

# CHICAGO FIRE JUNIORS GOALKEEPERS



## Defending

- Block opposition shots using any part of the body
- Organize the defense during set pieces defenders during defensive set pieces
- Catch/punch opposition crosses clear
- Give quality information to the defenders

## Attacking

- Quick distribution to begin the attack (Long ball)
- Use height advantage during set pieces (Option in last minutes of game)

## Key Techniques

- Shot stopping
- Handling
- Intercepting balls followed by quick distribution
- Clearing ability (Throwing/Kicking)
- Quick and accurate passing
- Range of passing (short, lofted, driven, punting)
- Ariel ability with/without pressure
- Long range shooting
- Angle of approach
- Body shape

[Video Highlights](#)