

# CSA GK Newsletter

Technique + Mentality = Productivity

## This Month's Focus: Angles

The majority of shots happen at close range and off at an angle somehow. Very few will come straight on from distance. In the video you will see Kepa and how he manages these angles. I enjoy watching his feet move. As the ball adjusts in the attack inside the box, he is taking very small quick hops to adjust with the ball and stay in his set position.

## Conversation Piece: Kepa refusing to come off

For those that are unaware, during the Carabao Cup Final against Manchester City, Kepa went down periodically with what appeared to be an injury right before the game were to enter penalty kicks. The Chelsea manager (coach) Sarri had the backup GK at the halfway line for a substitution after Kepa was already walking off the injury. Kepa waved his finger "no" to his boss and refused to come off. It didn't look good for him disrespecting his coach in that manner resulting in a one weeks pay fine. Chelsea ended up losing in penalty kicks.



## GK of the Month: Kepa Arrizabalaga - Chelsea & Spain

Video: <https://www.youtube.com/watch?v=x1vQnsAudGc>

Kepa is the most expensive goalkeeper on record that has ever been bought. The 24 year old 6'1" Spanish goalkeeper had a release clause at Athletic Bilbao for 80 million euros (89.5 million USD), which Chelsea triggered in the summer of 2018. It perked a lot of questions as he was a young goalkeeper with potential but hasn't proven himself in the Champions League or on an international stage (with De Gea being Spain's clear number one), nor is he that tall for a goalkeeper. But he showed lightning quick reflexes, secure handling, and the composure and fluidity needed as a goalkeeper with the ball at his feet.

This is arguably one of my favorite highlight videos of any goalkeeper. The reason being is every highlight video shows the "outstanding" saves. The point blank reflexes, the upper ninety save, etc. However, this video shows Kepa doing a lot of the simple things very well. That to me is what makes a goalkeeper outstanding. One who makes the role look simple, doesn't overcomplicate things, catches what can be caught, and is reliable. This video also shows him dealing with crosses, 1v1 situations, close range shots, angled shots, and distribution with his feet. Keep an eye out to see if he proves his near 90 million dollar price tag.

## Upcoming Fixtures:

Here's some of April's most competitive matches to view and the goalkeepers participating. Champions League Games are in **Blue!**

### Arsenal vs. Everton

Sun. 4/7 @ 9:05am NBC Sports  
**Leno vs. Pickford**

**Tottenham vs. Manchester City**  
 Tues. 4/9 @ 3:00 TNT/Fox Sports  
**Lloris vs. Ederson**

**Man United vs. Barcelona**  
 Wed 4/10 @ 3:00 TNT/Fox Sports  
**De Gea vs. Ter Stegen**

**Liverpool vs. Chelsea**  
 Sun. 4/14 @ 11:30am NBC Sports  
**Alisson vs. Kepa**

**Manchester City vs. Tottenham**  
 Wed 4/17 @ 3:00 TNT/Fox Sports  
**Ederson vs. Lloris**

**Barcelona vs. Man United**  
 Tue 4/16 @ 3:00 TNT/Fox Sports  
**Ter Stegen vs. De Gea**

**Manchester City vs. Tottenham**  
 Sat. 4/20 @ 11:30am NBC Sports  
**Ederson vs. Lloris**

**Man City vs. Man United**  
 Wed. 4/24 @ 3:00pm NBC Sports  
**Ederson vs. De Gea**

**Manchester United vs. Chelsea**  
 Sun. 4/28 @ 11:30am NBC Sports  
**De Gea vs. Kepa**

## Adjusting your angles:

### 1.) Find your “ball line”

- As the ball moves in and around your box you must stay with the path of the ball. The ball line is an imaginary line from the **center of the goal to the ball**. The GK should be on this line at all times when preparing for a shot.

### 2.) Get in front of the post:

- If the angle is tight and you find yourself close to the post, make sure you're a half step in front of it. This way you won't dive into the post and if you don't catch the ball it won't go in the goal.

### 3.) How to move:

A.) If the ball is moving in short passes, the goalkeeper makes very minor adjustments. Small acute steps to keep your ball line. Watch the video and look how Kepa keeps his feet moving as the ball moves.

B.) If the pass is long or to the other side of the box and you have a lot of ground to cover, crossover step first to cover the ground and shuffle into position to set your feet.

### 4.) Close range vs. long range angled shots:

A.) If the ball is very close (within the box about 6-10 yards from the GK), lower your set position so you're quicker to the ground for a low shot.

B.) If the ball is farther out towards the top of the box or even further/wider take a normal set position. Use your instincts to judge whether the shot or a cross/pass is more likely to happen, but **ALWAYS** be prepared for the shot first. That's the most important of the situations to deal with.

### 5.) Mentality:

- Shots from an angle are in your favor, as the goal is already smaller for the attacker, so use that to your advantage. This does however open up the goal on the opposite side for a pass and tap in which is now in the forwards favor.