FINTER | Goalkeeper Legends

Premium printable workbook 2026/27

Name: _____ Date: _____

Editorial men’s ranking; compare technique and decisions, not incompatible historical save totals.

Top 50 | 1–25

#	Goalkeeper	Country	Strength
1	Lev Yashin	Soviet Union	Organisation and anticipation
2	Gianluigi Buffon	Italy	Positioning and longevity
3	Manuel Neuer	Germany	Sweeper-keeping
4	Peter Schmeichel	Denmark	Command and one-on-ones
5	Iker Casillas	Spain	Reflexes
6	Dino Zoff	Italy	Composure
7	Gordon Banks	England	Reaction and reach
8	Oliver Kahn	Germany	Concentration
9	Edwin van der Sar	Netherlands	Distribution
10	Sepp Maier	Germany	Agility
11	Petr Cech	Czechia	Handling
12	Ricardo Zamora	Spain	Historical influence
13	Jose Luis Chilavert	Paraguay	Set pieces and leadership
14	Pat Jennings	Northern Ireland	Handling
15	Peter Shilton	England	Longevity
16	Rinat Dasayev	Soviet Union	Reflexes
17	Ubaldo Fillol	Argentina	Athleticism
18	Michel Preud'homme	Belgium	Reaction saves
19	Fabien Barthez	France	Explosiveness
20	Thibaut Courtois	Belgium	Reach
21	Dida	Brazil	Penalties
22	Alisson Becker	Brazil	One-on-ones
23	Julio Cesar	Brazil	Reflexes
24	Claudio Taffarel	Brazil	Composure
25	Andoni Zubizarreta	Spain	Reliability

Top 50 | 26–50

#	Goalkeeper	Country	Strength
26	Victor Valdes	Spain	Build-up
27	Walter Zenga	Italy	Shot-stopping
28	Angelo Peruzzi	Italy	Athleticism
29	Gianluca Pagliuca	Italy	Reaction speed
30	Jean-Marie Pfaff	Belgium	Command
31	Rogerio Ceni	Brazil	Set pieces
32	Rene Higuita	Colombia	Creativity
33	Jorge Campos	Mexico	Versatility
34	David Seaman	England	Positioning
35	Ray Clemence	England	Consistency
36	Neville Southall	Wales	Reflexes
37	Jan Oblak	Slovenia	Shot-stopping
38	Keylor Navas	Costa Rica	Big matches
39	Marc-Andre ter Stegen	Germany	Distribution
40	Ederson	Brazil	Passing
41	Gianluigi Donnarumma	Italy	Reach
42	Emiliano Martinez	Argentina	Shootouts
43	David de Gea	Spain	Reaction saves
44	Samir Handanovic	Slovenia	Penalties
45	Hugo Lloris	France	Leadership
46	Kasper Schmeichel	Denmark	Composure
47	Bruce Grobbelaar	Zimbabwe	Unpredictability
48	Thomas N'Kono	Cameroon	Historical influence
49	Essam El-Hadary	Egypt	Longevity
50	Antonio Carbajal	Mexico	World Cup history

Video observation lab

Scan the QR codes. Note the starting position, movement and decision.

FIFA: Gordon Banks recalls his save against Pele

Observation: _____

UEFA: Five wonder saves featuring Buffon, Schmeichel and Neuer

Observation: _____

FINTER: 78 goalkeeper exercises

Observation: _____

FINTER: Penalty-saving goalkeepers

Observation: _____

FINTER: Goalkeeping for children

Observation: _____

Training academy | 1–10

Use age-appropriate feeds, safe surfaces and supervision. No forced dives or hard close-range shots for young children.

1. Ready stance: Partner rolls balls to either side; reset after each catch. [ ] Tried [ ] Repeat

2. Footwork gates: Move between cones, stop balanced and receive a gentle pass. [ ] Tried [ ] Repeat

3. Basket catch: Catch soft waist-height feeds and return accurately. [ ] Tried [ ] Repeat

4. Ground collection: Collect slow rolling balls with body behind the line. [ ] Tried [ ] Repeat

5. Side step catch: Take two small steps before catching a controlled feed. [ ] Tried [ ] Repeat

6. Colour call: Coach calls a colour; move to that cone and receive. [ ] Tried [ ] Repeat

7. Angle game: Move with a passer across the front of goal before a shot. [ ] Tried [ ] Repeat

8. Near post: Adjust position as a partner moves wide. [ ] Tried [ ] Repeat

9. Rebound recovery: Save a gentle first shot and reset for a second. [ ] Tried [ ] Repeat

10. Low dive progression: On soft ground practise low controlled falls with a coach. [ ] Tried [ ] Repeat

Training academy | 11–20

Use age-appropriate feeds, safe surfaces and supervision. No forced dives or hard close-range shots for young children.

11. High ball decision: Catch or leave gentle lofted feeds with no contact. [ ] Tried [ ] Repeat

12. One-on-one: Close the angle against a slow dribbler; no sliding collisions. [ ] Tried [ ] Repeat

13. Sweeper game: In 4v4 protect space behind defenders. [ ] Tried [ ] Repeat

14. Passing gates: Pass through two cone gates with either foot. [ ] Tried [ ] Repeat

15. First touch: Receive a backpass and move away from pressure. [ ] Tried [ ] Repeat

16. Distribution choice: Choose a short pass or longer pass to an open teammate. [ ] Tried [ ] Repeat

17. Communication: Call clear information during a 3v3 game. [ ] Tried [ ] Repeat

18. Penalty routine: Reset, breathe and react to controlled penalties. [ ] Tried [ ] Repeat

19. Video review: Watch one save and identify the starting position. [ ] Tried [ ] Repeat

20. Small-sided match: Rotate goalkeepers and reward good decisions, not only saves. [ ] Tried [ ] Repeat

Goalkeeper IQ | quiz

1. Who won the 1963 Ballon d Or? _____

2. Who won Euro 1992 with Denmark? _____

3. Who saved Pele's header in 1970? _____

4. Who won the 1982 World Cup aged 40? _____

5. Who played at the 2018 World Cup aged 45? _____

6. Who is associated with the scorpion kick? _____

7. Who stopped Robben in the 2010 final? _____

8. Who faced Kolo Muani in the 2022 final? _____

9. Which keeper won the 2014 Golden Glove? _____

10. Which country did Chilavert represent? _____

11. Which keeper is associated with many set-piece goals? _____

12. What should happen after a save? _____

13. What helps before a shot? _____

14. What does a sweeper keeper protect? _____

15. What matters most in young players? _____

Answer key

1. Lev Yashin
2. Peter Schmeichel
3. Gordon Banks
4. Dino Zoff
5. Essam El-Hadary
6. Rene Higuita
7. Iker Casillas
8. Emiliano Martinez
9. Manuel Neuer
10. Paraguay
11. Rogerio Ceni
12. Reset and assess
13. Balanced stance
14. Space behind defence
15. Enjoyment and safe learning

My development plan

Week 1: Handling | Goal: _____

What improved? _____

Week 2: Angles | Goal: _____

What improved? _____

Week 3: Distribution | Goal: _____

What improved? _____

Week 4: Game decisions | Goal: _____

What improved? _____

14-day challenge tracker

Alternate practice and recovery. Tick the days you complete your chosen age-appropriate activity.

[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10 [ ] 11 [ ] 12 [ ] 13 [ ] 14

My top ten

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____