



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **Goalkeeper**



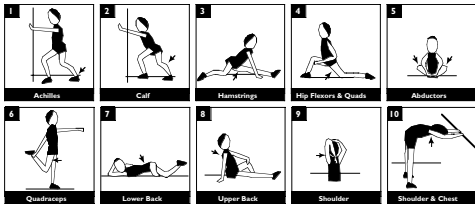
SESSION 2

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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.



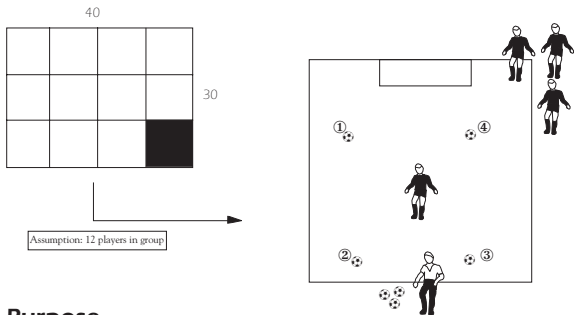
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SESSION 2 - Week 2

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




Purpose

To develop second save technique.


Organization

Set out a 10 x 10 yard area. Place 4 balls within the area as shown in the above diagram. Number the balls from 1 - 4. One keeper is working, 3 are resting. Repeat in 2 other areas for a total of 12 players.

Game Objective

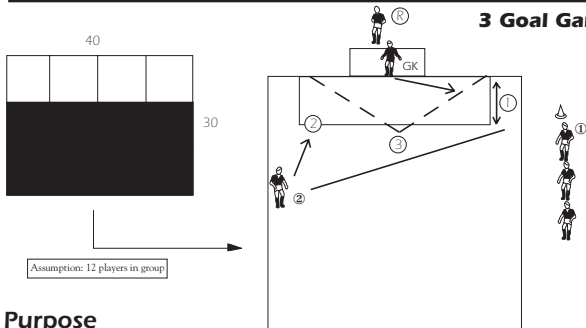
The coach calls out a number from 1 - 4. The keeper  must attack the ball and dive to save the appropriate ball. Rotate keepers.

Progressions

The coach calls out a combination number e.g., 1 & 3. The keeper  must first save ball 1, recover and immediately save ball 3, then get up to save a shot from the coach.

Key Coaching Points

1. The keeper must always fall onto his side and should not roll onto his back.
2. Attack the ball. Be vocal, establish that it is the *keeper's ball*.

3 Goal Game**Purpose**

To develop awareness for various areas of the goal.

Organization

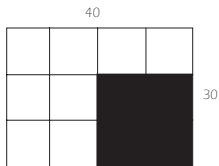
Set out a 40 x 20 yard area. Groups of 6. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

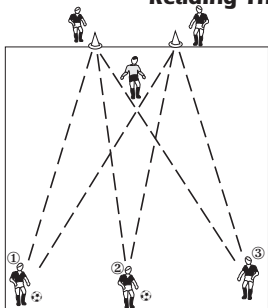
Player ① dribbles the ball around the cone to the end line and crosses the ball across the goal area for player ② to attack. The goalkeeper must move into position and save the ball, securing it to the chest before returning to their starting position. Repeat and rotate. The object of this practice is to give the goalkeeper a greater understanding of positional changes for front post ①, far post ②, and mid-goal ③ serves.

Coaching Points

1. Move down the line of the cross to prevent the ball being played across.
2. If the ball is cut back, turn facing out and move across the goal.
3. Move across the goal area, then get set to stop the shot.
4. Establish a good ready position.

Reading The Angle

Assumption: 12 players in group

**Purpose**

To understand the mechanics of angle and distance.

Organization

Set out a 20 x 20 yard area. Groups of 6, consisting of 3 strikers, 1 goalkeeper and 2 retrievers, positioned as shown in the diagram. Each striker has a ball. Repeat in another area for a total of 12 players.

Game Objective

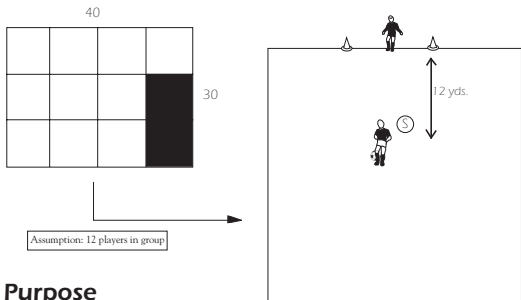
Servers ①, ② and ③ take turns to shoot on goal. The goalkeeper must advance towards the ball while maintaining his position in the center of the triangle. The keeper should observe that the angle becomes increasingly narrow to the attacker as the keeper advances from his line.

Progressions

Volley serve lofted balls and chip passes to occasionally lob the ball over the keeper forcing him to recover toward the goal line.

Key Coaching Points

1. The keeper should adopt a balanced, steady position when the ball is struck.
2. The earlier the keeper can get into the line of flight, the sooner he can move forward along the line of flight.
3. Use the edge of the area for positioning.
4. Good starting position.



Assumption: 12 players in group

Purpose

To develop shot stopping, agility and balance.

Organization

Set out a 10 x 20 yard area. Group in pairs, 1 ball per pair. Station a goalkeeper on the goal line with his back to a striker who has a ball. Repeat in 5 other areas for a total of 12 players.

Game Objective

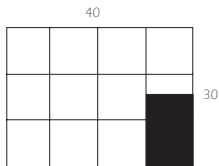
The goalkeeper rolls the ball out into the field of play through his own legs. He must then turn and advance towards the striker, who shoots on goal with his first touch. The goalkeeper must attempt to save the ball and recover for any second shot opportunities. Repeat and rotate.

Progressions

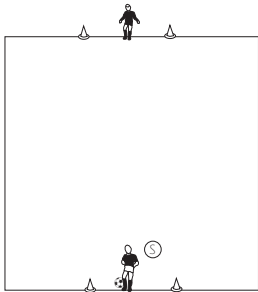
Vary the angle of serve out from the goal.

Coaching Points

1. Body weight on balls of feet.
2. Be alert and ready.
3. Dive forward and out.
4. Collect all rebounds.



Assumption: 12 players in group



Purpose

Saving low, skidding shots.

Organization

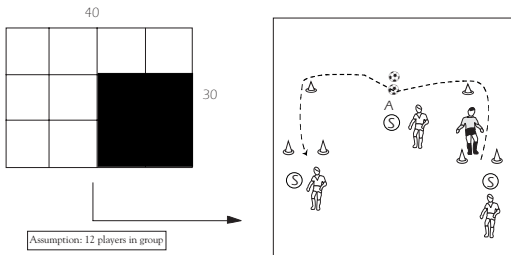
Set out a 10 x 15 yard area with a goal 6 yards wide at each end. Group in pairs with 1 ball between 2. Repeat in 5 other areas for a total of 12 players.

Game Objective

The server side arm throws the ball to the goalkeeper at the top of the area in an attempt to cause the ball to skid off the ground toward the goal. The goalkeeper must move his feet to get in line with the ball and save it. Repeat in the opposite direction.

Coaching Points

1. Establish a good ready position.
2. Get to the ball.
3. Use your footwork to collect the ball in a standing position.
4. Get your body behind the ball.



Assumption: 12 players in group

Purpose

To combine different aspects of goalkeeping into one practice: close range saves, flying saves, collapsing saves, footwork and distribution.

Organization

Set out a 20 x 20 yard area with two five-yard goals, a disc approximately 6 yards behind each goal and a line of balls (older keepers) or cones (younger keepers) in between the discs. Group in fours, one goalkeeper and three servers per group. Position one server in front of each small goal and one by the line of balls/discs. Repeat in two other areas for a total of 12 players.

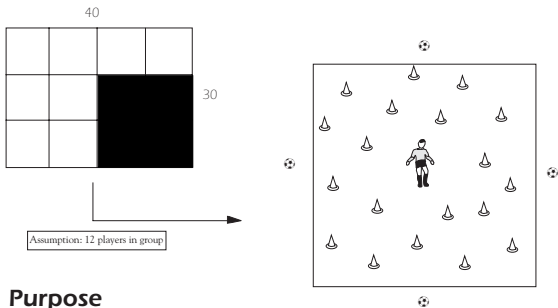
Game Objective

Follow these instructions:

1. The goalkeeper starts in one of the small goals. The server throws the ball at their feet for a close range save.
2. The keeper then uses footwork technique to go back around the disc behind the goal and then side skips across the goal.
3. The server in between the goal serves a high ball for the keeper to make a flying save, lifting their feet over the cones/balls.
4. The keeper then moves around the other disc and moves forward into the other small goal where a ball is served for them to make a collapsing save.
5. The keeper then moves back again to make a flying save in the opposite direction.
6. Repeat the process and rotate keepers.

Key Coaching Points

1. Good footwork.
2. Focused concentration.
3. Good spring for high save.
4. Focus on recovery time between saves.

Footwork Square**Purpose**

To improve footwork and concentration.

Organization

Set out a 20x20 yard square. Place a number of discs inside the square (preferably 2 different colors of discs). Place 4 balls randomly around the square. Group in three's, one goalkeeper working while the other two are resting. Repeat in three other areas for a total of 12 players.

Game Objective

Goalkeepers move around the square in the G.K. crouch position, touching as many discs as they can within a minute (the time limit can be varied). Create a competition between other goalkeepers – who can touch the most discs in the allotted time.

Progressions

1. The first two discs touched must be the same color. Every third disc touched must be a different color.
2. On the coach's command 'keeper's ball', the keepers must move to the nearest ball and dive on it and then return to the square.

Key Coaching Points

1. Take small quick steps.
2. Stay in your crouch position.
3. Keep your head up and 'explode' to the next disc or ball.
4. Avoid stepping on discs.