



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.



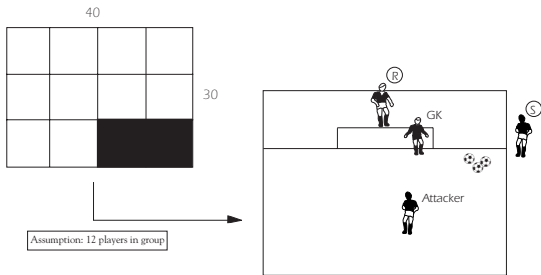
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SESSION 1 - Week 8

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



Purpose

To develop the breakaway save.

Organization

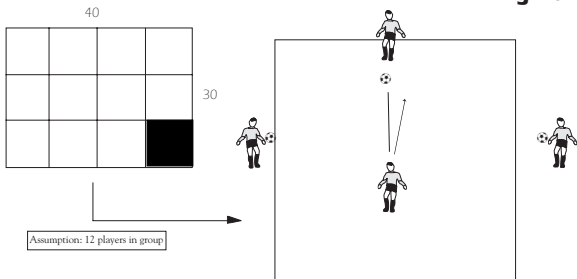
Set out a 20 x 10 yard area. Groups of 4, consisting of 1 goalkeeper, 1 server, 1 retriever and 1 attacker. Server has a supply of balls. Repeat in 2 other areas for a total of 12 players.

Game Objective

The goalkeeper is positioned on the front post to cover any shots on goal by the server. The server has the option to attempt a near post shot or pass the ball to the lone attacker who may shoot or dribble towards goal. If the server plays the ball to the attacker, the goalkeeper must move across from the post and down the line of the ball to save or smother the attack on goal.

Coaching Points

1. As you approach the ball, imagine a rope from each post to the goal—come down the middle of the triangle.
2. Get set and close down the space between ball and goal.
3. Stand up and delay the attacker.

Diving At Feet**Purpose**

To develop a keeper's confidence when diving in at a striker's feet.

Organization

Set out a 10 x 10 yard area. Organize in groups of four with one server and three goalkeepers. Each of the goalkeepers has a ball. Position the server in the middle of the area and have the keepers on three different sides of the area. Repeat in two other areas for a total of 12 players.

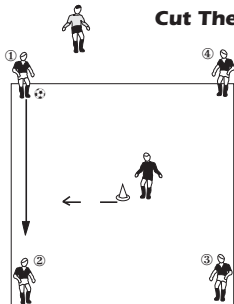
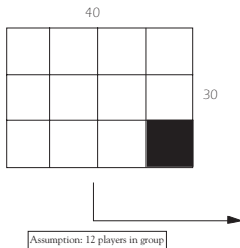
Game Objective

The keepers take it in turns to throw their ball to the server in the middle of the area. The server chests the ball down in front of them and the keeper who threw the ball moves in towards the ball to collect it at the server's feet. Instruct the server to vary the direction they chest the ball so that the keeper has to get used to falling on both sides. After the server has chested the ball, encourage the server to move in behind it, creating passive pressure, without actually touching the ball. Rotate the servers.

Key Coaching Points

1. Be aggressive and brave.
2. Focus on the ball and not the player.
3. Make sure the hands come to the ball first and the body moves in behind the ball, not over the top of it.
4. Shout 'keeper's ball' when coming for the ball.

Cut The Corner



Purpose

To develop shuffling across an area to execute the diving save.

Organization

Set out a 10 x 10 yard area. Station 1 player in each corner of the area, 1 goalkeeper in the center and one resting player to the side. Repeat in another area for a total of 12 players.

Game Objective

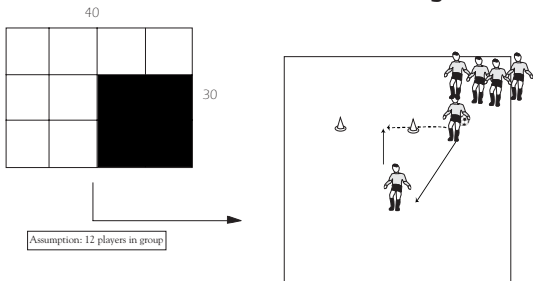
Player ① passes the ball along the sideline to player ②. They allow the keeper a fighting chance to shuffle across and dive to catch or deflect the ball. The keeper rolls the ball to player ② who passes to player ③. Repeat practice. Rotate keepers.

Progressions

Each corner player has a ball. The coach calls out a combination of numbers e.g. 2 - 3. The keeper must intercept the ball as it is passed between players ② and ③.

Key Coaching Points

1. The keeper must adjust his position rapidly by crossing one leg over the other.
2. Jumping movements which prevent the keeper from maintaining a focus on the ball should be avoided.

Saving From Cut Backs**Purpose**

To develop the save from a ball that has been cut back across the goal.

Organization

Set out a 20 x 20 yard area with an eight-yard goal. Groups of six with one striker and five goalkeepers. Each goalkeeper has a ball. Position the striker approximately eight yards from the goal. Repeat in one other area for a total of 12 players.

Game Objective

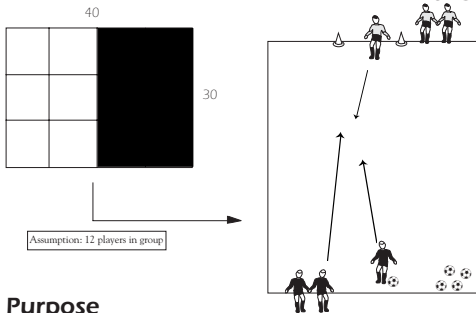
The first keeper starts on the post holding a ball, shoulders facing out, i.e. where they would be if a player were about to cut a ball back into the goal area. They then simulate the cut back by turning and throwing the ball to the striker to volley first time. As soon as the keeper has made the save they then recover and move back around the back of the goal to rotate the next keeper in. Repeat on both sides of the goal. Rotate strikers.

Progressions

1. The ball is thrown for the striker to head instead of volley.

Key Coaching Points

1. Use good footwork across the goal. Get across as quickly as possible to give yourself the best chance of making the save.
2. Don't anticipate. React.

Make The Decision**Purpose**

To develop the keeper's decision making skills during a breakaway.

Organization

Set up a 20 x 30 yard area with a goal at one end of the area. Organize in groups of six with one keeper stationed in the goal, one server stationed at the opposite end of the area with soccer balls, two keepers stationed by the goal and two strikers stationed by the server. Repeat in one other area for a total of 12 players.

Game Objective

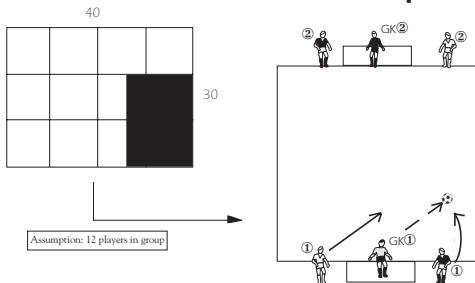
The server plays a through ball for the first striker to run on to. The keeper must close down the space to the ball and play the breakaway. Once the save is made, the keeper joins the back of the striker's line. The striker then joins the back of the keepers line. Rotate servers.

Note: Instruct the server to vary through balls so that some run through to the keeper and others meet the striker first, forcing the keeper to delay.

Key Coaching Points

1. Keepers decision, whether to intercept the through ball or hold the striker up, depending on the weight of the through ball.
2. Body position if the striker reaches the ball first --- stays on his feet, remains big for as long as possible.
3. Direct the striker away from the goal.
4. Once the decision has been made --- be committed.

Stop—Smother or Save








Purpose

To develop the breakaway save.

Organization

Set out a 15 x 20 yard area. Groups of 6, consisting of 2 goalkeepers, 2 servers and 2 attackers. Servers have a supply of balls. Repeat in another area for a total of 12 players.

Game Objective

Goalkeeper  GK ① serves the ball in front of player  ①. Player  ① dribbles the ball towards goal and shoots on the goal at the top of the area. This player is pursued by defender  ①, who must attempt to block the shot or force the attacker away from goal. Keeper  GK ② must attempt to save the ball. Repeat in the opposite direction. This activity is designed to mirror a breakaway in a game. The keeper should attempt to force the attacker wide and away from the goal, limiting the attacker's vision of goal.

Progressions

Have the goalkeeper attack the ball, and the defender cover the goal.

Coaching Points

1. Go across then down the line toward the ball.
2. As you approach, stand up with hands down low.
3. Keeper should give a good serve out in front of the attacker.
4. Can you stop the shot, smother the shot or stand up and save?