



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **Goalkeeper**



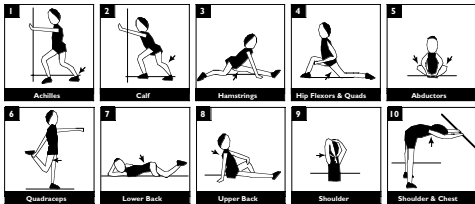
SESSION 1

NASC, Inc.
©2002. All Rights Reserved. No part of this publication
may be reproduced, copied or transmitted in any form
without the prior written consent of NASC, Inc.

SoccerMadeSimple.com
www.MLScamps.com

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

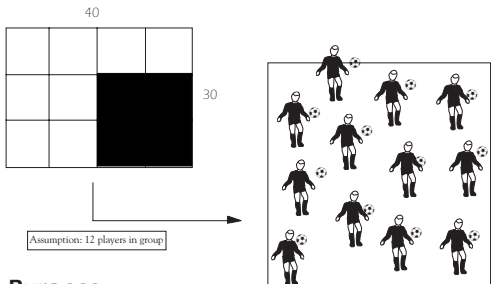
Key Coaching Points

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 5

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



Purpose

To develop the technique of catching a high ball.

Organization

Set out a 20 x 20 yard area. Station all 12 players in the area. Each player has a ball.

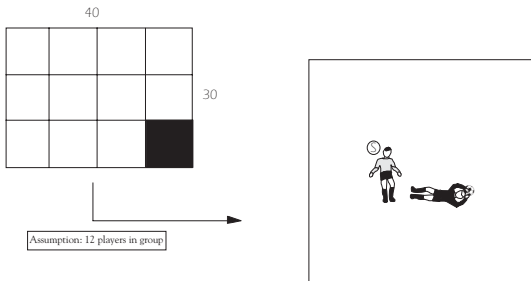
Game Objective

Follow these instructions:

1. Players move around the area, without a ball, practicing jumping and bringing their arms up above their head.
2. Each keeper has a ball and throws the ball up for themselves to jump and catch.
3. Each keeper finds a partner. On the coaches command, they throw the ball up for their partner to jump and catch.

Key Coaching Points

1. Push off one leg, bring the other leg up for extra height and protection.
2. Catch the ball early with arms extended. Don't get 'under' the ball.
3. Use a W – grip under the ball.
4. Relax when catching the ball, don't snatch at it.
5. Shout 'keepers ball.'





Purpose

To develop flexibility and hand speed.

Organization

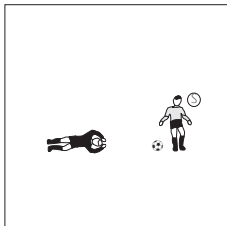
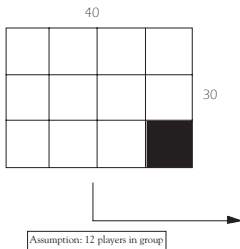
Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Repeat in 5 other areas for a total of 12 players.

Game Objective

The goalkeeper  lies on his back looking up at the  server. The server tosses the ball behind, in front and to the sides of the goalkeeper. The keeper extends to catch the ball and throws it back to the server. Rotate.

Progressions

Competition – Number of balls caught in a 30 second period.





Purpose

To develop flexibility and hand speed.

Organization

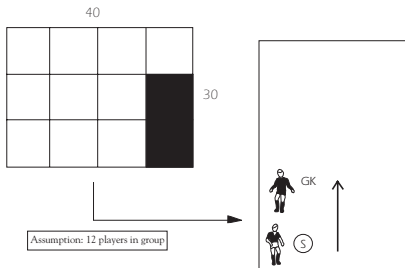
Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Repeat in 5 other areas for a total of 12 players.

Game Objective

The goalkeeper  is in the push-up position resting on the ground. The server  rolls the ball on the ground to the goalkeeper. The keeper must push-up to free his hands and extend to punch the ball back to the server. Rotate.

Progressions

Competition – Number of punches in a 30 second period.





Purpose

Collecting high balls.

Organization

Set out a 10 x 20 yard area. Group in pairs. 1 ball between 2. Repeat in 5 other areas for a total of 12 players.

Game Objective

The server  (S) throws the ball up in the air, moving the keeper  (GK) backwards. After reaching the end line, both players return to the start line. The server now throws the ball up for the keeper to run on to and catch. Repeat and rotate.

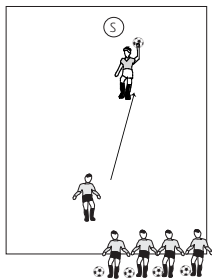
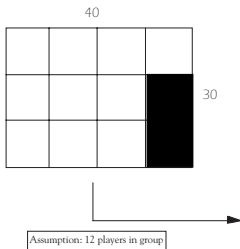
Progressions

Throw the ball higher and farther in front so the keeper must step forward, then up.

Coaching Points

1. Attack the ball at its highest point.
2. Hands catch the ball in the "W" shape.
3. Drive up with your knee.
4. Give a shout of "keeper's ball."
5. Good ready position.

Statue of Liberty



Purpose

To develop the technique of catching a high ball under pressure.

Organization

Set out a 10x20 yard area. Groups of six, one server and five goalkeepers. Each goalkeeper has a ball. Station the server in the middle of the area. Repeat in one other area for a total of 12 players.

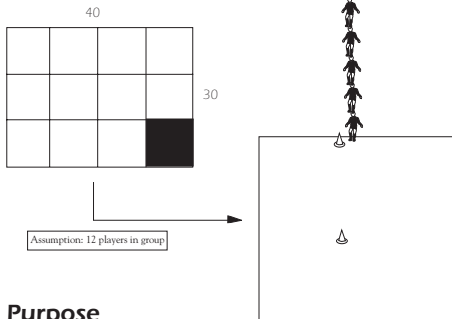
Game Objective

The first keeper throws their ball to the server. The server catches the ball and holds it out (like the Statue of Liberty holding the touch). The keeper then runs and jumps to take the ball from the server's hands. Repeat the activity with the server holding the ball in the other hand so that the goalkeeper gets used to taking off from both feet.

Note: Use the taller keepers in the group as servers. The coach can rotate in as a server.

Key Coaching Points

1. Take off so that the leg nearest the server comes up for protection.
2. Timing of jump — try to take ball at the 'peak' of the jump.
3. Call 'keeper's ball' early, not after the ball has been collected.



Purpose

To develop power in the legs.

Organization

Set out a 10 x 10 yard area. Groups of 6. Repeat in another area for a total of 12 players.

Game Objective

Keepers take turns to move from one cone to the other. The exercises are performed as follows:

1. Keeping feet together, bounce forward moving side to side.
2. With feet together, bound forward, bringing knees to chest.
3. Hop with feet together for length.
4. Hopping on 1 foot.
5. Sideways skipping, try to skip upward as high as possible.
6. Make giant strides with back knee touching ground.

Progressions

Add a goal between the second cone and the end line. After completing the exercises, the coach rolls a ball towards the goal for a keeper to save.

Coaching Points

1. Keep head forward and still.
2. Look to power up and forward.