



From The Desk Of Peter Mellor
USL National Technical Director

10 + 1 Principals of Goalkeeping

The 10 + 1 principals of goalkeeping are the building blocks that we use to build and develop goalkeepers at every age level. The goalkeeper as well as the coach needs to be able to understand the content and breakdown of these principals and where they apply in the game.

These principals are used as an evaluator of the goalkeeper's performance in training and games. If the goalkeeper trains in all principals it will allow for more consistent performances. As the goalkeeper gains experience they must continue to work at every training session on all the principals, paying special attention to each and every detail. It is this detail and playing experience that will result in making the least amount of mistakes.

1. **The Hands/Footwork** – the “King” considerations
2. **Shape** – goalkeeping posture; concaving; body weight; forward
3. **The Ever-Ready Consideration** – ready, relaxed and dancing! Good first touch with your feet on balls played backed.
4. **“Stay on your Feet”** – as long as possible
5. **Secondary Cover**
6. **Set Considerations** (for the shot)
7. **Reaction Factor** – react, don't anticipate
8. **Recovery** – from down to up
9. **Decisions, Communication and Organization** (DCO)
10. **Goalkeeper as the First Attacker**
- 10+1. **The Near Post Consideration**



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