



# 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.



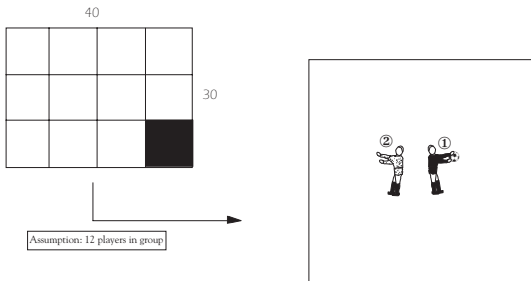
# MLS CAMPS

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[www.MLScamps.com](http://www.MLScamps.com)

## SESSION 2 - Week 1

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



## Purpose

To develop agility and hand speed.

## Organization

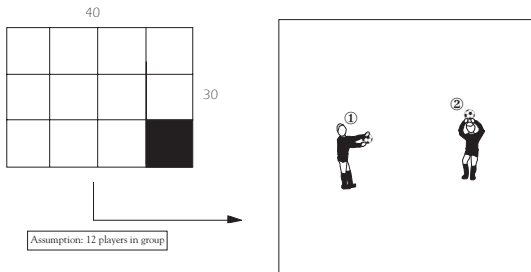
Set out a 10 x 10 yard area. Group in pairs, one ball between two. Repeat in five other areas for a total of 12 players.

## Game Objective

Player ① and player ② stand back to back 1-2 yards apart. Player ① passes the ball over his head to player ② who reaches back to collect the ball. Player ② then passes the ball through his legs to player ① who reaches through his own legs to collect the ball. Repeat.

## Progressions

Competition: Number of passes in a minute.



## Purpose

To work on footwork, agility and the collapse dive.

## Organization

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

## Game Objective

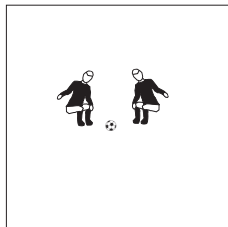
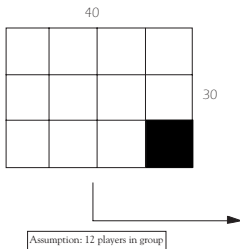
Both goalkeepers continually move around the area. Goalkeeper ① holds his ball out in front of him. Goalkeeper ② tosses his ball in the air towards goalkeeper ①. While the ball is in flight, goalkeeper ① must attempt to reach out his ball and tap the airborne ball. Goalkeeper ② must attempt to catch the ball before it hits the ground, and then make a collapse save.

## Progressions

Play with 1 ball. Receiving player deflects the ball with a hard hand deflection.

## Key Coaching Points

1. Catch the ball at its highest point.
2. Hands to the ball.
3. Dive sideways looking out to the field.

**Head, Shoulders, Knees and Toes****Purpose**

To gain focus at the start of practice.

**Organization**

Set out 10x10 yard area. Group in pairs. One ball between two. Repeat in five other areas for total of 12 players.

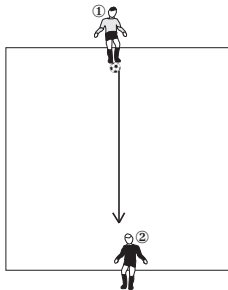
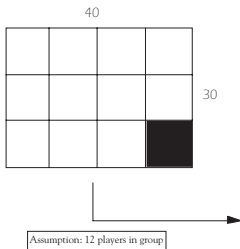
**Game Objective**

Goalkeepers are positioned in the G.K. Crouch position. The coach calls out a body part i.e. Knees. Both keepers must put their hands on this body part. The coach introduces other commands i.e. head, toes etc. On the call 'keeper's ball', the first keeper to grab the ball and hold it in the air wins.

**Key Coaching Points**

1. Be 'switched on.'
2. Be reactive.

## Handling Waist High Shots



### Purpose

To develop stopping waist high and chest high shots.

### Organization

Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Station 1 goal-keeper on each end line. Repeat in 5 other areas for a total of 12 players.

### Game Objective

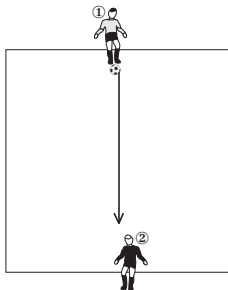
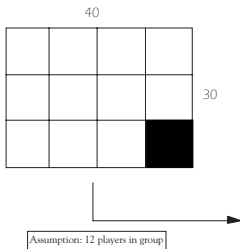
Keeper ① underhand serves the ball to keeper ②, who moves into line with the ball. Keeper ② must cup the ball into the waist. Once the hands secure the ball, the body should fold over it. Repeat in the opposite direction.

### Progressions

1. Progress to chest high serves. The chest should relax on impact and the ball must be trapped between the hands, the chest, and the chin.
2. Volley serves.

### Key Coaching Points

1. Assess basics of stance and movement before the save is made.
2. Look for the rounding of the shoulders on the post - impact as evidence that the keeper has relaxed his chest and folded over the ball.
3. Get the body behind the ball.



## Purpose

To develop stopping head high shots and above.

## Organization

Set out a 10 x 10 yard area. Group in pairs, 1 ball between 2. Station 1 goalkeeper on each end line. Repeat in 5 other areas for a total of 12 players.

## Game Objective

Keeper ① tosses the ball at or above head height to keeper ②. The hands should make contact with the ball slightly in front of the body. The hands should be around and behind the sides of the ball in a “W” shape. Having caught the ball, it should be lowered into the body to secure the ball from opponents.

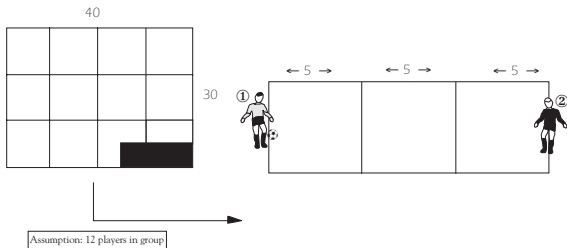
## Progressions

1. Volley the ball to each other.
2. Vary the serve from feet to waist to chest to head high and above.

## Key Coaching Points

1. The fingers should be relaxed and spread. This will help to absorb the shock of the ball on impact and help prevent dropping the ball.
2. The non-jumping knee should be brought up to waist height to gain lift and to provide protection against the challenges of opponents.
3. There must be a clear, loud shout of keepers.





## Purpose

To develop agility and reaction time.

## Organization

Set out a 15 x 5 yard area according to the dimensions shown in the above diagram. Group in pairs, 1 ball between 2. Repeat in 5 other areas for a total of 12 players.

## Game Objective

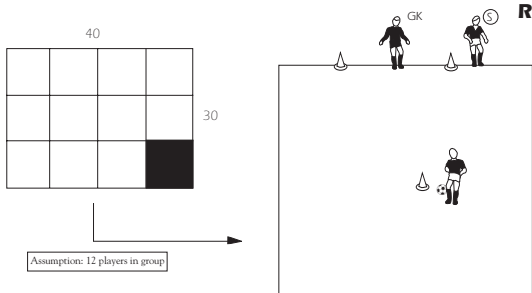
Keeper ① serves the ball with an underhand toss from the baseline of his own area into the opponent's square. Keeper ② must attempt to catch the ball on the full or deflect it on the full out of the area. Repeat in the opposite direction. Score goals against for a ball that is dropped or not deflected out of the area.

## Progressions

1. Extend the area to a 10 x 20, play in pairs.
2. Extend the area to a 5 x 30 to encourage high throws from the server and overhead techniques from the receiver.

## Key Coaching Points

1. Keepers must adopt a good starting position, feet shoulder width apart, weight slightly forwards, hands to the side of the body facing outwards.
2. Move quickly and attack the ball.
3. When moving sideways use short shuffling steps. Keep the head on a steady plane.



Assumption: 12 players in group

## Purpose

To develop good starting position and preparation.

## Organization

Set out a 10 x 10 yard area. Groups of 3, 1 ball per group. 1 goalkeeper is stationed in a goal, while a server is stationed to the side of the goal. A lone attacker is positioned 7 yards from the goal line. Repeat in 3 other areas for a total of 12 players.

## Game Objective

The server serves the ball to a striker 7 yards away at a cone. The striker then hits the ball, attempting to score through a goal 6 yards wide. Strikers take 10 shots. The goalkeeper must attempt to save the ball. After saving the ball, he must serve it immediately to the server to continue the practice.

## Progressions

Try to save 10 shots in a row.

## Key Coaching Points

1. Head and shoulders forward.
2. Knees bent to ensure spring.
3. Watch the ball from the striker's foot.
4. Hands out in front.
5. Don't fall backwards.