

Safe Hands

Everyone's always banging on about goals and strikers and blah blah blah, so in our regular feature we 'big up' the keepers. The brave ones. The last line of defence. Yeah, the lovable nutters. Here's another pair of safe hands...

Do you have a favourite save you have made and why is it your favourite?

Not one stand-out favourite. The most memorable ones are when you're winning by only one goal and you make a save to keep the score at 1-0, then go on and win the game. Sometimes they are the most important saves to make!

When or why did you realise that you were going to be a GK?

I was put in goal for the County team as we didn't have a goalkeeper at the time. I just happened to be ok at it - looks like it was meant to be, I guess!

What is your best attribute as a GK?

My distribution. The girls tell me it's good, so I think I'll stick with that one.

Describe yourself as a keeper in 3-5 words?

Vocal, confident, determined, calm and (hopefully) reliable.

Who is your favourite GK and why?

Female: Rachel Brown-Finnis. I looked up to her growing up and learnt a lot from watching her, she was and still is a great role model. Male: David De Gea. He's probably the best GK in the world right now. Marc-Andre Ter Stegen is another one of my faves.

Do you spend more time choosing gloves or boots and why?

It takes me a while to choose my boots but my gloves are quite straightforward as I'm sponsored by The One Glove Co and once you get used to a pair you tend to stick with the same ones.

What is your favourite training drill/practice?

I love a blocking drill. People say GKs are a bit crazy so to enjoy throwing yourself in front of a ball you know is going to be hit hard is a bit silly - but there's just something about it!

And your least favourite?

Shooting! It's so repetitive. Strikers don't wait for you to get up after making a save from the shot before, so it's tough, depending on how many GKs are in the drill!

What one thing would make you a better goalkeeper?

Not over-analysing everything. I'm sometimes over-



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critical about myself when I need to just accept there's nothing I could have done. The quicker I do that the less it will affect me going forward.

What's the best thing about being a GK?

Making the important saves that win games or help the team hold onto a point.

And the worst?

Making mistakes. You never go out to make mistakes but we're all human and if a GK makes a mistake, 9/10 it's a goal (and people remember mistakes).

What is it about your personality that you think draws you to or makes you a good GK?

I like to take on responsibilities and as a goalkeeper you take on a lot of them: last line of defence, making good decisions etc. You train on your own (GK Union) away from the team and have to be strong mentally and physically and able to push yourself.

What do you wish your outfield teamies would understand about your position?

How hard it is sometimes with small details to take into account for eg weather, angle, whether you've seen the shot late. There are very fine lines between success and failure.

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