



# 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

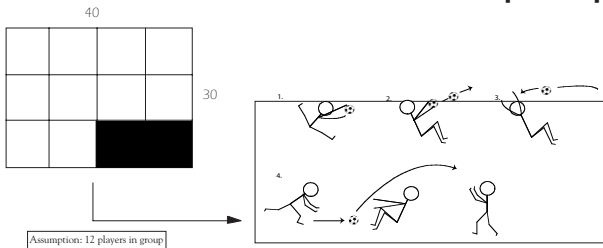
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



## **SESSION 1 - Week 7**

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

## Goalkeeper Sit-ups



## Purpose

To improve agility, flexibility, strength and handling technique.

## Organization

Set out a 20x10 yard area. Group in pairs. One ball per player. Repeat in five other areas for a total of 12 players.

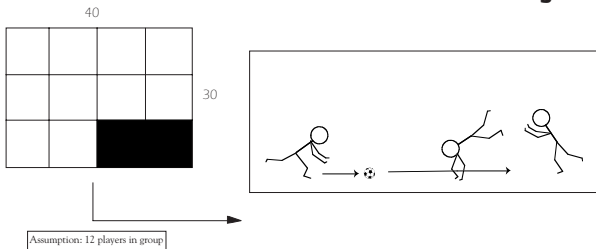
## Game Objective

Follow these instructions:

1. One keeper sits up straight with legs in a V-shape. The partner feeds the ball to alternate sides for the seated keeper to catch and throw back as he moves back up. Use the opposite leg as the lever, i.e. when keeper goes to left, use the right.

## Key Coaching Points

1. Try to find a rhythm when doing exercises.
2. Good clean handling.
3. Keep head still and on a level plane.



## Purpose

To develop flexibility, agility and strength.

## Organization

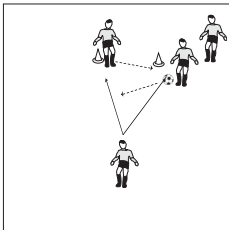
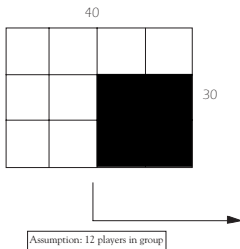
Set up a 20x10 yard area. Group in three's, one ball per group. Repeat in four other areas for a total of 12 players.

## Game Objective

One keeper lies flat in the middle of the area, with his hands on the ground ready to push up. The other two keepers stand at either end of the prone keeper. The keepers at either side roll the ball along the ground aiming to hit the prone keeper. The keeper in the middle must avoid the ball by lifting up their body, flicking up arms, legs etc.

## Key Coaching Points

1. Move quickly, be alert.

**Saving From Close Range****Purpose**

To develop shot and save techniques.

**Organization**

Set out a 20 x 20 yard area with an eight-yard goal. Group in fours with one working keeper, one server, one 'striker' and one keeper in waiting. Position the server by one of the posts holding a ball and the striker eight yards from the goal in the center of the space. Repeat in two other areas for a total of 12 players.

**Game Objective**

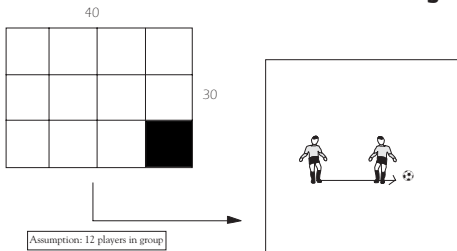
The keeper starts in the center of the goal and skips across to the server stationed on the post and touches the ball they are holding. The server then rolls this ball out to the striker who hits the ball first time. The keeper must recover back across the goal to make the save. Repeat for three saves. Repeat from both sides of the goal. Rotate positions and roles.

**Progressions**

1. As above, but the ball is served to the striker in the air for them to volley. Then progress to heading the ball (encourage diving headers).
2. Have a server on both sides of the goal. As soon as the keeper has made the save from one side, they move to the server on the other side of the goal. Repeat for six saves. Bring in an element of competition. Which keeper can save the most shots?

**Key Coaching Points**

1. Don't turn the shoulders, face the striker.
2. Don't anticipate. React.

**Through Legs, Collapse****Purpose**

To get goalkeepers to collapse their body, moving forwards and backwards.

**Organization**

Set out a 10x10 yard area. Group in pairs, one ball per pair. Allow keepers to move back and forth over half a field. Repeat in five other areas for a total of 12 players.

**Game Objective**

Follow these instructions:

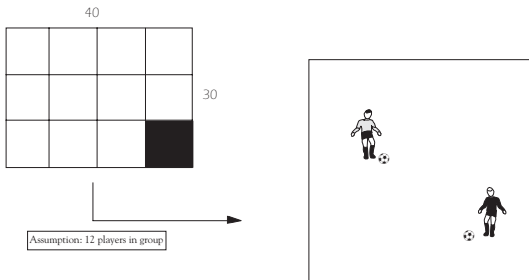
1. Keepers stand five yards apart. One keeper rolls the ball, the other keeper allows the ball to roll through their legs and then collapses back on it. Alternate the sides that the keeper collapses to.
2. The keeper rolls the ball through their partner's legs from behind. The keeper has to dive forward onto ball.

**Progressions**

1. Keepers move back across the field, i.e. the keeper allows the ball to roll through his legs, collapses on it, shuffles back and the partner moves forward, thus moving across the field. Swap roles.
2. As above but with the keeper diving forward onto the ball and moving forward.

**Key Coaching Points**

1. Shoot out legs from underneath to collapse body.
2. Get used to collapsing on both sides of the body.
3. Focus on quick footwork.



## Purpose

To develop diving and deflecting.

## Organization

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

## Game Objective

The players dribble around the inside of the area. When the coach gives the command, the players kick their balls 4-5 yards to one side and then dive on the ball.

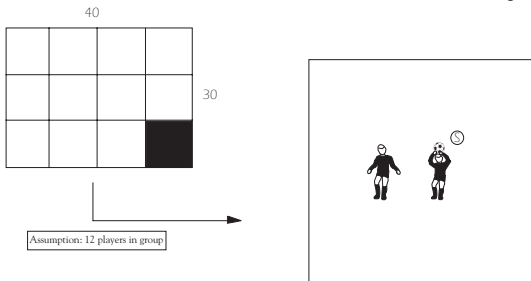
## Progressions

Players dribble around the area. When the coach gives the command, the player kicks the ball 4 -5 yards to one side and then proceeds to dive to save the other keeper's ball.

## Key Coaching Points

1. Step towards the ball.
2. Go forward with hands low and leading.
3. Swoop down on the ball as if skidding along the ground.






**Don't Drop The Ball****Purpose**

To develop flexibility and agility.

**Organization**

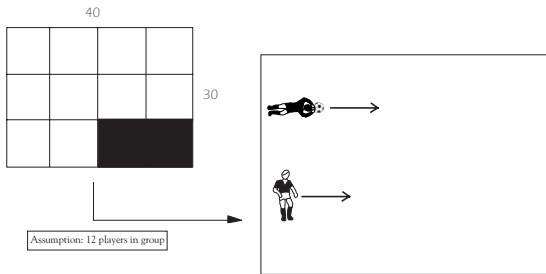
Set out a 10 x 10 yard area. Group in pairs, 1 ball between the 2. Repeat in 5 other areas for a total of 12 players.

**Game Objective**

The goalkeeper  stands with his back to the server who is three yards away. On the command turn, the  server drops the ball from head height. The  keeper must turn and dive to prevent the ball from bouncing.

**Progressions**

Competition – Number of saves in a 30 second period.



## Purpose

To develop diving techniques.

## Organization

Set out a 20 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 and a server shuffle across the area as shown by the directional arrows in the above diagram. The server feeds the ball to the side of the keeper. The keeper must attempt to dive and save the ball and immediately throw it back to the server from the ground. Repeat in the opposite direction. Rotate.

## Coaching Points

1. Avoid using arms and knees to get off the ground.
2. Bounce up using shoulders and the side of the leg.
3. Rock to your feet.
4. Dive sideways, watching the ball and facing out to the field of play.
5. Use good footwork between saves.