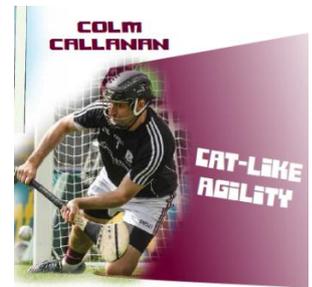


The Goalkeeper No. 1 on Every Team Q & A Answers by Colm Callanan



1. How do you train to increase puck out length?

It depends on several things like what age the player is but also the length of hurl and their technique are very important. You hear the big hitters in Golf talk about 'swing speed' and it is the same in hurling, so a big heavy hurl is not always the answer. You must be able to swing it with perfect timing and technique. The other thing to distance but their flexibility and mobility especially through their thoracic and hips is not good. This is vital in order to gain any type of improvement.

Also, I would always place more importance on accuracy than distance. If a keeper cannot place a ball to someone's hand 30/40 yards away, then why concentrate on distance. I'd improve accuracy first and what you will probably find is that off the back of all that practice that technique will get better, timing will be better, and distance will improve anyway

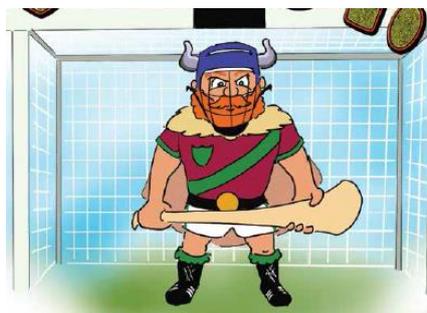
2. What advice would you give young goalkeepers, trying to decide when to advance off their line to thwart an overlap?



There are a few things to consider here. One would be how close the defenders are, if they are closing in on the attacker they will usually opt for a short grip or bat which is hard to stop. If the attacker has time and space, you need to cover your angles very well in order to have a chance. As Eoin pointed out on the webinar, if the attacker has space to run into then at some stage he/she will need to put the ball on the hurl or take it in hand, this is your window of opportunity to close the distance. It is important to practice this from different distances and angles and let the keeper develop his/her own level of understanding and timing. Using tennis balls or soft balls can be useful here.

3. Should we work on short puck outs for U14 Teams, especially B or C grade teams that may not have goalies or defenders with enough skill to carry out under pressure of match situations?

Not in my opinion "no" and I think that was the general view on the webinar also. Let them play! Time enough for tactics later on.



4. What's the optimal length of time to warm up as a Goalie prior to any match?

Whatever feels right. For any type of general exercise, the purpose of a warmup is simply to get the heart rate up. Then for a game you add in the skills and getting enough touches. For a keeper you will want to spend time on each of these - Catching some ball to warm the hands, control some easy shots, hit some puckouts and face a few harder shots. Some basic movement work and stretching can obviously be done prior to this. That, in all likelihood is going to take up 12-15 minutes

5. How do you position yourselves best in the goal, i.e. walking from goal post to goal post or waiting ready to run / jump at any time once the ball is in your half?



It is important to know where you are in terms of the posts and the goal line at all times. It depends very much on how play is developing also so there is no single answer to this. Generally if play is close and attackers are close you will only be slightly off your line but if space has opened up you may be further out in order to clear up loose ball or support your defenders like Stephen O'Keefe does really well.

6. With emphasis on goalkeeping now so prevalent, how much time in every session should be allocated to specific goalkeeper training?

Depends on age group again but we will presume an adult keeper here. Generally, nowadays at county level we would spend half to $\frac{3}{4}$ of the session away from the main group. With Galway, once I see the session plan there may be good ball drills I want to get the keepers involved in or usually they will just be needed for drills that incorporate shooting. Try every session to do some specific work if you can even its just 10-15 minutes or 1-2 drills. Keepers like the focus and will respond well.

7. What are some good drills for improving decision making when picking potential clearance options?

Think about what you are trying to improve and then think about how you can best re-create this scenario at training. In this instance it is very easy to do.

Example:

Get your keeper to stand on the goal line. On your 'go' toss a ball into the air and let your keeper catch it. Then they must get out of the square before striking to a receiver out on the wing. Hit 5/6 clearances each side of the field and vary the

distance the receiver takes up. Super drill and super simple to do and ticks a lot of boxes (Catching, moving out of the square, striking on the move, Perfect!!)

8. Is the keeper the last line in defence or the first line of attack?

Both nowadays!

9. Should the goalie be playing out at his 21 and asking for the ball back.

A useful tactic in certain situations. If the forward line has retreated then it's possible to do a 'Give and Go' with the full back if the aim is to get the next puck further down the field. It can also help against a breeze or even just to change the point of attack. This needs good communication between keeper and defender and more practice than you think.



10. How do make the goalkeeper position important to young lads?

A very important question. The single most important thing in my opinion is to make the position appealing to them. Talk about all the good aspects of playing in goal. Talk about diving, saving shots and puckouts. No running!!! Some like that.

One thing I notice in some clubs is the condition of the goalmouth. Try to mind them and do not expect young kids to play on gravel and muck/water when everyone else is out the field on lovely short grass.

Also, in anticipation of this can you do a little fun exercise with the whole team. Get them to tell you about the best save they ever saw. You will get loads of answers! Then follow up with what was good about the saves, all the time building up the role of keeper as being great! Maybe create a playlist of great saves and get them to watch together. How about recreating those situations to see can anybody replicate the saves!! Who knows where that could lead!!

11. What advice would you give young goalkeepers on second touch - after they have made an initial save.

This is a hugely important aspect to train. Lots of drills I see, and I would have done it myself before is to just stop the ball dead and then leave it and face the next ball. It is training your keeper to take their eye OFF the ball instead of being onto the rebound in a flash. I always try to train with one ball in these drills so when a save is made the keeper has to deal with the next phase of play and get the ball back to the striker or a receiver somewhere before we re-set and do it again.

12. How can goalkeepers defend body or head shots?

Another good question because it can be hard in training, but we all know that its expected in a game, to put the body on the line so to speak. As a warmup drill and also as a main drill in a session with my keepers I use a tennis ball or 'go games' ball and get them to pass the ball to me from about 5 yards and then rush out after it. On their way out I will deliberately hit a light shot off their body or try to slip it past them. It gets them used to staying big, spreading themselves and not turning away or hesitating! **Great question.**



13. What are the most effective drills that a Goalkeeper can do for him/herself if there is no one available to assist?

If you've got a wall, then you have a second person effectively! Get into the alley. Tonnes of drills you can do. Nail the basics of touch work with a wall ball or just use an ordinary sliothar as Eoin suggests. Those new fire balls on the market are great too. Cognitive training can also be done alone. Check out an App called 'SwitchedOn' it's great for setting up drills where you respond to colours and numbers.

14. Advice to Goalkeeper who isn't confident going up for high ball. Should he attempt to catch ball or bat it down when not confident to catch

Yes, first keep the ball out, then in training work on the catching... Just get them to catch a ball first, forget about the goals or posts, then gradually introduce that into it. I hate too many rule changes but one I would like to see is that like soccer, if a keeper catches the ball in the square, they can hold possession and not be tackled. This would just be for underage and would be beneficial in getting young keepers to stay the course, but that is a topic for another day. Maybe you could introduce this rule in training for a while though!?

15. Do you think it's the goalie that signals where the puck out goes, or should it be done by players by making runs and making space, so the goalie decides the best option then?



There is no right or wrong here. Generally, the keeper must be encouraged to play what they see as it unfolds. Its ok to have a couple of signalled set moves but do not rely on them as play moves so fast.

16. With TURAS, etc, promoting the idea of players experiencing different positions, what age would you start to focus on players in goals and how many would you be looking for in each age grade on the way up?

I'd be of the opinion not to pigeonhole someone into a position too quickly. Let them explore all the positions. If of course you get someone who just wants to play in goal, then that is great. Certainly, by U16 I would think a player is going to know if they want to be a keeper. That being said, I was 19 before I played in goals and goals only.

17. We need less emphasis on winning u 7, through to u 11 all the time and allow other lads/girls a chance in goal even if it means losing matches. Need to make this position more fun to try out.



Could not agree more.

18. What would you advise a goalkeeper to do during a penalty? Should you guess side or wait for sliotar to be hit?

It is going to be about reading the striker as best you can. There is always an element of guesswork. If you wait for the ball to be hit you could be lucky if it's not hit close to the corner or if the striker tries to place it rather than go for power. My style was to move across the line over and back. Sometimes it worked sometimes it did not.

19. How many hours should a goalie spend on the wall each week or day

Again, there is no set time frame for this. You couldn't do enough of this type of work. On top of normal training sessions if you got 2/3 sessions in on the wall each week it would be good. Do not underestimate the amount of ball you could hit in just 15 minutes against a wall.



20. What advice would you give for hitting puckouts with a strong wind into your face?

Keep the ball low into the breeze and usually play the ball wide out the wings not down the centre.

I always liked to use a lighter hurl into a stiff breeze.

21. Hi, is a short hurley like the outfield players use now or would a regular size hurley be best to use?

Same rules apply, whatever best fits the player. I used a long hurl years ago as puckout length was important back then. Now I use a shorter hurl that best fits my size and helps with accuracy

22. Do you want to come over to Vienna to give us a training session/workshop?



Absolutely!!!



23. Would you recommend using different sticks for saving and puckouts

Generally, I like to use the same one for both but it's not always possible. Most hurley makers now will copy a shape that you like and be able to make the same hurl over and over

24. High ball under crossbar, lashing rain, catch or bat?

It really depends on a few things. If the keeper has the ability and confidence, then catching is the best outcome. If the attackers are closing in, then it may be best to bat the ball away. Keepers will have to use their best judgement in each case so there is no right or wrong here

25. How do you get over the fear of diving?

I often use a simple drill where I put out 2 cones roughly the width of a goal in a nice grass area. I get the keeper on one cone and about 5/6 yards I will throw a ball along the ground for the keeper to dive across to. I often encourage keepers to wear tracksuit pants or skin-tight leggings for keeper drills. This can help with encouraging keepers to dive if that's what you want in a drill.

26. What attributes should you look for in a young hurler which would assist you in deciding on a set keeper as team moves up the grades?

A good first touch is vital. Good movement and a player that is comfortable and composed in possession is always going to be a good base to start with. A player that can take instruction and has a willingness to work too is important.

27. How can you help develop a nervous keeper to get them to be calm?

Everyone has nerves. As you get older it is easier to accept and to show calmness even if that's not what you are feeling. If it is a young player then lots of reassurance that making mistakes is ok and to enjoy it as much as possible. Plenty practice and loads of praise, we all like to be praised!

28. Puckouts to corner in modern game, what are the disadvantages against sweeper systems?

Drawing the opposition back in is probably the aim or if the team have developed it well enough they will try to work the ball out so far so they can then reach the danger zone in front of the opposition goal. If there is a sweeper in play however this is dangerous as any ball hit in can be mopped up so lots of practice needed in order to avoid this.



29. Is it not inevitable that a Stephen Cluxton type Goalie will come along and change the way hurling is played? i.e. Set pre-defined puck outs so every team player on the pitch knows exactly where the next puck out is going.



This is already happening and has been for a while. Most teams will have 1 or 2 set moves or formations. All the guys on the webinar would be very influential in the way their teams use puckout strategies. It is just not as clear in hurling as it is in football mainly due to the pace and distance of the ball

30. Is it better to have a goalie hurl or normal hurl for the puckout ?

Whatever the keeper is most comfortable with. In my opinion I would prefer a goalie hurl - take every advantage you can get



31. Advice on learning judgement skills. How to know when to close down a player or trust your backs and hold the line. Also, any advice on developing that mental toughness.

Re-creating these scenarios will help the most. Walkthroughs from different angles so the keeper can decide without any pressure first and then bring that on to full pace.



32. Is a coach positioned behind the goals during a match a help or hindrance?

It depends on the keeper. Some might like it, and some won't. Simply ask the question

33. Is there a technique or correct way to coach goalkeeper diving ...?

Yes, but hard to explain without video support or live demo. Some important Ques would be the direction the feet point, the push off and not to cross your feet

34. Theory of Puckouts: Natural technique like Eoin Murphy or "Robotic" technique like Anthony Nash?

If your keeper hits the ball like either of them, do not worry about it!!

35. After you win a ball or make a save. Is it best to run to the wing or to move forward down the pitch?

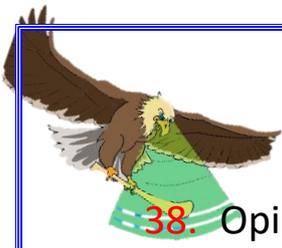
Travel the line is my motto - as in the end-line. Get out the side. If you go down the middle and lose possession in front of the goal its easier for opposition to score

36. How much emphasis would you put on Puck-outs or strategies on Puck-outs?

At adult level, a lot! It is a big part of the game. Time needs to be spent practising what works best for your team

37. Do you advise a run up to a Puck-out over a flat foot? What are the advantages of each technique?

The big long run up is not seen much anymore. Accuracy is the name of the game and most keepers like to take a couple of short steps into the strike... The long run up generally lends itself to gaining distance



38. Opinions on Plastic Hurls (cultecs) (Value for puck outs etc)

I do not use them so cannot comment. Do not see many intercounty keepers using them

39. You were mentioning training your hips to puck further in the gym etc. Any recommended exercises or gym routines to do so

<https://www.youtube.com/watch?v=pMFcx5PoUM>

<https://www.youtube.com/watch?v=GBEvQW1XP4Q>

40. What is best strategy in a one on one situation

Do not commit too early or collapse too early... Be ready for a change of direction because the forward will always try to step left or right to slip the ball past you.

41. What fitness and agility drills would you recommend as a keeper? Would it be more sharp sprints etc?

Yes, short sharp stuff and plyometrics work, power work, lots of single leg work teaching and improving the landing and jumping positions. You may need an S&C coach for that to get qualified instruction.

