A photograph of Frans Hoek, a man with short brown hair wearing a red polo shirt with a FC Barcelona crest and blue trousers, crouching on a green soccer field. He is gesturing with both hands raised, palms facing forward. Next to him, a goalkeeper in a black long-sleeved shirt and black trousers is also crouching, wearing large black and white soccer gloves and looking towards Hoek. A white soccer ball is on the grass between them.

# “You have to know the type of goalkeeper you are dealing with”

## *Frans Hoek revolutionizes goalkeeping*

**“I was the goalkeeping coach at Ajax for years and there was a set way on how to train the goalkeepers. After a while I got used to this type of goalkeeper. At Barcelona I was all of a sudden confronted with another type of goalkeeper. There I had to work with fantastic keepers who were unable to function within our playing style. I have analyzed this throughout the years and have come to the conclusion that there are 2 extremes in goalkeepers.”**

**SoccerCoachingInternational talked to Frans Hoek, former (assistant) goalkeeping coach of AFC Ajax, FC Barcelona and the Dutch national team.**

**By: Paul van Veen**

“When I got to Barcelona, Robson had just left after a year of coaching the team. He played in a 1:4:4:2 from the penalty box and had selected Vitor Baía as his goalkeeper. At that moment Vitor was, in my opinion, one of the best goalkeepers in the world and he functioned well within Robson 1:4:4:2 system.”

### **Confidence**

“After Robson’s departure Van Gaal became head coach and started playing a totally different system of play. Consequently Baía changed from a big, strong, confident goalkeeper to the exact opposite. Afterwards I realized he was placed in a concept in which he did not feel the least bit confident. He now had a lot of space in front of him in which he played a role and was forced to become part of the build up. These were not his strongest assets. A goalie like Ruud Hesp does feel comfortable playing in this system and he was therefore asked to join the team. This turned out to be a great choice.”

### **Test**

“The same thing happened to Edwin van der Sar. He was the best Dutch goalie when he went from Ajax to Juventus, but was not able to perform at the same level at Juventus as he did at Ajax. Logical as he did not get tested on his

stronger assets, but rather on his weaker assets. Van der Sar does not belong in a team defending close to the penalty area. Is that Van der Sar’s fault? Of course not. It is a mistake of the people who hired him.”

### **Analyses**

“I started analyzing this and came to the conclusion that there are two goalkeeping extremes at the ends of the spectrum. All other goalkeepers fit within this spectrum. On the one extreme we have what I call the R-type, also known as a reaction goalie or line goalie. This type of goalkeeper is an absolute winner. He will go to any extreme in order to win, is physically strong and has a high muscle tone. This type of goalkeeper might not be overly athletic, but is very strong and has quick reactions. This does not necessarily mean he is a sprinter, he is more like a block of concrete with a lot of muscle strength and great charisma.”



## Reaction

"A reaction goalkeeper is in general capable of leading his defense, but this often comes down to coaching after a situation by means of screaming and blaming. During set plays they are able to coach the situation, because they have the time to re-organize. This is usually done by standard agreements made before the game."

## Goalkeeping tasks

"When we look at the tasks of a R-type, we notice that he is good at stopping shots on goal. Generally speaking they will stop about 80-90% of the shots on goal. They are less successful in the 1v1 situations. In those situations they score about 70% and they almost always act in a set way: look, come out of the goal in a fierce, strong and aggressive manner and almost always throw themselves in front of the opponents feet. Due to this method they are not always on time and frequently commit a foul. The possibility of a penalty kick or card is very high. An R-goalie is generally poor with crosses and very poor in calculating and intercepting through passes."

## Goal kick

"With ball possession they usually only see one solution: a long pass down the field. They can generally reach large distances with the goal kick or throw. Their throwing precision is usually good, although their goal kick tends to be poorer. They usually just kick it into the space. They are not big fans of back passes, as this usually creates a problem for them, resulting in another long pass down the field."

## Choices

"To summarize a reaction goalkeeper has difficulty with processes in which he needs to think or make choices. In situations where they need to react, or direct shots on goal, they are very capable. Hence the name reaction keeper. Examples of reaction goalkeepers are in general most traditional goalkeepers from the past, such as Van Beveren, Piet Schrijvers, Dino Zoff, Hans van Breukelen, Ray Clemence and Gordon Banks. Or modern goalkeepers such as Kahn or Vitor Baía."

## Anticipating

"At the other extreme of the spectrum is the A-goalkeeper, also known as the anticipating goalkeeper. They are usually winners, but in a lesser form than reaction goalkeepers. Generally speaking they are more athletic: with an athletic posture and less muscle tone. They are also less charismatic."

## Vision

"From an organizational perspective they are very good at reading the game. They have vision, which makes them more capable of coaching before the situation. The fact that defenders do not always listen has to do with their personality, gaining respect and guts."

## Goalkeeping tasks

"They are not as good with shots on goal as the reaction goalkeeper, but do score an average grade. They use a very different method in the 1v1 situations. They keep their eye on the situation and look at what the opponents can and will do."







In general they try to get close to the opponent and leave the initiative up to them, causing them to initiate the action in order to create a scoring opportunity. They have a lot of patience, remain in their position and will go to ground at the right moment in order to intercept the ball. When they possess these skills they will have a high winning ratio. Furthermore, they do not take risks, so whenever they make a mistake it does not lead to a penalty or card right away."

### Cross

"Crosses seem to be a problem for any type of goalkeeper. Generally speaking an anticipating goalkeeper is not any better or worse at this than its reacting counterpart. The situation is totally different and does not only have to do with vision, there are other factors which play a role in crosses."

### Player

"The anticipation goalkeeper turns out to be a goalie who is able to think and participate while in possession. They often know where things are going wrong and

where they are working. So they do not always opt for the long pass down the field. They have the ability to play the long ball, but also take time to play the ball in a way that will have the largest possibility of retaining possession. They also have many methods on how to place a ball. They have a falling pass, a straight pass and a lob pass. Generally speaking they do not reach the distance of a reaction goalkeeper. Anticipation goalkeepers could be easily used as field players, as they are able to function as the 11th player. This means they love a back pass."

### Comments

"The prototype for A-goalkeepers are goalies such as Stanley Menzo, Edwin van der Sar, Maarten Stekelenburg and Fabien Barthez. They are real anticipation goalkeepers. They try to eliminate dangerous situations by means of positioning, coaching, leadership and timely actions. They try to avoid line goalkeeping. This is hard for people to differentiate amongst, so reaction goalkeepers usually receive better comments/criti-

ques. Reaction goalkeepers are easier to evaluate: someone shoots on goal and the goalie makes a spectacular save."

### Difference

"As a coach you need to be able to differentiate between the two extremes. When we go back to the 1974 World Cup, the late Dutch national team coach Rinus Michels did not have a good understanding of catching and falling techniques of a goalie. However, he did know which goalkeeper would work best within his system of play. To the surprise of many Michels opted for goalkeeper Jan Jongbloed instead of Van Beveren, Doesburg or Schrijvers who were perceived as the 'real' goalkeepers. However their qualities did not correlate with the system of play and Michels needed and opted for an A-type goalkeeper instead of a R-type."

### Line

"When you look closely at the goalies, you will see a different type of A goalkeepers and R goalkeepers. But all other goalkeeper also fit somewhere along the





Illustration courtesy of Jan de Koning (KNVB)

spectrum. There are plenty of goalies who are not A-types or R-types, but can be places somewhere in between the two extremes. Where they are on the spectrum is very important as it has consequences for a) their education. How

will you educate the goalkeepers in general (from youth to pro)? b) a coach needs to determine what effect the goalkeeper has on the system of play and c) if the goalkeeper is a certain type, how do you train him. I believe you should always

educate a goalkeeper as an anticipating type. More on this in future issues of SoccerCoachingInternational."

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## REACTION GOALKEEPER

### General

Mentality	++
Charisma	++
Physical (strength)	++
Coaching/Organizing (after)	+/-

### Possession opponent

Shots on goal	++
1 v 1	+/-
Crosses	+/-
Through passes	-

### Possession

Making choices	+/-
Goal kick	+
Back pass	-

<b>Key:</b>	
++	Excellent
+	good
+/-	poor - average
-	Poor
--	Very poor

## ANTICIPATION GOALKEEPER

### General

Mentality	+
Charisma	+/-
Physical (athletic)	+
Coaching/Organization (before)	++

### Possession opponent

Shots on goal	+
1 v 1	++
Crosses	+/-
Through passes	++

### Possession

Making choices	++
Goal kick	+
Back pass	++



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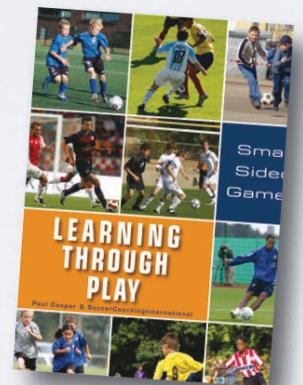
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