



## The Goalkeeper Dance

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Rhythm exists in everything we do in life. The rhythm of goalkeeping is unique and can be mastered with practice.

The goalkeeper must be plugged into:

- Rhythms of the match
- Rhythms of the opponent
- Rhythms of your body movements
- Rhythms of your mind

It is imperative for the goalkeeper to distinguish carefully between the goalkeeper rhythms of flourishing and the rhythms of decline. Successful goalkeepers are in harmony with the match and themselves.

We need to understand the correct rhythm versus the wrong rhythm.

- Are you dancing in harmony with the ball or are you out of sync?
- Are your movements in flow with the game or are they moving at a different beat?
- Are your rhythms big or small, slow or fast?

We will learn to observe and recognize the differences. The music in your head must reflect the rhythms of the game.