are all tied into having your arm speed on the throw tie directly into your body motion. In this way we protect the shoulder from injury because most of the power of the throw is coming from the forward motion of your body. The shoulder and arm muscles are all very small compared to your chest and back and therefore when we use our ‘body’ muscles to pass we are more accurate. Using just arm muscles to pass, we are less stable and more likely to make poor passes. It is very important to tie the motion of our arm to the motion of our body.

4.4 Safe passes/Passing Reads: Making the correct read for the situation. This is something that can ALWAYS be worked on. Each situation is fluid- are we making the right decisions. This is something that should be coordinated with the coach. One thing to always remember is that when you have the ball, you have the control. If there is something that you don’t feel comfortable with, don’t throw the ball. This is especially true if the field player is not moving. If they are sitting, then don’t throw the ball to them.

Chapter 5: GAME SITUATION and GAME PLAY

5.1 Gamesmanship: Are we putting ourselves into the eyes of the shooter? Are we anticipating a cross pass? Are we giving the shooter a specific shot and then taking it away? In goal, are we reacting to the action or can we influence the action? This is what is meant by gamesmanship. Also, are you “into” the game? Are we making the correct decisions on steals? Are our legs always moving and balanced underneath us? Are we communicating the situation to our teammates and directing them in the correct manner? Are we leading the counter attack with the correct reads on passes?
Are you playing the game?!!

5.2 Anticipate/Deter: Part of gamesmanship. Are we looking one, two, three steps ahead of the offense? Are we anticipating and moving before the ball is passed. Don’t forget that lots of shooters do not do a good of “locking” the goalie. Can we look to move a little early on the pass so that we are in better position for the eventual shooter? Maybe we can come out of our goal and intimidate a pass from being made in the first place? An opposing goalie that sees the other goalie out of the goal ready to steal the ball may not make the pass in the first place. That is influencing that play and could mean the difference between a 1 on goalie goal or a regular counter attack where there is no advantage.
5.3 Communication: Are we communicating with our defense? We have the best view of all the action in the pool and we need to be the general of the defense. The direction should be short, succinct and direct. Use words like press, drop, stair-step, split, help, middle, left, right, good in combination of names and position numbers. Communication is very important, however, we must not lose focus on the ball. Can we multitask? This is a skill, and some people are better at it than others. IF we get scored on while talking, then we might have to refocus on the ball.

5.4 Focus on ball: There are a lot of things that are going on in a frontcourt defense. There are 12 people out in front of you who are all moving and splashing around. There are arms everywhere and then there is a yellow ball. We have to focus on the ball. Now that doesn’t mean that you can forget or be oblivious to everything else, that just means that you have to know where the ball is and maintain good focus when it is in a shooting position. YES, you need to know if someone is open on the opposite side of the ball and yes, I want you to anticipate or even deter the offense (play some games), but it can’t come at the expense of losing track of the ball.

5.5 Steal decisions: Can we get to the ball before that field player can get to the ball? How fast are we? How quickly can we get over our hips, or start from a stop? How fast is the field player? Are you the last resort? Are there other field players that could potentially help? Is the center defender in correct position to possibly make the steal themselves? These are all questions that will need to be answered VERY quickly. A general rule of thumb is that if you hesitate to come out of the goal, then you should stay in. If we misjudge and the field player gets to the ball before us, generally we do not want to continue to swim at the player, but to get as vertical as possible for the shot. This depends on the situation and how much time the player has. There are obviously good steal decisions and poor steal decisions. Good is when we steal the ball, getting there before the opposing player, bad is when we misjudge and leave the goal open to an easy shot. This is something that can constantly be worked on - both our speed and our decision-making.

5.6 1 v G (one versus the goalie): This is a designation for a counter-attack block opportunity for us. Please notice that this is not a 1 v “nobody”. We are not “nobodies” and if we handle 1 v G opportunities correctly, the results could very well be in our favor. Generally, we want to stay as mobile as long as possible. This means keeping our hands in as long as feels comfortable. The shooter will have an extra hand in the water to help them move, so we want to try to keep ours in. When we have our hands out, we are not very mobile. Don’t forget that as the player approaches us and the distance between us diminishes than the angle that they have to shoot is also diminished. If I were to get 1 foot away from the ball, then I could take away the entire goal with just one hand. Important!! Do not be afraid to come off of your goal line. It is what the shooter wants. Don’t be afraid to gamble a little—perhaps give them a lob? If the shooter isn’t prepared to lob, it is a tough shot. Don’t be afraid to be proactive—to dictate to them. We are not just reacting to what the shooter is doing.
A FINAL WORD

This is a LOT of information! Don’t get discouraged or frustrated. This is a notebook that can be shared with other goalies and other coaches. It is meant to be your jumping off point to all things goalie. I am always happy to discuss any goalkeeper question or concerns.

I do have an accompanying DVD for sale entitled “Becoming a Champion Water Polo Goalie”. It contains narrative video demonstrations of many of the drills listed above. Please email for further information on how to purchase a copy.

Additional Resources:

1. “Becoming a Champion Water Polo Goalie”. DVD.
3. The Goalkeeper Checklist: For Coaches and Players

UPDATED 5/2014
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