



Pembroke Youth Soccer

SELECT TEAM EVALUATION FOR GOALKEEPERS

BOYS U14	
GIRLS U14	
BOYS U12	
GIRLS U12	

Last Updated: 9/23/2003

Getting Started

For each age group being evaluated you need a regulation size goal. In advance of the evaluation an area needs to be set up for the "Distribution Range" exercise described later in this document.

Keepers should be warmed up and ready by the start of the evaluation. Remind the keepers to treat the evaluation as a game situation. Rebounds back onto the playing field should be avoided and, if they occur, should be covered as quickly as possible. During an exercise, the keeper should recover from a save, or attempted save, as quickly as possible to be ready for the next challenge.

It is recommended that while keepers are not active in the "Server and Keeper" exercise, they be called over one or two at a time to participate in the "Distribution Range" exercise so these activities can go on simultaneously.

Server and Keeper

The purpose of this exercise is to determine the basic skill level of the goalkeeper by having an adult volunteer throw or kick balls at the goalkeeper in a controlled setting. When shooting, it is best if the server can kick the balls off the ground however if accuracy is an issue, then balls can be kicked out of the hands or can be thrown. It is best if there are multiple evaluators as the server will be occupied during the activities. Approximately 5 minutes per keeper should be allowed for this entire exercise. Total time of 20 - 35 minutes should be allotted which would cover 4 - 7 keepers. If you have more adjust accordingly.

In each activity, the server should try to progress from easy to more difficult to discover the keeper's limits. The following variations should be included.

- Shots - Spend the most time on this activity. Shots directly at the keeper from a central location are a good way to start (12yd - 18yd range). Be sure to include a variety of low and high shots that are on net. Then adjust the angle by moving from a central location to an area closer to the side of the penalty area.
- High balls – **Add a field player to this activity (one of the non-active keepers will do).** Toss balls so that the keeper is required to get in position and jump to catch the ball while the field player is trying to jump and head the ball. Field player should apply a “moderate” challenge. Vary serving position as above to test the keepers quickness, range, and leaping/catching ability while under pressure.
- Quick shots - Finish up by lining up about 4 or 5 balls in a line and taking quick shots one after the other to test the keepers reaction and recovery abilities.

(continued on next page)

Server and Keeper (continued)

Rating	#1: Getting to Shots – Footwork/Speed, Diving
1-2	Frequent poor positioning and/or slow recovery time to ready position. Very slow in moving across goal and in getting under high balls. No diving ability. Reaches for many shots with feet instead of getting to the ground.
3-4	Sometimes poor positioning and/or slow recovery time to ready position. Slow in moving across goal and in getting under high balls. Hardly dives or goes to the ground for any shots and when doing so appears clumsy (ends up on stomach or back instead of side).
5-6	Shows awareness of positioning and/or moderate recovery time to ready position. Some speed in moving across goal and in getting under high balls. Demonstrates some ability to dive or get to the ground to go after shots.
7-8	Good positioning and/or good recovery time to ready position. Speed shown moving across goal and in getting under high balls. Demonstrates ability to dive for many shots and can get to the ground.
9-10	Excellent positioning and/or great recovery time to ready position. Keeper can spring to feet after a save. Extremely quick in moving across goal and in getting under high balls. Keeper "flies" in attempts to reach shots.

Rating	#2: Ball Handling and Shot Stopping
1-2	Even the easiest of shots are bobbled and not caught cleanly. Almost never makes proper decision on whether to catch or deflect a shot. Never has body behind ball. Leaves legs open when scooping up easy shots.
3-4	Some easy shots are caught cleanly and the more difficult shots are bobbled. Rarely makes proper decision on whether to catch or deflect a shot. Only gets body behind the ball on simplest shots. Body never behind ball on shots to side.
5-6	Most easy shots and some of the more difficult shots are caught cleanly. Sometimes makes proper decision on whether to catch or deflect a shot. Is sometimes able to get body behind the ball.
7-8	Almost all easy shots are caught cleanly and many of the difficult shots are caught cleanly. Usually makes proper decision on whether to catch or deflect a shot. Gets body behind ball on easy shots and many of the more difficult shots.
9-10	Keeper handles just about all catchable shots cleanly without bobbling Almost always makes proper decision on whether to catch or deflect a shot. Gets body behind ball whenever possible.

Distribution Range

The purpose of this exercise is to determine the range of a keepers distribution from a "dead" ball and "live" ball situation. "Dead" balls need to be kicked off the ground while the ball is stationary. "Live" balls may be punted or thrown at the keepers discretion (all will probably be punted). This exercise can be set up across the width of the field with keepers kicking/throwing/punting from behind the sideline where it intersects with the halfway line (provided this area is flat and there is sufficient room to approach the ball). In preparation, lay down cones along the halfway line every 10 yards until you reach 50 yards across the field. At the 50 yard cone also place cones 10 yards to each side so that accuracy can be judged.

From the sideline where it intersects the halfway line, the keeper kicks the "dead" ball trying to obtain the **maximum distance in the air**. An evaluator judges the number of cones the ball clears in the air (no rounding up - must clear cone - for example, a 9 yd kick gets zero) and also judges whether the ball has landed within 10 yards on either side of the center line. Points are assigned as follows:

2 points for every 10 yds cleared. 10 points max if 50 yds or longer in the air.

1 point deduction if not within 10 yds on either side of center line. Zero is the lowest score.

The keeper then takes a second attempt and the highest score is noted.

The procedure is then repeated for the same keeper for the "live" ball situation.

The two **highest** scores from each category are **averaged** together for the final score.

For example:

Goal Kick 1 = 39 yards and accurate = 6 points

Goal Kick 2 = 31 yards and 15 yards to right = 5 points

Goal Kick final = highest score = 6 points

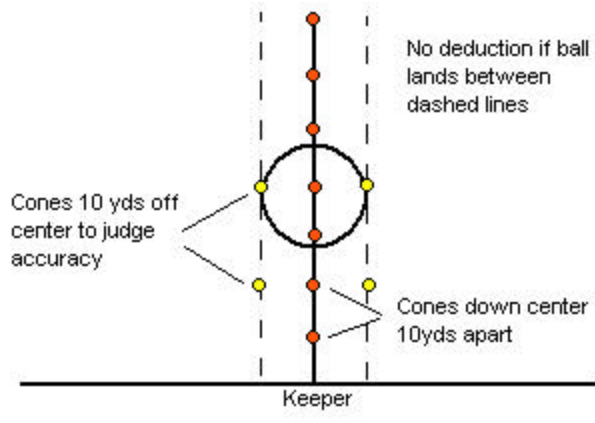
Punt or Throw 1 = 49 yards and accurate = 8 points

Punt or Throw 2 = 38 yards and 15 yards to left = 5 points

Punt or Throw final = highest score = 8 points

Average = average of 6 points and 8 points = 7 points

Score the final score under #3 Distribution Range on the Goalkeeper Scoring page.



Breakaway

The purpose of this exercise is to determine the skill level of the goalkeeper during a breakaway - 1 on 1 situation. Evaluate the goalkeepers one at a time using the keepers not being evaluated as shooters. The keeper stands on their goal line and the first shooter starts with the ball about 30 yds out from goal. The shooter dribbles in and tries to score. Instruct the shooter not to injure the keeper and to try and get the ball on net within 5 seconds (no need to time the shots). Ensure each keeper being evaluated sees both shots as well as attempts to be beaten with fakes and dribbling (i.e. if you are not seeing a particular tactic, ask the shooter to attempt it). The focus should be on the keepers actions and technique, not how many shots are scored or stopped. In addition to quick decision making, this exercise will require keepers to show aggressiveness and bravery - skills not easily acquired.

Rating	#4: Breakaway
1-2	Stays on goal line and does not challenge shooter. Never seizes the opportunity to come out on balls played too far forward. Turns back on shooter when shot taken.
3-4	Is extremely hesitant in coming off goal line. Reluctant to challenge shooter. Almost never seizes the opportunity to come out on balls played too far forward. Turns back on shooter when shot taken.
5-6	Comes off goal line but reluctant to challenge shooter. Sometimes seizes the opportunity to come out on balls played too far forward. Commits early and is frequently beaten. Usually faces shooter and does not turn away.
7-8	Comes off goal line and challenges shooter. Sometimes beaten but shooters are feeling the pressure. Usually seizes the opportunity to come out on balls played too far forward. Shows some bravery by attacking ball at shooters feet when close enough to do so. Faces shooter and does not turn away.
9-10	Comes off goal line and stays on feet, facing shooter until ball is in range. Always seizes the opportunity to come out on balls played too far forward. Shows bravery by attacking ball at shooters feet when close enough to do so. Faces shooter and does not turn away.

