

GOALKEEPER FUNDAMENTALS GUIDE

By Cayla White



POSITIONING

- 01 Stay balanced with your weight on the balls of your feet.
- 02 Maintain proper depth based on the ball's location.
- 03 Cut down shooting angles by staying on your ball line.
- 04 Constantly adjust your position as the ball moves.
- 05 Be ready to react in every direction.

— REFLECTION

What is one positioning habit you need to improve this week? Write it here:

What will you do differently in your next session?

FOOTWORK AND MOVEMENT

- 01 Stay light on your feet.
- 02 Shuffle instead of crossing your feet.
- 03 Use quick adjustment steps before every save.
- 04 Stay square to the ball.
- 05 Efficient movement creates easier saves.

— REFLECTION

Rate your footwork today on a scale of 1 to 10. _____

What specific footwork drill will you focus on this week?

HANDLING AND DIVING

- 01 Catch whenever possible.
- 02 Keep soft hands and absorb the ball.
- 03 Attack the ball when diving.
- 04 Practice low, mid height, and high saves.
- 05 Protect rebounds by securing the ball.

— REFLECTION

What type of save gave you the most trouble recently?

How will you train to fix it?

CROSSES AND HIGH BALLS

- 01 Read the flight of the ball early.
- 02 Decide quickly whether to come or stay.
- 03 Attack crosses with confidence.
- 04 Lead with your knee for protection.
- 05 Catch at the highest point possible.

— REFLECTION

Do you tend to come for crosses or stay on your line?

What is one thing you will do differently on your next cross?

DISTRIBUTION

- 01 Be comfortable with both feet.
- 02 Play accurate short passes.
- 03 Switch the point of attack when available.
- 04 Develop driven balls, punts, and drop kicks.
- 05 Start attacks with confidence.

— REFLECTION

Which distribution method is your strongest?

Which needs the most work?

What is your plan to improve it?

COMMUNICATION

- 01 Constantly organize your defenders.
- 02 Be loud, clear, and early.
- 03 Give simple commands.
- 04 Build confidence in your back line.
- 05 Lead with your voice.

— REFLECTION

How loud and clear was your communication in your last game or session?

Write three commands you will use more consistently:

MENTALITY

- 01** Stay composed after mistakes.
- 02** Focus on the next play.
- 03** Trust your preparation.
- 04** Confidence comes from consistent work.
- 05** Compete every day.

— REFLECTION

Describe how you handle mistakes during a game.

What is your personal reset routine after a bad moment?

Are you competing every day? What does that look like for you?

SET THE STANDARD. HOLD YOURSELF TO IT.

What are three goals you have as a goalkeeper right now?

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

COME BACK TO THIS PAGE AT THE END OF THE MONTH.

Did you meet any of these goals?

What are your current work ons?

What will you do differently next month?

BE THE TEAMMATE YOU WOULD WANT TO HAVE.

Great goalkeepers do not just make saves. They lead. They encourage. They hold the standard. Your character on the field is just as important as your technique. Lead by example every single day.

How did you demonstrate good character today?

Were you the teammate you would want to have?

How did you encourage or uplift someone on your team today?

What is one way you can lead better tomorrow?

Your character is your legacy. Build it every day.



CAYLAWHITE.COM

Instagram: @CaylaWhite

TikTok: @CaylaWhite

YouTube: @CaylaWhite

management@caylawhite.com

Confidence Is My Edge.