

TALL OR SHORT KEEPER? I don't think it matters, some think tall but I think there are just as many disadvantages being a tall keeper as there is for short keepers, just a bit different. It's about how you train and master the art of being the number 1. (one of our local very own made this list down below)

– Coach Thompson

Being tall as a goalkeeper is definitely advantageous. You hear a lot of coaches today speak about how the modern goalkeeper is a tall goalkeeper. They will say that a taller goalkeeper can control the box better and has a much better range in shot stopping. I've been asked by many people how to be successful as a smaller goalkeeper. It's hard for me to share my experiences, because I am an average size women's goalkeeper, but I would say you must have:

- an extreme passion for the game
- a tremendous work ethic
- great reaction time
- great positioning
- strong jumping ability
- strong decision-making
- an unparalleled determination
- the ability to brush aside what others say

Here is my list of some of the more successful smaller goalkeepers to have played the game:

Anna Picarelli - USA/Italy - 5'4"

Despite her small stature, she had a tremendous career playing at Pepperdine as well as representing Italy on the world stage. Her ability to make top notch saves and keep her team in games was one of her greatest strengths.

Jorge Campos - Mexico - 5'6"

There has not been a small goalkeeper to make such a big impact on the game as Jorge. Most probably remember him for his colorful kits (look them up if you don't know who he is), crazy acrobatic style of play (check this out too), and his daring escapades outside the penalty area (definitely need to see these). However, he was very talented and made up for his size by being extremely athletic, quick and having a great leaping ability.

Nick Rimando - USA - 5'10"

Known for his crazy athletic saves and his ability to stop PKs, Nick had a tremendous career at the club level as well as several appearances with the National Team. He is also one of the better goalkeepers I have seen with the ball at his feet. His ability to ping the ball to a player both from the ground and out of his hands was such an incredible thing to see.

Jon Busch - USA - 5'10"

Known to make captivating saves, despite his shorter stature, he spent most of his pro career in the MLS. In 2008, he was named the MLS Goalkeeper of the Year.

Kostas Lamprou - Greece - 5'10"

He had a short stint with Ajax with minimal appearances, but he proved many wrong. He was good with his feet, had good reflexes and a strong jumping ability.

David Ospina - Colombia - 6'0" (this is considered on the smaller side in the men's game)

He has proven time and again that he can play at the top club level with teams such as Arsenal as well as be successful at the International level, where he has spent many years playing for his National Team.

However, in order to have firsthand knowledge, I reached out to a very successful smaller goalkeeper in the women's game and asked her to share her advice with you on this topic. Check out some of her 2020 clips below, and listen to more advice from Adelaide in the app.

The new session is now live in the app. Go ahead and get started today, and be encouraged by these great words of wisdom you will hear, and whether you are a smaller goalkeeper, an average height goalkeeper or a taller goalkeeper, identify both your strengths and your challenges and the ways in which you can work on both.

Have fun! Challenge yourself! Own your journey!

– Nicole Barnhart (“Barnie”)