



Graham Recreation & Parks Soccer Goalie Guide



Coaches – please use this to help teach your goalie and players some key rules that may confuse them throughout the season

GOAL KEEPER (aka Goalie, Keeper or GK). Except in small-sided play, each team must have a designated goalkeeper. He is the only player on the field who can legally use his hands and then only inside the Penalty Box. (Note that the Goalie cannot pick up the ball if it was deliberately kicked to him by a teammate... he can only pick it up if it was last touched by an opponent or if it was accidentally kicked to him by a teammate, or was passed from a teammate using the head, chest, knee, etc. instead of the feet.) Once he picks up the ball he has **six** seconds to punt it or release it. He is allowed to pick up the ball, run with it and then punt it, throw it, or drop it and dribble or kick it. (However, he cannot touch it with his hands outside the "Penalty Box" and once he drops it he can't touch it again with his hands until an opponent has touched it). The goalkeeper has special protections inside the Penalty Box; the ball may not be kicked if he is touching it with his hand or arm and the referee will call a foul if the goalkeeper is endangered. He must wear a shirt or jersey that is recognizably different from all other players (goalkeepers often wear special jerseys with padded elbows). Note: **In hot weather, do not put a goalkeeper jersey on a player.** They can get too overheated & become sick. Instead, have them wear a different-colored shirt (one shirt only) or a mesh training vest over their shirt. If your goalkeeper has a strong leg, let him take goal kicks. Encourage him to play aggressively & if you push up on the attack, to come out to the edge of the Penalty Box or beyond to play like a "Second Sweeper". If he picks up the ball & no opponents are close, encourage him to drop the ball & dribble it out & then kick it. (Once he drops it or when out of the Penalty Box, he can play like a field player but can't touch the ball with his hands). Encourage him to play aggressively & to take chances, everyone will have much more fun if you do & more kids will want to play goal. Goalkeepers tend to get blamed for goals when most of the time it isn't their fault (if the other defenders are doing a great job there won't be any shots on goal). You should tell your goalkeeper before the game that the other team is expected to score goals & that it isn't his fault if they score. Do not let anyone else (players or parents) blame the goalkeeper. In fact, after the game you should have the rest of the team thank the goalkeeper, even if he or she did make mistakes. You should encourage everyone who wants to to take a try at playing goalkeeper. You will be surprised who is good & you really can't tell until they actually play the position. At the very least, it will give all the players respect for how tough the position is & they will be less likely to blame the goalkeeper when goals are scored. However, do not make a child play goalkeeper if he or she doesn't want to.

PENELTY KICK (aka "Spot Kick"). A "penalty kick" or "PK", is a special type of direct free kick. When a player commits any of the 10 "Direct Free Kick Fouls" within his own Penalty Box, the other team is given a Penalty Kick. On a PK, a player from the fouled team (the coach can choose who, but it is nice to choose the player who was fouled) gets a free shot at goal from the "Penalty Mark" (which is 12 yards out for U-12 & older; less for U-8 & U-10) with only the goalkeeper to stop the shot. All other players must stay outside the Penalty Box & the Penalty Box Arc until it is kicked. The kick must go forward & once "in play" (i.e., once the ball moves) any player other than the kicker may then touch the ball. The goalkeeper must stay on the goal line until the ball is kicked, but he can move laterally along the line. The goalkeeper cannot take actions (such as waving his arms or yelling) to try to intentionally distract the kicker because that would be "unsporting", nor can the kicker start his run & then stop for the purpose of faking the Goalkeeper, for the same reason.

GOAL KICK When the ball goes out of bounds over the end line & was last touched by the attacking team, it is put back into play by the defending team, who may place it anywhere within their Goal Box (including on the line) & then kick it. The kicked ball may not be touched again by anyone on either team until it clears the Penalty Box and the other team must stay outside the Penalty Box until the ball clears the Penalty Box. A goal kick is kind of like having the ball on your own 5-yard line in American football, you're glad to have the ball but if you turn it over you can be in trouble. If your goalkeeper has a strong leg, have him take your goal kicks. Otherwise, you may want to have another player take the kick while the goalkeeper stays in front of the goal. If you have an advanced team and don't have someone who can kick the ball to the halfway line, consider "Spreading The Field" in order to "Stretch The Defense". You can do this by spreading out your players and taking the kick from the middle of the Goal Box line, directly in front of the goal. This way the Defenders won't know which side of the field you will kick to and they are forced to spread out. The rules give the kicking team an advantage by requiring the Defenders to stay out of the Penalty Box until the ball clears the Box (if the Defenders run into the Box the kick is retaken). The kicking team can be in the Box or can run across it, but cannot touch the ball until it clears the Box (i.e., your team can make runs across the Box but the other team can't). If you aren't able to kick it deep or spread the field, the Defenders will cluster within kicking distance, mark up behind your players & step in front to steal the ball. (This is how you should teach your players to defend goal kicks). I like spreading the field because it teaches the concept of controlling the ball, rather than just booming it, and teaches the attackers how to spread the field, take the ball wide & how to "build an attack from the back". However, spreading the field is probably not practical for a recreational team because of the practice time required. For recreational teams, the best approach is to have the strongest kicker take the kick (even if it is a forward) and to teach the MF's and F's that they must fight to "win the ball".

PENELTY BOX (aka Penalty Area, "Box" or "Eighteen"). The large box in front of the goal in which the goalkeeper can touch the ball with hands. The half circle at the top of this box is the Penalty Box Arc. Size will vary by age group & your club rules. On adult sized fields, the Penalty Box extends 18 yards from the Goal Line into the field.

The player taking the penalty kick may not play the ball a second time until it has touched another player. (Interpretation: he MAY play the ball and attempt to score if the goalkeeper or another player has touched it, but not if just bounces back off the post or crossbar; the kicker must not touch it unless another player has touched it).

If, after the penalty kick has been taken the kicker touches the ball a second time (except with his hands, which is a direct free kick penalty) before it has touched another player, an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. However, if the kicker deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

INDIRECT FREE KICK (aka "Indirect Kick"). A type of "free kick" given after minor fouls such as obstruction. On an indirect kick, another player (on either team) must touch the ball before a goal can be scored. Question: "How do you know if a free kick is indirect?" Answer: "The referee will raise his arm above his head and leave it up until the ball is kicked". On an indirect kick you should have one player gently tap the ball so another player standing behind the ball can kick it; or pass it to someone who shoots it. If on an Indirect Free Kick the ball is kicked into the goal without anyone else touching it (other than the kicker) the goal does not count and the other team is awarded a goal kick. However, if the ball is touched by a player on either team, including the goalkeeper, before it goes into the goal, the goal counts.

DIRECT KICK-A type of "free kick" given after severe fouls such as hitting or kicking. On a direct kick, a goal can be scored by kicking the ball into the goal without it first touching another player.