**U11 Assessment Sheet - Goalkeeping**

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| **Technical** |  |  |
| **Movement/****Footwork** |  |  |
| **Basic Movement** | Forward | Short balanced steps forward ready to set/react |
|  | Shuffle | Balanced lateral movement without crossing feet |
|  | Back Petal | Balanced position facing forward but movement in the opposite direction |
|  | Set position | Feet shoulder width, slightly forward stance with hands in front opened/closed based on play |
| **Handling/****Shot Stopping** |  |  |
|  | W & M Catch | In front above waist thumbs and forefingers form a “W” shape, below waist 4th,5th fingers form an “M” |
|  | Scoop | “M” cradle with hands/arms to catch first then secure to chest |
|  |  |  |
| **Distribution****Hands** | Bowl Ball/Roll Outs | A good rolling ball, not bouncing, with pace to feet or space |
| **Distribution****Feet** | Goal Kicks | Striking the ball with your laces, bottom half of the ball for height and distance |
|  | Punts / Drop Kicks | Kicking the ball from your hands to volley the ball up the field vs drop kicks which are lower “Driven |
| **Back Passes** | Clearances | Clearing the ball first time because your team is under pressure |

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| **Tactical** |  |  |
| **Positioning** | Ball line | Gk is directly in line with the goal behind and the ball in front of him |
|  | Angle Arc | Gk moves from one post to middle top of six-yard box to other post in an arc to close the angle to the shooter |
| **Communication** | “Keeper” “Away” “Up” | Understands when to come off their line to collect the ball or to play it safe because of pressure |

Please reference U11 player criteria for the other corners of the Four Corner Development Model