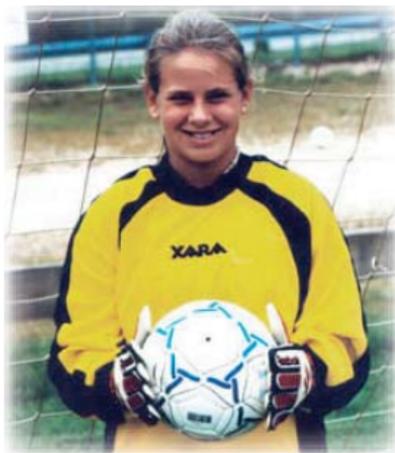




MLS CAMPS

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

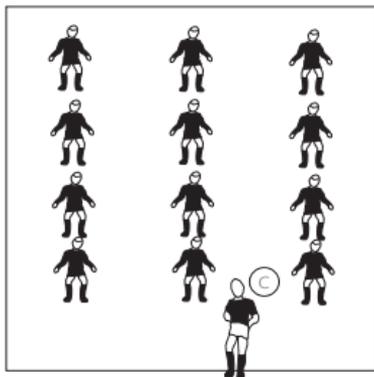
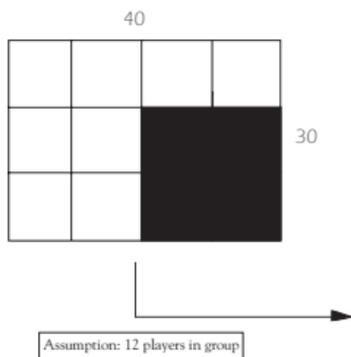
Key Coaching Points

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 3

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

Goalkeeper's Victory Dance**Purpose**

To develop keeper's footwork.

Organization

Set out a 20 x 20 yard area. The keepers stand in a line formation facing the coach in correct starting position.

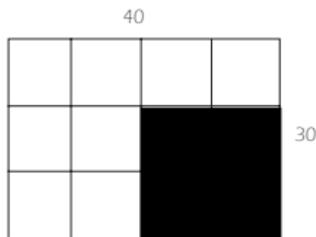
Game Objective

The keepers should imitate the actions of the coach and copy his footwork:

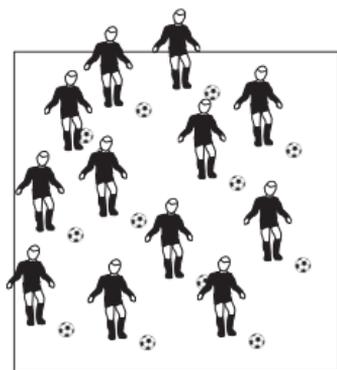
1. Skip one foot in front of the other in a stationary position.
2. Hopping side to side with feet together.
3. Hopping forwards and backwards with feet together.
4. Feet apart, jump up and touch feet together in the air and down.
5. Put a ball on the ground and touch with alternate soles of feet.

Key Coaching Points

1. Weight forward.
2. Good starting position.
3. Head still, looking up at coach.



Assumption: 12 players in group



Purpose

To get Goalkeepers moving, encouraging 'clean' handling.

Organization

Set out a 20x20 area, all players in one area. One ball per player.

Game Objective

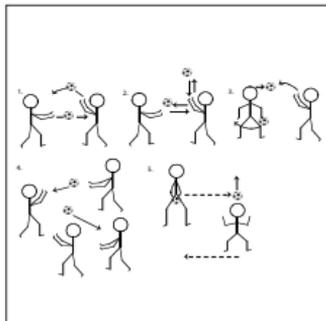
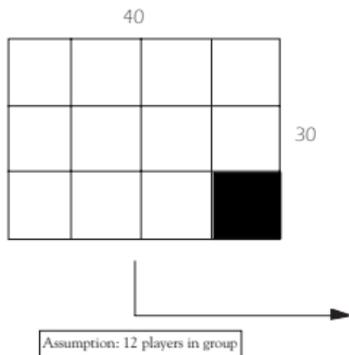
Goalkeepers weave in and out of each other bouncing the ball.

Progressions

The coach calls out a part of the body i.e. chest, head, knee etc. Goalkeepers must put that part of the body on the ball. When the coach calls out 'change balls', goalkeepers must leave their ball and dive on someone else's.

Key Coaching Points

1. Pull ball tight into body or 'cuddle it.'
2. Be light on your feet, move round on balls of feet, do not be flat footed.
3. If another keeper retrieves the ball during the 'change balls' activity, recover and dive on to another ball as quickly as possible.
4. Be aware at all times.



Purpose

To develop hand eye co-ordination and footwork.

Organization

Set out a 10x10 yard area. Group in pairs, one ball per player. Repeat in five other areas for a total of 12 players.

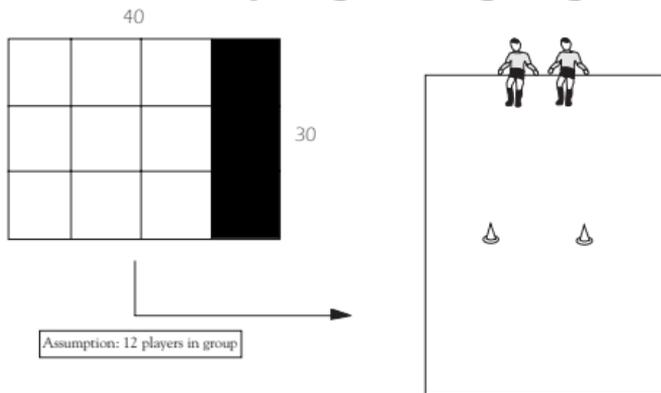
Game Objective

Follow these instructions:

1. In pairs, goalkeepers face each other, each with a ball. Keepers throw balls at the same time. One ball goes straight towards the other keeper's chest; the other loops their ball over the top so the balls are caught at the same time. The aim is to get the balls moving continuously. Repeat but with one ball being bounced under the ball that is thrown.
2. In pairs, ball 1 is thrown straight up. Whilst ball 1 is in the air, ball 2 is caught and thrown back before catching ball 1 again.
3. In pairs, one goalkeeper circles the ball around their waist, whilst the other keeper feeds their ball for the keeper to head back. Repeat with keeper volleying ball back instead of heading.
4. In fours, 3 keepers feed 2 balls into one keeper. The keeper catches the ball and throws it to the spare keeper. The next ball is fed in immediately.
5. In pairs, keepers stand in diagonally opposite corners of a square. Keepers throw their ball straight and side skip to catch their partner's ball. Repeat with balls bounced instead of thrown.

Key Coaching Points

1. Concentration.
2. Hand eye coordination.
3. Good handling.
4. 'W - Grip' on ball when receiving above stomach height (thumbs pointing up).
5. 'Jelly Fish - Grip' or 'M - Grip' on ball when receiving below stomach height (thumbs pointing down).
6. Fast footwork.

Leap Frogs, Through Legs and Forward Rolls**Purpose**

To develop agility and recovery from the ground.

Organization

Set out a 10 x 30 yard area. Group in pairs. Repeat in five other areas for a total of 12 players.

Game Objective

Follow these instructions:

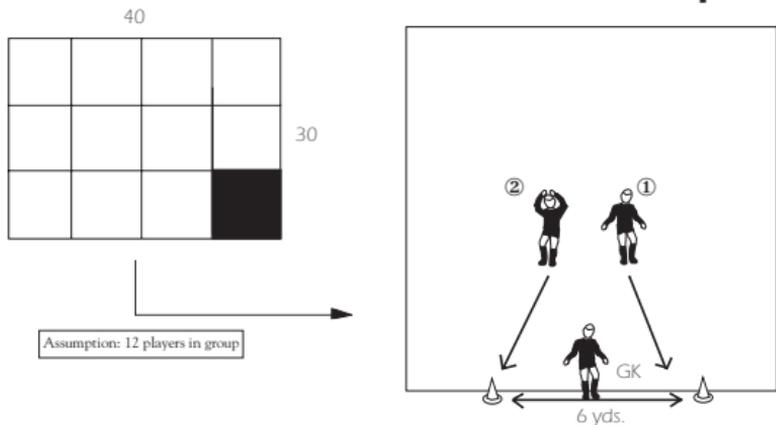
1. Both keepers start at the end line of their area. On the command 'go keepers', one keeper crawls through the other keepers legs, does a forward roll and then stands with legs apart for the other keeper to do the same. The first team to get to the other side of the area wins.
2. As above, but instead of the first keeper crawling through the other keepers legs, they leap frog them.

Progressions

1. Put players in groups of three and place a six-yard goal in the area. One of the keepers acts as a server. The active keeper crawls through the other keeper's legs, does a forward roll and moves to make a save from the server. Rotate keepers.
2. Vary what the keeper does, i.e. leapfrog the player, do a forward roll, then save.

Key Coaching Points

1. Recover from the ground into the set position for the save.

Space Hopper

Assumption: 12 players in group

Purpose

To develop down and up saves.

Organization

Set out a 10 x 10 yard area. Groups of 3 consisting of 1 goalkeeper and 2 servers. 2 balls per group. Repeat in 3 more areas for a total of 12 players.

Game Objective

The 2 servers serve the ball to the goalkeeper who is stationed in a goal 6 yards wide. Server ① rolls the ball low and to the corners while server ② throws the ball high. The goalkeeper must attempt to dive down to save the low balls, then bounce up to collect high balls. The servers must serve the ball as soon as the goalkeeper has saved the previous ball.

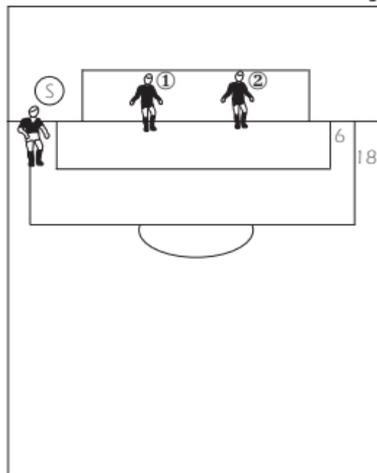
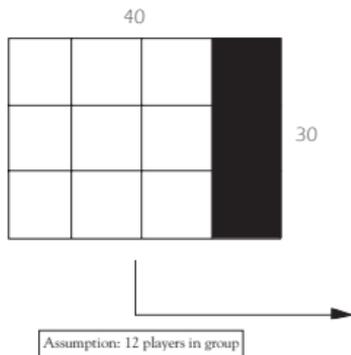
Progressions

Servers follow their serves to increase pressure on the goalkeeper.

Key Coaching Points

1. Use the throw back to the server to give momentum to push up.
2. Use your legs to drive backup to a ready position.
3. Rock your body and bounce up.
4. One step, then save.

Swoop & Save



Purpose

To develop shot stopping.

Organization

Set out a 10 x 30 yard area. Groups of 3. Server (S) stands at an angle from goal. 2 keepers on the goal line. Repeat in 3 other areas for a total of 12 players.

Game Objective

Player ① rolls a ball to server (S) who touches it forwards and to the side. Player ① makes a breakaway/swoop save. Player ② then takes the place of player ①. Player ① moves to server's position.

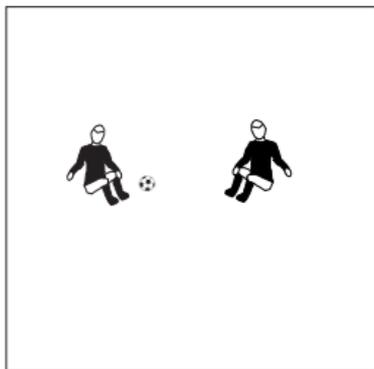
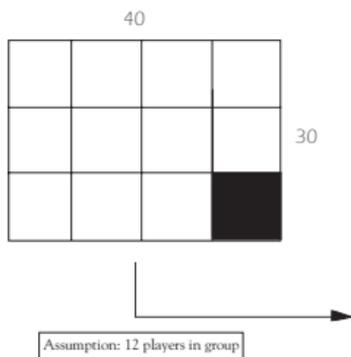
Progressions

1. Player (S) now takes a first time shot rather than a touch.
2. Eventually move to a more central position.

Key Coaching Points

1. Give a good rolled ball to the server.
2. Stand up and dominate the goal.
3. Can you stop, smother or save the shot?
4. Good starting position.

Deflection Juggle



Purpose

To develop deflection of hard shots.

Organization

Set out a 10 x 10 yard area. Group in pairs, 1 ball per pair. 2 goalkeepers sit down facing each other about 5 yards apart. Repeat in 5 other areas for a total of 12 players.

Game Objective

The goalkeepers must pass the ball to each other using the heels of their open hands. The object of the game is to keep consecutive passes going between the 2 goalkeepers using both hands. Goalkeepers should attempt to complete as many passes as possible without the ball touching the ground.

Progressions

Develop into a volleyball game. Play 2 v 2 with 2 other goalkeepers.

Key Coaching Points

1. Use the heel of the hand to “bat” the ball.
2. Watch the ball onto the hand.
3. Good starting position.