



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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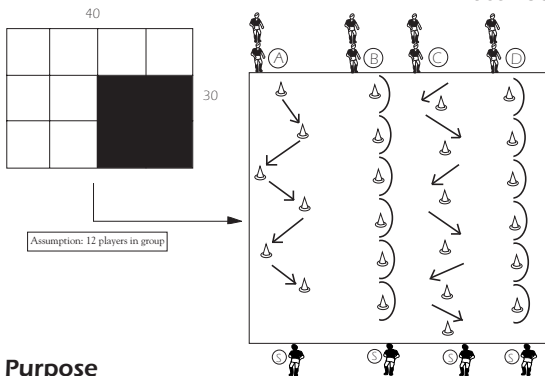
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SESSION 1 - Week 9

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

Fast Footwork

**Purpose**

To develop footwork skills.

Organization

Set out a 20 x 20 yard area. Position players as shown in the diagram. Work through the 4 stations. 3 players per station consisting of 1 server and 2 goalkeepers.

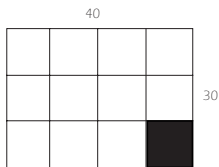
Game Objective

On circuit (A), move from side to side touching the cones with your hands, then dive on to a ball in a collapse save. On circuit (B), step over the cones, then save a ball at waist height. Go between the cones on circuit (C), then save a rolled ball. On circuit (D), with feet together, bound over the cones, then save a high ball. After each circuit, return the ball to the server and move to the circuit to your left. Go through each circuit once, then switch servers. Repeat.

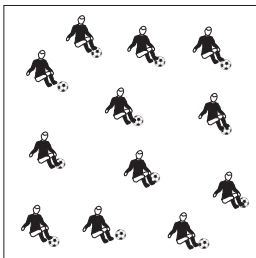
Coaching Points

1. As much of the body behind the ball as possible.
2. Get to the ball.
3. Move feet quickly across the ground.
4. Move with head up in a ready position.

Conditioning For Goalkeepers



Assumption: 12 players in group



Purpose

To develop abdominal strength for goalkeepers.

Organization

Set out a 10 x 10 yard area. Station all 12 players within the confines of the area. 1 ball for each player.

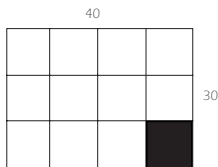
Game Objective

In a sitting position, with feet off the ground, legs outstretched:

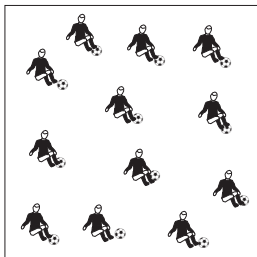
1. Move ball under and around the legs.
2. Hold the ball above the legs, drop the ball and catch it as it comes through the legs. Don't let the ball hit the ground.
3. Reach up with the ball and touch the laces of your cleats.
4. Twist from side to side and bounce the ball on the ground next to your body.
5. Lie on your back, legs up in cycling position. Pass the ball between your legs as they make a scissors action.

Coaching Points

1. Work on the stomach muscles.
2. Concentrate on good handling skills.
3. Use this practice to prepare for the upcoming games.
4. Stretch between each new exercise.



Assumption: 12 players in group



Purpose

To develop agility and body strength for goalkeeping.

Organization

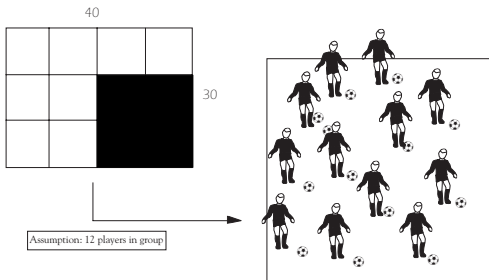
Set out a 10 x 10 yard area. Station all 12 players within the confines of the area with 1 ball each.

Game Objective

1. Sit on bottom, legs apart and out in front. Keepers bounce the ball between the legs. Up, catch the ball, dive forward with ball at chest and smother.
2. Lie sideways in an open position looking out. Toss the ball up and catch while standing and collapse save to ground.
3. Lie on stomach, arms outstretched with ball. Bounce ball down, up, catch, smother with forward drive.
4. Sit on bottom, legs apart. Toss ball in air. Punch with right hand. Up, catch, collapse save. Repeat with left hand, then with both hands.

Coaching Points

1. Try to react quickly to the ball as if saving a rebound.
2. Always finish with the ball clasped against your chest.
3. Give a call of "keepers ball!" every time you collect the ball.



Purpose

To develop the correct technique when diving on a ball.

Organization

Set out a 20 x 20 yard area. Station all 12 keepers in the area with a ball.

Game Objective

The keepers move around inside the area bouncing their ball. On the coach's command 'keeper's ball', the keepers must drop their ball on the ground and dive on someone else's ball. The last keeper to dive on a ball is required to do a forfeit.

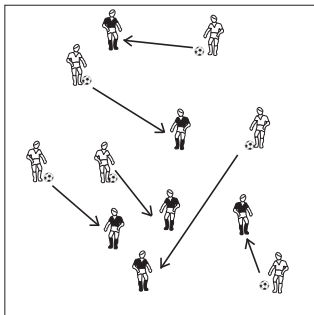
Key Coaching Points

1. Dive on the ball using the correct technique, hands go on the ball first, chest comes in behind the ball and the body curls up around the ball.

Throw & Move



Assumption: 12 players in group



Purpose

To develop rolling, throwing, bowling and kicking over a short distance.

Organization

Set out a 30 x 30 yard area. Group in pairs, 1 ball between 2.

Game Objective

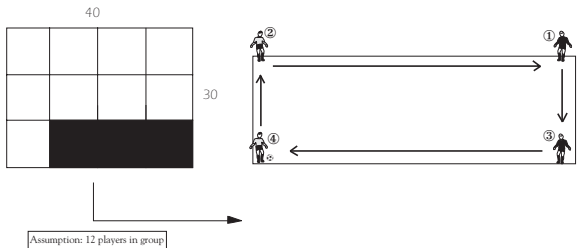
All players jog around the area. One partner rolls, throws or bowls the ball to the other over different distances in the grid. Keepers can also volley or half-volley the ball between partners.

Progressions

1 pair of keepers does not have a ball. They must try to steal a ball from another pair by intercepting the throw/kick. All throws/kicks must be over 20 yards minimum. If your ball is intercepted, your team must steal a different ball.

Key Coaching Points

1. Not only examine distribution techniques but also assess how the keepers receive the ball.
2. Always receive the ball with a call of "keepers ball!"
3. Before you throw the ball, be aware of any opponents.



Purpose

To develop rolling, throwing and bowling the ball.

Organization

Set out a 10 x 30 yard area. Group in pairs, two pairs per area. Position players as shown in the above diagram. Repeat in two other areas for a total of 12 players.

Game Objective

Keeper ④ rolls the ball underhand to keeper ②, who uses the javelin technique to throw the ball to keeper ①. Keeper ① rolls the ball underhand to keeper ③. Keeper ③ overarm bowls the ball to keeper ④. Change the order by changing positions.

Key Coaching Points

Rolling the Ball

1. The ball is held in the palm of the hand.
2. The left foot is placed well forward and in line with the target.
3. The ball is released along the ground in an underhand fashion.

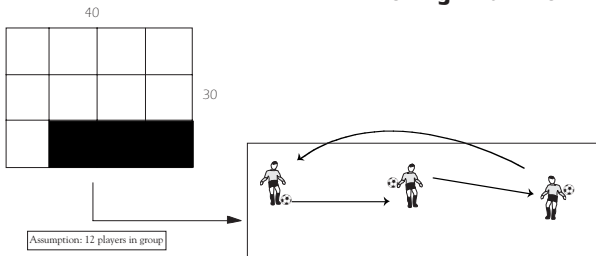
Javelin Throw

1. The body is sideways on and in line with the target.
2. The ball is held shoulder height and the ball is released with the extension of the arm.

The Bowl

1. The right arm moves upward in an arc and the ball is released near the vertical position.

Rolling And Throwing



Purpose

To develop the goalkeeper's technique when distributing the ball from hands.

Organization

Set out a 10 x 30 yard area. Organize into groups of three, positioning a keeper at either end and a keeper in the middle of the area. Repeat in three other areas for a total of 12 players.

Game Objective

The first keeper rolls the ball to the middle keeper for him to make a 'second barrier save'. The middle keeper turns and javelin throws the ball to the third keeper for them to make a 'scoop save'. The third keeper makes an over-arm throw over the middle keepers head back to the first keeper. Repeat the process five times and then rotate the keepers.

Key Coaching Points

1. When rolling the ball, roll it as a bowling ball, releasing the ball close to the ground to prevent ball bouncing up.
2. When performing the javelin throw, stand side on, point the non-throwing arm at the target and push the ball through to the target.
3. When conducting the over-arm throw, bring the straight arm over and release the ball as it comes past the head.
4. Saving technique when receiving the ball.