**U13 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 |
|  | Crossover | Feet cross over each other to increase speed of lateral movement |
|  | 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 |
|  | Collapse Dive Catch / Smother | Elbow tucked in, one hand behind the ball, one hand on top of the ball, land on side not stomach |
| **Distribution**  **Hands** | Bowl Ball / Roll Outs | A good rolling ball, not bouncing, with pace to feet or space |
|  | Sling Throw | Sideway stance, ball from behind, directly over top of head with straight arm, brushing ear with arm, follow through forward. “Windmill” |
| **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 |
|  | Receiving | Getting your first touch out of your feet to initiate attack |
|  | Short Pass | Side of the foot, locked ankle, front foot, back foot, or into space |

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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 |
|  | Horizontal Move | Moves across the field appropriately to best react to the play |
| Communication | “Keeper” “Away” “Up” | Understands when to come off their line to collect the ball or to play it safe because of pressure |
|  | “Contain” | Communicates with the defender putting pressure on the ball |
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Please reference U13 player criteria for the other corners of the Four Corner Development Model