



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **Goalkeeper**



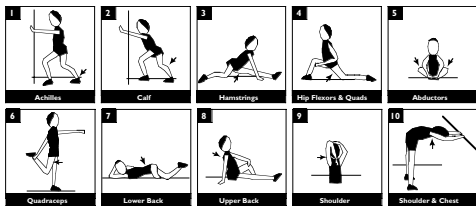
SESSION 1

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STANDARD STRETCHING INTRODUCTION

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

Key Coaching Points

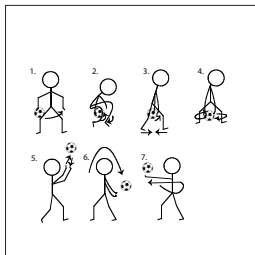
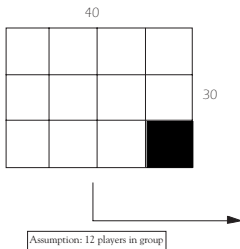
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 1 - Week 1

1 hr. 15 min. practices, 2 recommended practices per week

Handling and Quick Hands



Purpose

To develop handling technique.

Organization

Set out 10x10 yard area, two players in each area, one ball per player. Repeat in five other areas for total of 12 players.

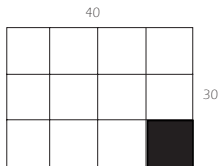
Game Objective

Follow these instructions:

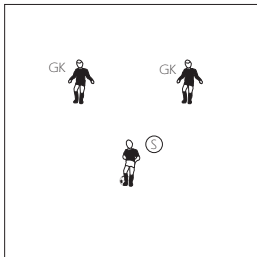
1. Pass the ball around your waist, and move it up and down your body keeping the ball going at all times. Change the direction of the ball.
2. Pass the ball around either leg, or both legs in figure of 8's. Change the direction of the ball.
3. Have one leg slightly in front of the other, switch legs while passing the ball through the legs.
4. Hold ball between legs, with one hand going in front of the legs, the other going behind. Switch hand positions without allowing the ball to touch the ground (for younger keepers allow ball to bounce). Repeat and switch from both hands in front of legs to both hands behind.
5. Keep the ball in the air using fingertips, fists, back of hands, forearms, and palms. Kneel down and stand up again keeping the ball going.
6. Throw the ball up, catch behind back, and throw back overhead.
7. Hold the ball out at arms length, drop the ball and spin round 360 degrees to catch the ball before it hits the ground.

Key Coaching Points

1. Concentrate.
2. Don't try to do activities too quickly. Focus on quality.
3. Get a feel for the ball.



Assumption: 12 players in group



Purpose

Warm up exercise.

Organization

Set out a 10 x 10 yard area. Groups of 3. 1 ball per group. Repeat in 3 other areas for a total of 12 players.

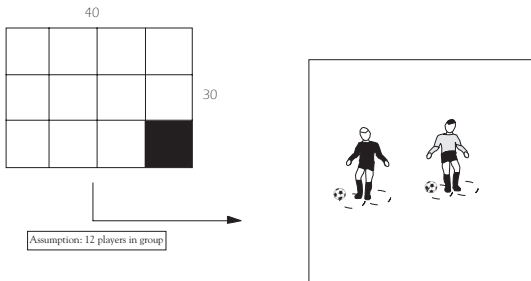
Game Objective

The server gives a variety of serves to the 2 other goalkeepers in the area. Each goalkeeper must attempt to save the ball. Upon saving the ball, the keeper recovers to a standing position and returns the ball to the server. Repeat and rotate. The variety of serves may include:

1. Rolled ball.
2. Bounced ball.
3. High ball.
4. Collapse save.
5. Swoop save.
6. Extension save.

Coaching Points

1. Good starting position.
2. Aggressive to the ball.
3. Call of "keeper's ball."



Purpose

To develop flexibility and hand speed.

Organization

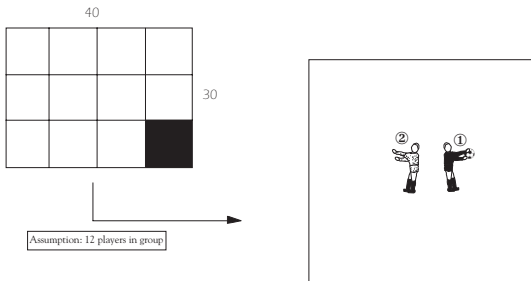
Set out a 10 x 10 yard area. Group in pairs, one ball between two. Repeat in five other areas for a total of 12 players.

Game Objective

Position each goalkeeper so that his legs are straight and his feet are shoulder width apart. The keeper, rolling the ball along the ground, must circle the ball between his feet making the pattern of a *figure eight*. Change direction on command.

Progressions

1. Rotate the ball around a single leg at speed.
2. Pick the ball off the ground in the above exercise.
3. Competition – Number of 8's in a minute.



Purpose

To develop flexibility and hand speed.

Organization

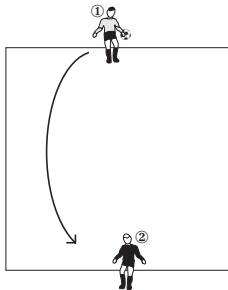
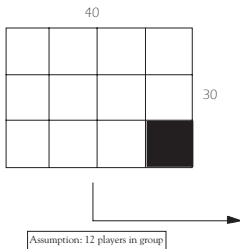
Set out a 10 x 10 yard area. Group in pairs, one ball between two. Repeat in five other areas for a total of 12 players.

Game Objective

Player ① and player ② stand back to back 1-2 yards apart. Player ① rotates around from the trunk in a clockwise direction and passes the ball to player ② who has likewise rotated around in a clockwise direction. Repeat in the opposite direction.

Progressions

Competition: Number of passes in a minute.



Purpose

To develop basic stance position.

Organization

Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Station 1 goal-keeper on each end line. Repeat in 5 other areas for a total of 12 players.

Game Objective

Keeper ① underhand tosses the ball to keeper ②. In receiving the ball, the keeper's feet should be shoulder width apart and his body weight should be forward on the balls of his feet. The arms should be just outside of the body, and hands should be facing towards the ball.

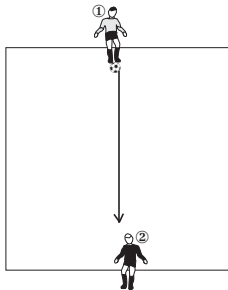
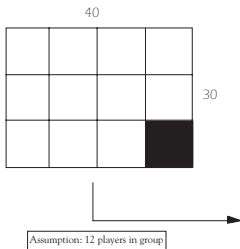
Progressions

1. Feed the ball progressively further to the sides.
2. Volley the ball to the keeper.

Key Coaching Points

1. The knees should be slightly bent.
2. Look at the head – is the head steady – does the keeper look composed and balanced.
3. The feet are shoulder width apart.
4. Hands are in front of the body as if wearing handcuffs.
5. Weight slightly forward.

Low Ball Scoop Save



Purpose

To develop stoop technique.

Organization

Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Station 1 goalkeeper on each end line. Repeat in 5 other areas for a total of 12 players.

Game Objective

Keeper ① rolls the ball to keeper ②, who moves into line with the ball getting both feet directly in line with the path of the ball. Keeper ② stoops down to collect the ball with both hands, securing the ball into the body. Repeat in the opposite direction.

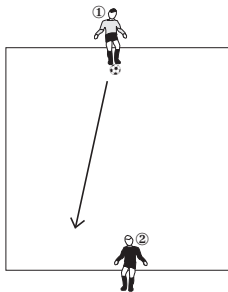
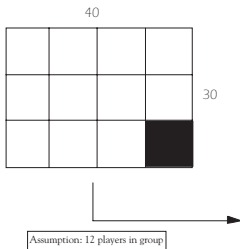
Progressions

1. Feed the ball progressively further to the sides.
2. Volley the ball to the feet of the keeper.

Key Coaching Points

1. The feet should be close together to prevent the ball from going through the legs.
2. The palms should be behind the ball with palms facing out.
3. The hands lead and go to the ball.
4. The starting position should be alert and ready.

Low Ball Barrier Save



Purpose

To develop kneeling technique.

Organization

Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Station 1 goalkeeper on each end line. Repeat in 5 other areas for a total of 12 players.

Game Objective

Keeper ① rolls the ball to the side of keeper ②, who moves into line with the ball. The feet and lower body are turned sideways onto the path of the ball. The right knee is placed next to the left foot which is turned sideways. The hands receiving the ball are out in front. Repeat in opposite direction.

Progressions

1. Serve the ball progressively further to the sides.
2. Bounce serve the ball.

Key Coaching Points

1. The knee of the kneeling leg should be just inside the heel of the other foot to make a long, wide barrier.
2. The action of the hands should cushion the ball and scoop it into the body.
3. The hands should be out in front of the legs.