



Role Description:

GOALKEEPER

Technical

- Excellent handling with the ability to make good decisions regarding catching and deflecting of the ball.
- Good ability with both feet and capable of short, medium and long distribution passes.
- Able to distribute the ball quickly from hands over short and medium distances.
- Able to deal comfortably with high balls either by catching or punching; with and without pressure.
- Able to approach, delay and smother the ball in a 1v1 situation.

Tactical

- Understand your role as the goalkeeper in & out of possession.
- Understand the role of your defensive unit.
- Understand when to engage the ball when and when to guard the goal.
- Be capable of managing the team when playing behind the defensive line.
- Commitment to starting off play and playing an active role in developing build-up play.
- Recognize and initiate counterattack opportunities.

Mental

- Show composure when under pressure.
- Remain focused at all times.
- Be a good decision-maker.
- Have undoubted desire to perform and to be the best.

- Possess self-confidence and be fearless in all aspects of your game.

Physical

- Have great hand-eye and foot-eye coordination.
- Have quick reactions.
- Have strong shoulders.
- Have goalkeeping-specific agility and power to get to and from the floor with speed and balance.
- Have efficient movement mechanics.
- Have good acceleration.
- Have a high level of lower limb power.

Social

- Take responsibility & ownership of learning & development.
- Give maximum effort all of the time.
- Have excellent communication skills on and off the pitch.
- Respond effectively to instructions and guidance.
- Work well with others and independently.
- Have a strong Character.
- **HAVE FUN.**