



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **Goalkeeper**



SESSION 2

NASC, Inc.

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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

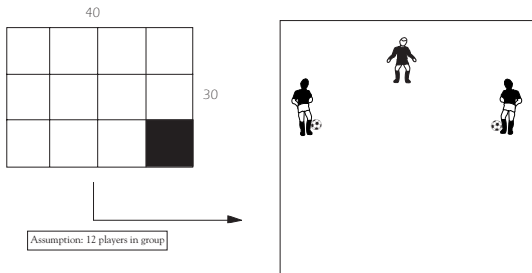
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 2 - Week 3

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

Hard Shot Deflections



Purpose

Collapse dive and deflection of hard shots.

Organization

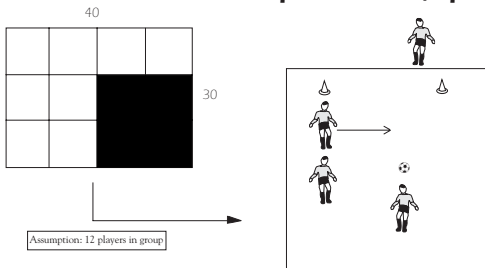
Set out a 10 x 10 yard area. Groups of 3 consisting of 2 servers, each with a ball, who stand facing the keeper diagonally about 5 yards away.

Game Objective

The servers alternately toss the ball out in front and to the side of the goal-keeper. The keeper makes a collapse save and deflects the ball using the heel of his hand across to the server on the other side of the area. Repeat and rotate.

Key Coaching Points

1. Good starting position.
2. Watch the ball.
3. Lead with hands to the ball.
4. Dive forward and out.

Swap - Then Save, Spin - Then Save**Purpose**

To develop footwork to get the body into line for shots.

Organization

Set up a 20 x 20 yard area with an eight-yard goal. Group in fours, two goalkeepers, one server and one retriever. Position the server ten yards from the goal with a supply of balls. Repeat in two other areas for a total of 12 players.

Game Objective

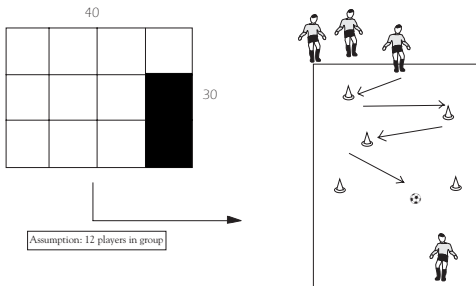
Follow these instructions:

1. The two active keepers stand at one post facing each other and throw a ball between them. The server shouts one of their names and that keeper moves across the goal into the starting position to save a straight shot from the server. Repeat the practice from both sides of the goal. Rotate the keepers with servers and retrievers.
2. As above, but instead of throwing the ball the keepers hold on to each other and spin each other around until a name is called.

Note: Instruct servers to aim for keepers. With younger keepers the coach may have to be the server to make the practice effective.

Key Coaching Points

1. Sharp footwork across the goal.
2. Try to get the center of the body behind the middle of the ball.



Purpose

To develop the goalkeeper side skip movement and body position.

Organization

Set up a 10 x 20 yard area and group in fours. Set out a zig-zag pattern of discs leading to a goal 6 yards wide. Station a server 6 yards from the goal. Repeat in three other areas for a total of 12 players.

Game Objective

The first keeper side skips around each disc and moves into the goal to make a simple save from the server (i.e. shot at the keeper, collapsing save). The keeper that has just made the save then becomes the server and the original server joins the keeper line.

Note: With younger keepers, the coach may have to be the server to make the practice effective.

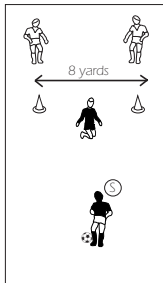
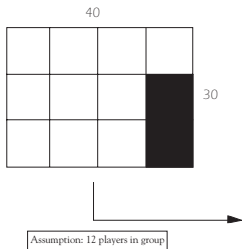
Progressions

1. Introduce a second server. One server passes a ball into the near post for the keeper to save. The second server takes a shot as the keeper recovers.

Key Coaching Points

1. Side-skip movement should be a gliding movement. The feet should not touch each other and should remain close to the ground to maintain a good platform to push from.
2. Keep the head up and steady.
3. Always set for the save.
4. When recovering for the second save, bounce up and don't turn your back to the play.

Deflecting Low, Hard Shots




Purpose

Deflecting hard, low skidding shots.

Organization

Set out a 10 x 20 yard area. Groups of 4, 1 ball per group. Make a goal 8 yards wide. The goalkeeper should be kneeling 2 yards out of the goal to make the goal appear smaller. 2 retrievers stand behind the goal. Repeat in 2 other areas for a total of 12 players.

Game Objective

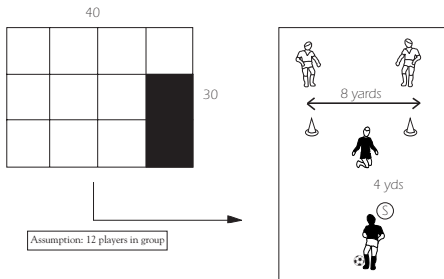
The server  (S) rolls the ball with speed to the corners for the keeper to deflect around the post or away from goal. Repeat and rotate positions.

Progressions

Goalkeeper moves to a standing position.

Coaching Points

1. Push off with the closest leg.
2. Head and eyes should follow the hands.
3. Use the heel of hand to deflect the ball away from the goal.

Deflecting High Shots**Purpose**

Deflecting shots up and away from the body.

Organization

Set out a 10 x 20 yard area. Groups of 4 with 1 ball per group. The keeper should be kneeling on one knee 2 yards out of the goal. Station 2 receivers behind the goal and 1 server in front of the goal.

Game Objective

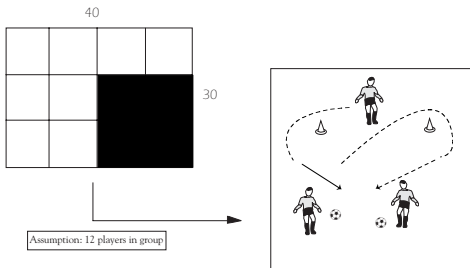
The server serves high and to the corners of either side of the goal. The goalkeeper must attempt to drive out of his kneeling position and reach up to deflect the ball around the post or over the bar. The goalkeeper should attempt to push the ball out of play to avoid rebounds and second shot opportunities. Repeat and rotate.

Progressions

Advance to standing position.

Coaching Points

1. Get up quickly and drive to the ball.
2. Dive forward to make goal smaller.
3. Deflect using outstretched fingers.



Purpose

To get keepers diving forward to cut the ball out earlier in flight.

Organization

Set out a 20 x 20 yard area with an eight-yard goal. Group in three's, with one working keeper and two servers. Each of the servers are stationed 10 yards from the goal at a slight angle to each post. Repeat in three other areas for a total of 12 players.

Game Objective

The goalkeeper uses footwork to go back into the goal and come around the front of one of the posts. Just as they come around the post the server by that post passes the ball towards the opposite post for the keeper to save. As soon as they make the save the keeper bounces up, moves back into the goal and comes around the front of the other post to make a save from the other server. Repeat for 5 saves at each post.

Progressions

1. As above, but this time the ball is served in the air (underarm throw by server) for the keeper to make a flying save.
2. Vary the flight of the service to encourage air and ground saves.

Key Coaching Points

1. Emphasize the importance for the goalkeeper to dive forward and cut the ball off early (see above diagram).
2. Keepers should be looking to make saves three or four yards in front of the goal line.
3. Step into the save as they come round the post.
4. Good footwork in between saves.