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Field Session

"NSCAA Goalkeeper 1 Diploma - Coaching the Goalkeeper in Basic Handling/Collapse Diving and Hand Distribution. Part 2 of 4"

Progression 1

Progression 2

Progression 3

Distribution Targets T1/T2

Progression 1 – GK steps over cones

Progression 2 – GK shuffles around to L

Progression 3 – GK shuffles around to R

Progression 4 – GK shuffles one step crossover to either side and comes in front. (progression 4 is optional depending on time and level of GK)

T2

T1

GK

T2

T1

GK

GK

S1

S2

Click to insert session diagram

Train both sides. S1 & S2 can vary distance away from goal to teach GK vertical positioning and adjust different heights. S1 can be used for serve as a cone or high ball to train high contour catch. Still give GK a cone they are handling in. GK-type depending on ability to keep focus on basic handling.

WARM-UP	
Organization	Key Coaching Points
3 goalkeepers start in the goal. GK-1 begins between back 2 cones of box (see diagram), steps forward into the box and sets. GK-1 handles the ball and distributes back to coach. GK-2 goes follows GK-1 etc. o Basket Catch: coach serves ball below the waist with hand or foot service. GK distributes. o Contour Catch: coach serves ball above the waist from hand or volley/half-volley. GK distributes. o High-Contour Catch: coach serves ball above the GK's head with hand or volley service (introduce high-contour catch) GK distribute to wide target.	<ul style="list-style-type: none">- Explain the purpose of the box. Introduce Ball Line terminology.- Discuss basic stance and set positions. Front set, side set, and back set.- Identify the 3 handling positions (Basket, Countour, High Countour).- Address when GK goes from basket catch to a contour catch. Discuss High Countour Catch used for dealing with crosses and service.- Discuss proper distribution techniques. Bowl. Baseball Throw. Sling Throw.
ACTIVITY 1	
Organization	Key Coaching Points
1 GK starts in goal behind back side of triangle (see diagram). o Basic footwork to get into triangle. GK sets and coach serves collapse dive (ball off the ground to designated side). Distribution – bowl. o Basic footwork to get into triangle. GK sets and coach serves collapse dive (ball on the ground to designated side). Distribution – baseball throw. o Basic footwork to get into triangle. GK sets and coach serves ball into control zone. Emphasis on collapse diving only when necessary. Distribution – sling throw	<ul style="list-style-type: none">- Introduce mini-shuffle, balance, crossover step, etc.- Emphasis on balance & body control.- Attacking the balls with hands, shoulders, head.- Discuss reload and distribution. No distribution from the ground.- Dealing with varied service – volley, half-volley, ball from floor.
ACTIVITY 2	
Organization	Key Coaching Points
1 goalkeeper starts on ball line of Server 1 (S1) o S1 plays ball into GK-1 for basket or contour catch. GK-1 completes save, and finds ball line of Server 2(S2). S2 volleys or half-volleys ball into GK. No Diving emphasis. GK-1 distributes properly back to coach. o Server 1 serves GK-1 a collapse dive. GK-1 completes save, reloads, and finds ball line of S2 who strikes ball from the ground into GK. GK makes save and distributes back to coach). o S1 serves GK a high ball for high contour catch. GK then readjusts vertical positioning to deal with volleyed ball towards crossbar.	<ul style="list-style-type: none">-Introduce footwork for movement across the goal (crossover step, most direct route, & balance).- Discuss starting position (vertical & horizontal positioning).- Introduce dealing with crosses in a high contour catch.-Emphasis on collapse dive only when necessary.- Discuss tactical distribution with the hands. High first, then wide.
GAME	
Organization	Key Coaching Points

Sat.

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2013 NSCAA Convention Clinic Outline Book