

Trends in Sports Training of Football Players for the Position of Goalkeeper

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Abstract

Modern football has become a very fast-paced game, with changing situations on the pitch and high demands for each player. The success of a match or a competition in general depends to a large extent on the level of their preparation. In order to increase the effectiveness of a football team, adequate preparation is required for all players, regardless of their playing position. One of the most important playing positions in a football team is the goalkeeper. The goalkeeper's safety of play largely depends on the success of the game. It is no coincidence that more and more research is currently being carried out into the differentiated training of football players, especially goalkeepers. The article comes up with several requirements and recommendations for the successful training of goalkeepers.

Keywords: football, goalkeepers, sports training, trends.

Football is a team sport in which multiple players fulfill different roles on the field. Consequently, each player's training must take into account various factors, particularly their individual objectives within the game. Training sessions should consider the specific abilities of each player and maximize their potential. It is essential to develop qualities specific to their role while also allowing for interaction and possible role shifts among players.

In this study, we analyze the fundamental requirements of one of the most critical positions in football: the goalkeeper. The decisive role and significant contribution of goalkeepers to a team's performance demand a rigorous and specialized training methodology. Modern football research has accumulated substantial knowledge regarding

goalkeeper training at different stages of development, leading up to professional mastery. However, the methodology for training goalkeepers remains insufficiently explored.

During football competitions, every player, regardless of their position, must assess the ever-changing game situations, create favourable conditions for their team, and adapt to tactical decisions. As a result, techniques and tactics in football are closely interconnected, complementing one another.

The goalkeeper's technique differs significantly from that of field players, as they are permitted to use their hands within the 16-meter penalty area, under competition regulations. However, when outside this area, goalkeepers must act as outfield players, possessing all the fundamental football skills required for any position.

The preparation of goalkeepers for both official and unofficial matches must be highly meticulous, with clear objectives set for each game. A goalkeeper's role is highly complex and demanding, requiring an exceptional level of both physical and psychological preparation.

Goalkeeping tactics play a crucial role in the outcome of matches and can often be decisive in securing victory, particularly against teams of similar skill levels.

The modern game of football comes with major demands on the goalkeeper's game, not only in his basic role as a goalkeeper, but also in his ability to perform various technical-tactical actions, mostly in the 16-meter penalty area. The positioning of the goalkeeper, being a very advantageous one, allows the goalkeeper to follow carefully all the actions on the field, and this requires the goalkeeper to direct certain actions of the players on the field. Thus, the goalkeeper's actions often determine the success of the game and sometimes even the result.

According to Myagkostupova, Zolotaryov (2016, 107), in the tactics of the goalkeeper's game, 3 types of activities are distinguished, such as:

1. Actions in defence, which are divided into: a) actions in the goal; b) actions out of the goal.
2. Actions in organising the attack, which are divided into: a) organising the attack by kicking the ball out of the goal; b) organising the attack after entering possession.
3. Directing team actions, which provides for the quick and effective orientation of players directed to building the attack, rebuilding players.

In addition to the actions available to a goalkeeper, many specialists (Chivu, 2021; Manolache, 2021; Stoica, 2007; Myagcostupova, Zolotariov, 2016 and others) consider that it is necessary to take into account the morphological and functional peculiarities of the athletes in the given position in their training. It is not by chance that most goalkeepers are tall, physically fit, with a rich arsenal of football motor skills and abilities.

Modern football makes higher demands on the level of technical-tactical training of goalkeepers, which is impossible without a very high level of motor training. The goalkeeper must be an athlete with well-developed motor skills, by which we mean a high level of development of strength, speed, skill, stamina, endurance and a formidable reaction speed.

According to the data of several soccer specialists in the process of training goalkeepers in the game of soccer the following goals will be achieved:

- development of moral-volitional qualities,

- development of basic motor skills,
- mastering the goalkeeper's basic technique,
- mastering basic tactical actions.

The training of goalkeepers in the game of football is carried out jointly with the whole team, however, due to the specificity of the goalkeeper's game, they often carry out separate training lessons, aiming to develop the specific qualities of the goalkeeper.

The goalkeeper's training methodology must be highly effective, based on the specifics of the goalkeeper's actions on the sports field. The level of physical effort, intensity and duration of the physical effort will always increase, based on the level of his sports training.

The correct distribution of the goalkeeper's sports training means in the game of football over certain periods of time is very important for increasing their sporting prowess.

Thus, several specialists such as Berceanu, Monța, 2007; Enoiu, 2014; Stoica, Barbu, 2021, consider that in the preparatory period the main role will be given to special means, here widely applying exercises from different sports such as volleyball, basketball, acrobatics, swimming and others, arising from the existing training conditions.

During the competitive period the volume of special exercises characteristic of football and athletics will be significantly increased; these will be related to running, jumping and throwing exercises. Exercises to develop attention and reaction speed will be used systematically during this period, given the fact that after certain periods of rest, these qualities decrease in effectiveness.

Several specialists (Drăgan, 2010; Enoiu, 2014; Ploșteanu, 2005) consider that gymnastic and acrobatic exercises occupy a special place in the sports training of footballers in the goalkeeper position. These exercises will be systematically used both during the morning freshening up and before the start of any football match. They contribute essentially to the development of mobility, movement coordination, jumping, strengthen the ligaments of the muscles of the lower limbs and not only, improves the work of the vestibular apparatus, which is responsible for the spatial orientation of athletes.

Any goalkeeper must be able to execute whole complexes and combinations of gymnastics and acrobatics, which are often very close in structure to the movements of a goalkeeper in different periods of the game, imitating certain technical procedures of footballers in goalkeeping.

In addition to gymnastics and acrobatics exercises, exercises on different gymnastic apparatus are very effective. Thus, it is recommended that goalkeepers in the game of football quite frequently perform various exercises on such apparatus as high bar, parallel bars, rings, buck jumping, climbing on the rope and others.

Some specialists (Drăgan, 2010; Enoiu, 2014; Ploșteanu, 2005) consider very effective work with jump rope, where jumping has to be very fast and accurate, they have a substantial contribution on the development of jumping, pushing force from the ground, mobility in joints and others.

One of the dominant qualities of a goalkeeper in the game of soccer is the strength of the jump, which is expressed by the quality of force at speed. Jumps must be trained by making extensive use of jumps over obstacles, with different rotations in flight, with different landings, with falls specific to the goalkeeper in the game of football.

Characteristic for a football goalkeeper are full-speed runs over short distances, which are dictated by game situations where the goalkeeper has to intervene very quickly. This suggests that soccer goalkeeping coaches should use quite frequent drills with starts from different positions, either sitting, lying, or standing. The distances to be covered by the goalkeeper should be 10-20 meters, and the total number of runs in sports training should not exceed 10-12 sets. Exceeding this number of sets may lead to athlete fatigue and will not have a positive effect on the athlete's speed development.

The majority of soccer specialists recommend that soccer goalkeepers should use different starts with abrupt changes of direction, sudden stops, catching the ball at different heights. In addition, goalkeepers will be trained to cover relatively longer distances, such as 30-50, or even 100 meters at full speed. This is made clear by the fact that there are different situations in the game where goalkeepers are required to cover quite long distances in order to get possession of the ball, or to help their team-mates. To develop specific endurance coaches will use long distance running at a moderate tempo.

It has been shown that goalkeepers who practice sports games in the training process have a number of professional benefits. Thus, those who practice basketball in the training process master very well such elements of the goalkeeper's game such as catching and dribbling the ball, which are quite necessary in different game situations. Basketball in the same way develops speed of reaction, coordination of hand movements and not only. Playing volleyball also develops such motor skills as jumping, which is absolutely necessary for a soccer goalkeeper, appreciating the trajectory and catching the ball in different ever-changing situations and others.

For a football goalkeeper, it is very important to train their technical and tactical skills, as well as to improve their mastery of the basic movements characteristic of football goalkeepers. To this end, special training of goalkeepers is absolutely necessary, which in itself includes a number of activities such as studying the experience of several elite goalkeepers and developing a training plan based on this model.

Speaking about the tactical preparation of goalkeepers, one of the key moments in the goalkeeper's work is to choose his position in the goal correctly, depending on the game situations, to play efficiently when coming out of the goal, to start his team's counterattacks quickly, either by accurately throwing the ball to his partners with his hand or accurately sending the ball into the field with his foot. For this the goalkeeper must have proper preparation for both hand and football play.

Talking about the tactical training of the goalkeeper, they must be able to think and analyze the game situations created on the field, since only he has the greatest possibility to see the picture of the unfolding of the teams' actions on the field. A goalkeeper with good game experience is easy to spot by the quality of his actions both technically and tactically.

In sports training, including technical-tactical training, is determined by the effectiveness of using special means of sports training. Specialists in the field (Chivu, 2021, Manolache, 2021) emphasize in this regard such factors as:

- The level of development of the sensitivity of his actions,
- the ability to execute kicking to playing partners,
- the level of development of motor skills, when it is necessary to execute different technical elements and procedures in different game conditions, where an increased level of development of such motor skills as speed, strength, stamina and others is needed.

The methodology of sports training for goalkeepers provides for the rational use of multiple training tasks in full combination with different technical-tactical actions, often very close to the actual playing conditions.

Modern football schools have accumulated a vast experience in training goalkeepers in the game of football, clearly demonstrating that the result of the match depends to a large extent on them. Of course, the psychological preparation of the athlete plays an important role, this has been emphasized by several football specialists (Enoiu, 2014; Stoica, Stroe, 2000). It is very good when a team trusts its goalkeeper and vice versa, it would be good for the goalkeeper to know that the players, especially the defenders, do their best to prevent the opponent from scoring a shot on goal. This gives confidence to both the goalkeeper and the players on the field.

It is worth mentioning that during the training, not only standard drills are used, often people involved in goalkeeper training come up with their own ideas to get good results. For example, many coaches think it is useful for a field player to sometimes stand in goal, and the goalkeeper can try to play the role of a defender or even a striker, to get a better understanding of how the attacker feels. In this way, during training the footballers by changing their roles on the pitch have the opportunity to look at the game from a point of view that is unusual for them.

Another interesting option in the psychological preparation of goalkeepers is the use of barriers in front of the goal, which come to rebound the ball in different directions, and this will allow to increase the complexity of the goalkeeper's task while preparing him for shots on goal from an unexpected position, to which he is to react.

According to the research results of several football specialists (Ciocănescu, 2012; Enoi, 2014; Stoica, Barbu, 2021), an important role in the preparation of footballers in the goalkeeper position is played by physiological aspects. Thus, after a long and tiring soccer season, the athlete's body is extremely exhausted. However, some inexperienced athletes believe that they need to train intensively during the transition period in order to keep themselves fit so that they can enter the new season in top physical condition. Such an approach is completely wrong, given that the body cannot always be in top shape, and such approaches lead to serious consequences, which age the body and lead to trauma to various segments of the human body. The transition period is one in which athletes should rest a little, all the while continuing training, doing it at an easy pace, helping muscles and ligaments to recover and prepare for the new season.

Many young goalkeepers do not develop their skills for a few reasons, and the main ones would be:

- Insufficient training effort during the rest (transition) period;
- Wrong approach to training, over exaggerated efforts.

Speaking about the first case, when it comes to insufficient physical effort, we recall that modern football requires that the goalkeeper, and not only the goalkeeper, must be in top sports form at all times, and on this depends very much on the success, but also on the psychological comfort of the team, the safety in the team's actions, whether in attack or defense. Goalkeepers are always under maximum physical and psychological strain, which is why they must always keep in top form. Therefore, the decrease or lack of sports training during the transition period can lead to the loss of various motor skills and abilities needed by a football goalkeeper. It follows from this that it is not right to refuse training altogether

during the transition period, and in this case, training should not be directed at increasing the level of motor and technical-tactical training, but at maintaining the optimal level of training.

At the same time, exaggerated efforts during the transition period will not be effective, just as the human body needs to rest after prolonged physical exertion, as is the case in football. Thus, sports training during the transition period will be balanced in terms of physical exertion, and this will lead to the maintenance of sporting fitness during that period.

Modern coaches in the game of soccer propose certain recommendations when it comes to sports training in the transition period, including goalkeepers. Thus, they propose to diversify the practice of different sports, thus resting from the game of football, here they propose practicing such sports as basketball, volleyball, rugby, which is a contact game and others. These are all sports events where the object of the game is the ball, but they have a different function compared to football. Playing these sports helps to develop the motor skills of catching and passing the ball and coordinating actions with team-mates. At the same time, practising these sports also leads to the development of specific and basic motor skills and the development of movement coordination.

Another quite important aspect of training goalkeepers in the game of football is the prevention of injuries. As mentioned above, the goalkeeper's game is a rather complex one, accompanied by jumps, various interventions coming into contact with opposing players, and all these actions inevitably lead to certain traumas. For this reason the players in the goalkeeper position will benefit, after a certain plan, from such medical procedures as physiotherapy, massage, various prophylactic procedures, which aim to restore the muscle mass that has previously suffered.

Another very important aspect in the training of goalkeepers is their diet, including during the transition period. Specialists do not recommend excessive use of high-calorie foods. Excess kilograms will lead to a sudden reduction in mobility when performing various actions required by the goalkeeper, and will essentially decrease the ability to perform various jumps and dives required in different game situations. It is clear that during the transition period an increase in the number of calories is possible, but it will not be exaggeratedly high. At the same time, athletes will be fed according to a well-considered recipe by nutrition specialists, who will focus on the balance of proteins and proteins, minerals and vitamins.

The goalkeeper, according to literary sources, must have a number of qualities absolutely necessary for the game, and these are:

- Above average height,
- explosive strength,- Speed of movement,
- Speed of reaction,
- Flexibility.
- Endurance.
- Coordination.

The types of force for goalkeepers are strictly standardized, they are explosive force, elastic-explosive force, maximal force and resistance force (Figure 1).

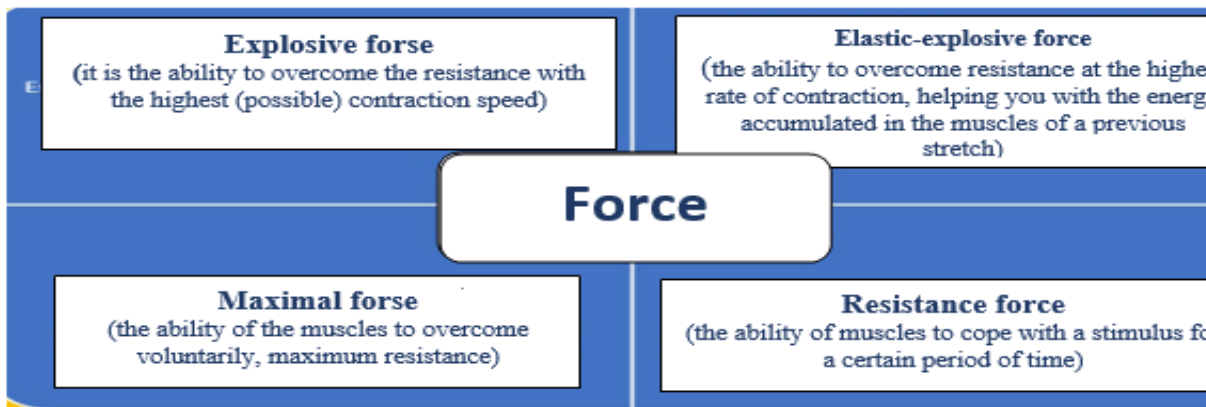


Fig. 1. Forms of force in goalkeeper training

Mobility, or flexibility of the goalkeeper in the game of soccer (Figure 2) is one of the specific motor qualities, absolutely necessary, arising from the specific activity of these players during a match.

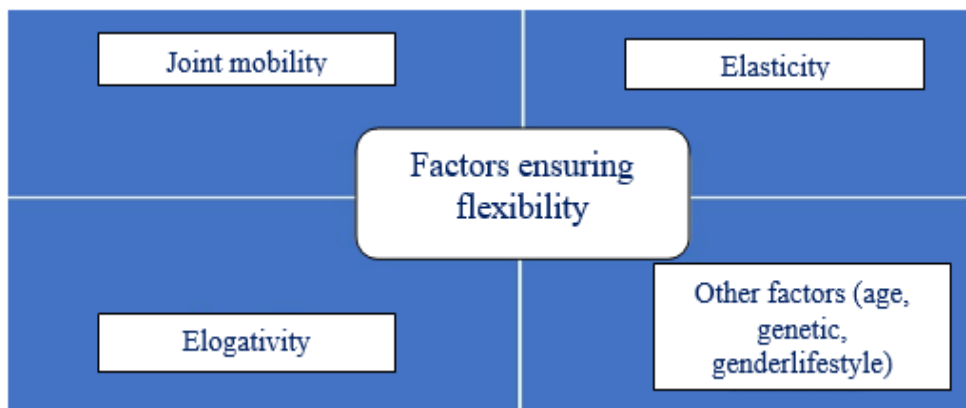


Fig. 2. Factors ensuring goalkeeper flexibility

According to Figure 2 there are several factors that determine the flexibility of soccer players in the goalkeeper position, and the most important ones are joint mobility, elasticity of muscles and muscle tendons, elongativity, which is the stretching capacity of muscles, and other genetic factors such as age, gender, genetic factors, lifestyle and others.

Analyzing the above-mentioned factors, some of them are genetic and less likely to be influenced by one training system or another, while others are well known and can be successfully achieved by applying various modern methodologies, accessible to any teacher or coach.

Another motor quality necessary for the goalkeeper is speed in its different forms (Figure 3), and the most obvious in this respect is the speed of execution, which expresses the speed of realization of a technical element or procedure by the goalkeeper, the speed of movement.

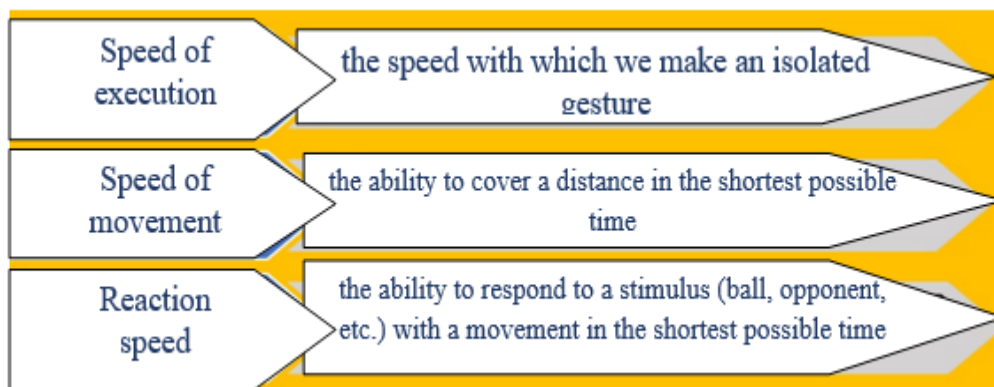


Fig. 3. Manifestations of goalkeepers' speed in soccer

It represents the time to cover a distance in the shortest possible time and the reaction speed, which is the goalkeeper's reaction to an excitant or stimulus, be it visual, auditory, tactile or other.

Speed, as a motor quality, is a rather conservative one and can be developed in a shorter time compared to other qualities, and this is something that the coach will always take into account in the training of any athlete, including goalkeepers.

One of the qualities necessary for footballers in any position, including goalkeepers, is stamina in its various forms (Figure 4).

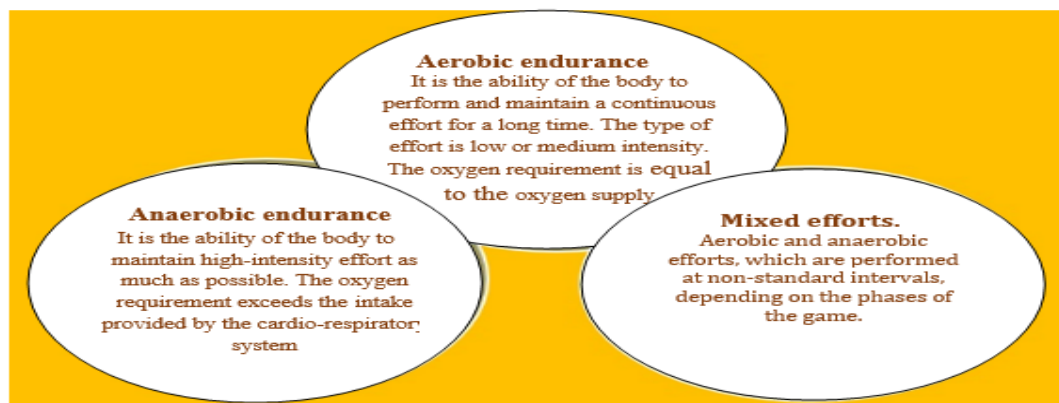


Fig. 4. Types of specific goalkeeper resistance in soccer

According to the opinions of several specialists in the field of physical education and sport (Ciocănescu, 2012; Manolache, 2021; Stoica, Barbu, 2021) the motor quality endurance has several forms of manifestation, and among the most widespread is aerobic endurance, i.e. the ability of the organism to maintain physical exertion over a long period of time, where the oxygen requirement is equal to the oxygen intake for the athlete's body provided by the cardio-vascular system.

Another form of manifestation is anaerobic endurance, which is the ability of the body to maintain high-intensity exercise over a long period of time, where the oxygen requirement exceeds the oxygen supply provided by the cardiovascular system.

Quite often in the training of goalkeepers, so-called mixed or intermediate efforts are applied, i.e. aerobic and anaerobic efforts, which are performed at non-standard intervals, depending on the phases of the game.

These are the most demanding qualities required of a goalkeeper, and the coach's skill in developing or maintaining these qualities at a high level depends to a large extent on the goalkeeper's effectiveness, which ultimately has an impact on the effectiveness of the whole team.

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