


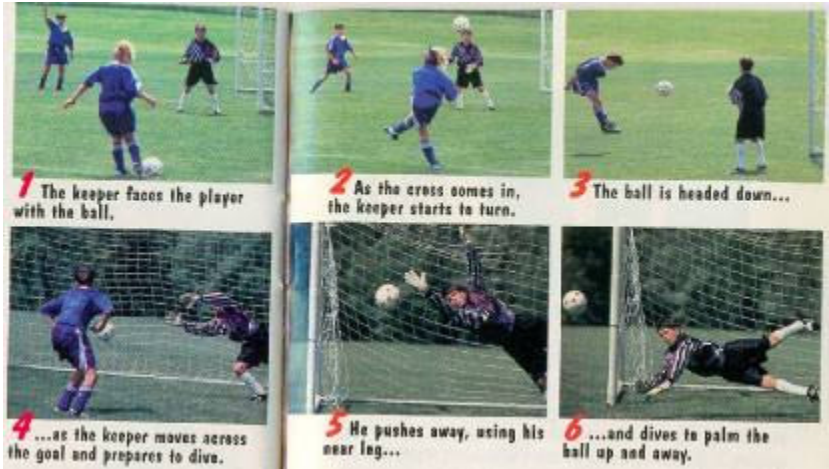
LEARNING FROM THE LEGENDS

GORDON BANKS

<p>ACHIEVEMENTS</p> <p>CLUBS: Chester-field, Leicester City, Stoke City, Ft . Lauderdale Strikers. World Cup winner 1966. Represented England 73 times in international competition Played in over 500 professional games.</p>	<p>Gordon Banks was perhaps the greatest keeper of all time. Although his career highlights include playing keeper during England's World Cup championship in 1966 and his 1972 selection as footballer of the year, Gordon is best known for his save against Brazil in the year 1970.</p> <p>In the game, a cross came in, and Gordon moved to his near post. Suddenly Pelé rose above the English defense and headed powerfully down to the far post. It seemed a certain goal but somehow Gordon managed to dive all the way across the goal mouth and deflected the ball away from the goal. Even Pelé said it was the greatest save he ever saw.</p> <p>Gordon starred for Leicester City and Stoke City in the English First Division before losing sight in one eye in an auto accident. Despite that injury, he joined the North American Soccer League and for two years thrilled American fans with his play for the Ft. Lauderdale (FL) Strikers.</p>
	<p>WHAT MAKES THE GORDON A STAR</p> <ul style="list-style-type: none">✿ A master of goalkeeping technique- great shot steeper, agile superb positioning.✿ Reliable, confident, safe; never a showman.✿ Fearless✿ He inspired his teammates.

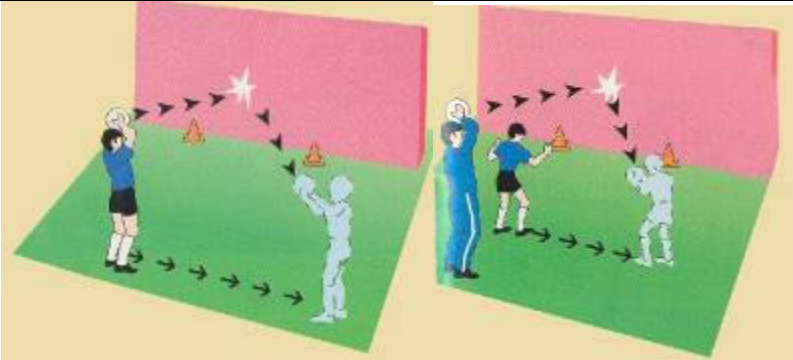
BANKS MOVE

The save Gordon Banks made a deny Pelé a goal in the 1970 World Cup required two special skills: the ability to move quickly across the goal mouth and dive at full stretch to catch or push the ball away.



Starting up

Setup cones 3 yards apart against a wall; stand 2 to 3 yards away. Throw the ball so that it comes off the wall at an angle. Sidestep, skipping quickly along the ground, to get in line and then catch the ball. Next have a friend or parent stand behind you and throw the ball between the cones. You’ve to save it as it comes back. Try not to look behind you before the throw.



Scoring: challenge your partner take five turns each. You get one point for each save

Gordon’s Dos and Don’ts

DO stand with your feet shoulder width apart, knees slightly bend, and your hands held out in front of your body. Watch the ball all the way into your hands. Move across the goal with a sidestepping motion. Face the wall. DON’T bounce on your toes. You can’t move quickly from that position. Don’t cross your feet as you move across goal.

Coerver Coaching Tips

It is important to time your jump correctly for high balls. If you jump too early or too late, you’ll miss the ball or fail to hold it. If you have trouble, go back to the step-by-step approach ~ and remember Gordon’s Dos and Don’ts.

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27

Coerver Coaching Tips

Two of the most important things in soccer are concentration and quick reactions.

All field players should try these skill builders. Once you do, you'll better appreciate the skills needed by a goalkeeper.

Starting up: Working with a partner, put both hands on his or her shoulders. B holds the ball chest high, facing A. A looks B in the eyes. When B drops the ball, A must react quickly and catch it before it hits the ground. Start with one ball and then, after you get good at it, try the same thing with two balls.



Scoring: Take 10 turns each; 1 point is given each time you catch the ball

before it can hit the ground.

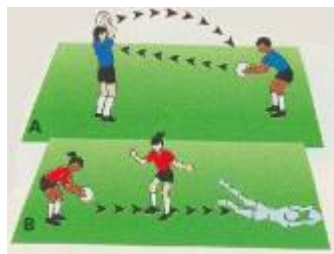
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Coerver Coaching Tips

Start slowly, then speed up. Be careful when you dive. Don't dive on top of the ball. Your body should touch the ground in this order: legs, torso, then arms.

Use your hand nearest the ground to stop the ball. Place your other hand on top and pull the ball into your body.

Starting up: (A) Stand 2 to 3 yards away from a partner and throw balls to each other at the same time. To keep the balls from colliding, one of you should throw the ball high while the other throws on a straight line. (B) Your partner rolls the ball through



your legs from 1 to 3 yards away. Spin around, dive and catch the ball. Roll it to your partner,

who does the same. Finally, lie down 1 to 2 yards from the server. The ball is thrown side to side. Use your upper body to stretch and catch while the bottom half of your body stays on the ground, legs out.

DAY 29

DAY 30

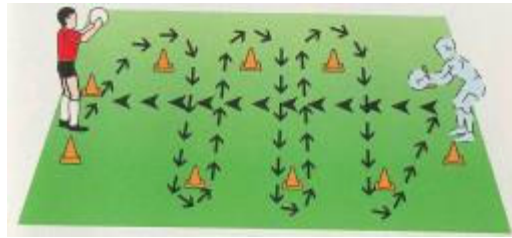
Coerver Coaching Tips

Sliding sidesteps are the best way to move across your goal mouth.

Throwing accurately to teammates is an important skill. It can mean sudden counterattacks when least expected.

Try to catch the ball with your body behind it. If the shot is high, jump and make sure your hands are behind the ball. Then bring the ball safely to your chest before throwing it.

Starting up: Set up two rows of markers or cones 6 to 8 yards apart in a zigzag pattern as shown. Add 3-yard goals at each end. Holding the ball in front to you, sidestep around each marker, always looking ahead. When you reach the end, turn and throw the ball through the opposite goal. If you've got someone to work with have him or her stand in the goal. Sidestep back to the start while continuing to toss and receive the ball with your partner.



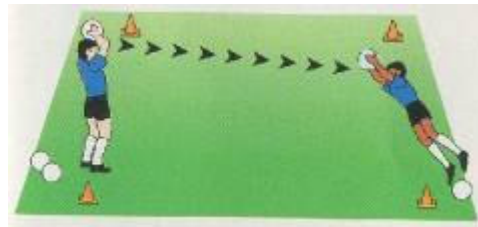
Coerver Coaching Tips

Always be ready.

If you dive, get up quickly. Don't react badly if your opponent scores. Just concentrate on keeping the next one out!

When you save the ball, bring it quickly to your chest and protect it with your arms.

Starting up: Your partner stands 10 to 15 yards away. You both have as many balls as possible behind you and stand between cones placed 6 to 8 yards apart that serve as goals. Throw the



ball, trying to score in your opponent's goal.

Alternate

throws. Take only one step before throwing.

Scoring: Each game lasts three to five minutes. See how many goals you can score or how many saves you can make. You can also say that the first one to score five goals wins.