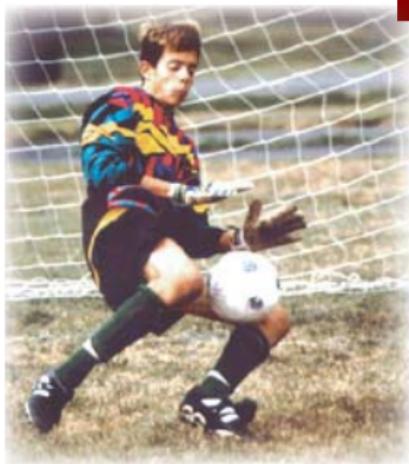




# MLS CAMPS

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

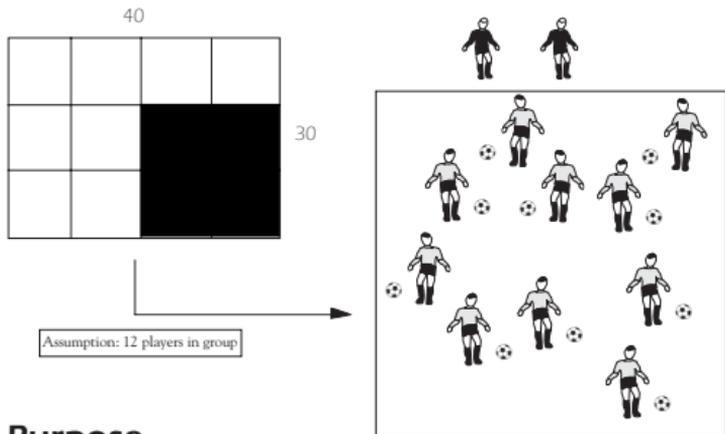
### Key Coaching Points

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 7**

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



## Purpose

To develop technique and decision making when diving at a striker's feet.

## Organization

Set up a 20 x 20 yard area. Station two keepers outside the area without a ball and the other ten players inside the area with a ball each at their feet.

## Game Objective

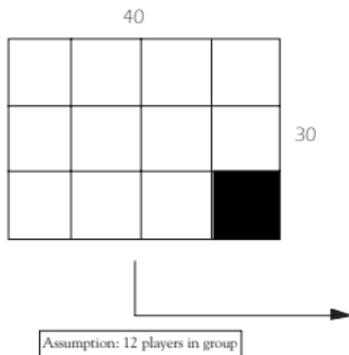
The ten strikers start the activity by dribbling the ball around the area. When the coach calls out the command 'Mad Dog', the two keepers move into the area. The Mad Dog keepers have to get the strikers out of the area by either diving at their feet and grabbing the ball or forcing the strikers to dribble out of the area.

## Progressions

1. Develop the activity into a competition by seeing which pair of Mad Dogs can get the most strikers out of the area in two minutes.

## Key Coaching Points

1. Get low, have hands low at either side of the legs. Keep the legs close together to prevent the striker from playing the ball through them.
2. Don't dive in, wait for the striker to lose control of the ball.
3. If the striker turns, it means that they are turning away from goal.
4. Be brave when going in for the ball.
5. Don't make the striker's decision for them. Make them make the first move.

**Footwork and Collapsing Saves****Purpose**

To develop footwork required with making different types of saves.

**Organization**

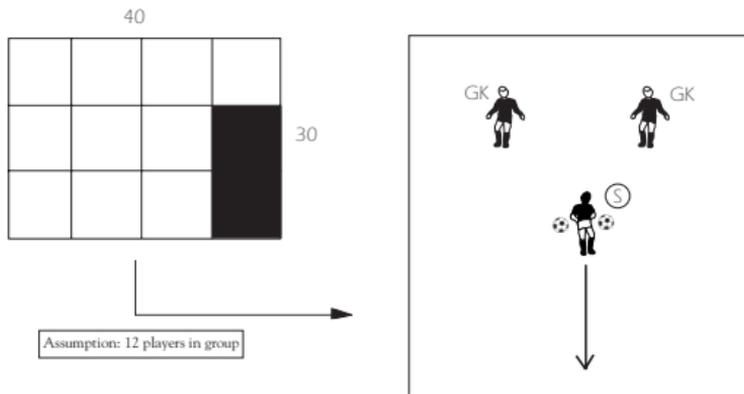
Set out a 10 x 10 yard area with a six-yard goal. Place a disc three yards behind the goal and a ball three yards in front of each post. Group in threes with one working keeper, one server and one retriever. Repeat in three more areas for a total of 12 players.

**Game Objective**

1. Cones are numbered 1 and 2. The server calls out a number, the keeper moves quickly to that cone and touches it. Upon a cone touch, the server serves a ball to the other side for the keeper to make a collapsing save.
2. The disc behind the keeper is numbered 3. When this is called the keeper shuffles back around a disc and comes forward back into the goal. A ball is served to either side for the keeper to make a collapsing save.
3. As above, but instead of moving back around disc 3, a ball is served behind the keeper's head for the keeper to move back and catch or tip over bar.
4. The balls in front of the keeper are numbered 4 and 5. When these are called the keeper must come forward and dive on the ball as if they were diving at a strikers feet.

**Key Coaching Points**

1. Use small quick steps when moving side to side. When going back, turn the shoulders and side skip backwards.
2. Bounce up after making a save ready for the next shot on goal.
3. When diving on the ball in front of you, don't run around it. When diving on the ball to the right of the goal, collapse on the side of the body.
4. This practice is physically demanding so allow keepers ample rest and recovery periods.



## Purpose

To develop the collapse dive.

## Organization

Set out a 10 x 20 yard area. Groups of 3, consisting of 2 goalkeepers and 1 server. The server has a supply of balls. Repeat in 3 other areas for a total of 12 players.

## Game Objective

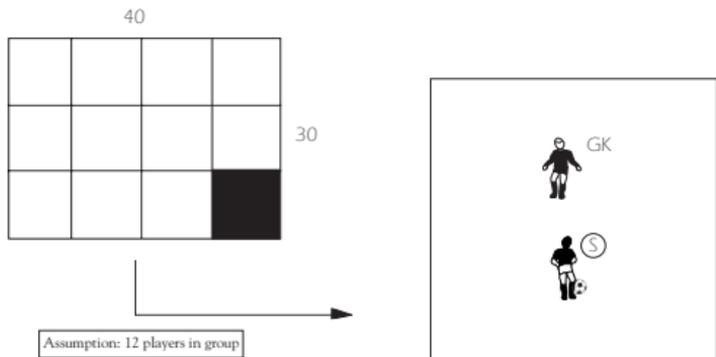
The server tosses the ball to the side of the goalkeepers. Goalkeepers take turns to move towards the ball, catch it and collapse save towards the ground. The server moves around the area. Goalkeepers continually reposition themselves as the server moves around the area.

## Progressions

Both goalkeepers make a collapse save simultaneously, even though only 1 of the keepers is actually saving a ball.

## Key Coaching Points

1. Save by diving forward—making goal smaller.
2. Catch the ball and take it to the ground.
3. Ball should hit ground before shoulder.
4. Smother the ball in the chest.



## Purpose

To develop power for a flying save.

## Organization

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

## Game Objective

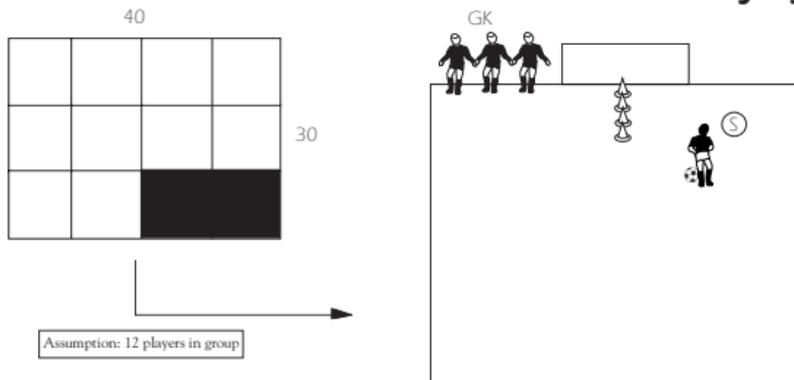
The active keeper hops on his right leg. The server feeds the ball to the keeper's right, over head height. The keeper must attempt to power upwards to the ball and collect it. Repeat to the left. Rotate.

## Progressions

The keeper hops on his left leg. Server serves to keeper's right. Just before the keeper takes off, put right foot down and drive to that side.

## Key Coaching Points

1. Try to have the ball hitting the ground first.
2. Use arms to drive the ball.
3. Land under control.

**Flying Save****Purpose**

To develop the extension/flying save.

**Organization**

Set out a 10 x 20 yard area. Groups of 4, consisting of 3 goalkeepers and 1 server. Place 4 discs in the middle of the goal as shown in the diagram. Server has a supply of balls. Repeat in 2 other areas for a total of 12 players.

**Game Objective**

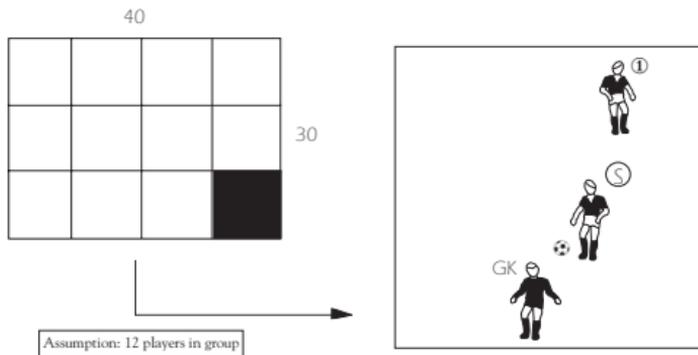
Goalkeepers take turns shuffling across the area. As a keeper approaches the cones, the server feeds the ball at head height towards the goal. The keeper must attempt to power over the cones and make an extended flying save or deflection. Repeat and rotate.

**Progressions**

Bring the cones closer to force the goalkeepers to save the ball at full stretch.

**Key Coaching Points**

1. Explode off the closest leg to the cones.
2. Drive using arms and knees.
3. Look for height, balance and distance.
4. Land under control.

**No Shot Breakaway****Purpose**

To develop diving at feet before the shot is taken.

**Organization**

Set out a 10 x 10 yard area. Groups of 3, consisting of 1 goalkeeper, 1 server and 1 attacker. 1 ball between 3. Repeat in 3 other areas for a total of 12 players.

**Game Objective**

The server dribbles around the area with the ball. The goalkeeper shadows the server, attempting to stand behind him as he moves. The server then makes a pass to the attacking player  ①. The goalkeeper must attempt to run around the server and swoop down on the ball before it reaches the attacker. Repeat and rotate.

**Coaching Points**

1. Swoop down on the ball.
2. Keep hands low and out in front.
3. Hug the ball into your chest and wrap around to protect.
4. Be aggressive and attack the ball.