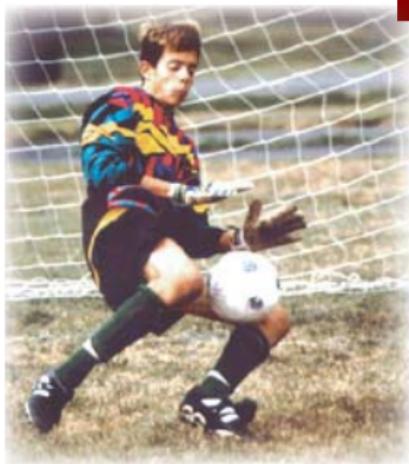




# MLS CAMPS

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.



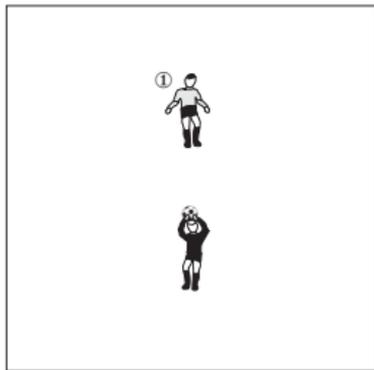
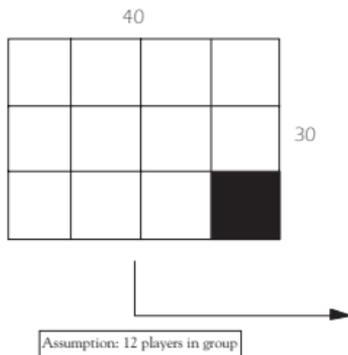
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## SESSION 2 - Week 5

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



## Purpose

To develop punching technique.

## Organization

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

## Game Objective

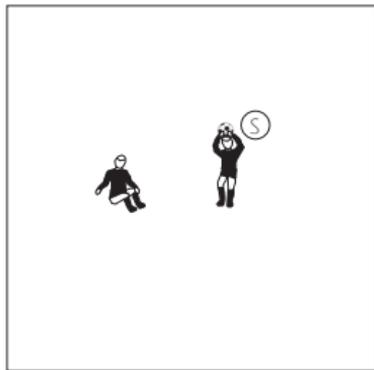
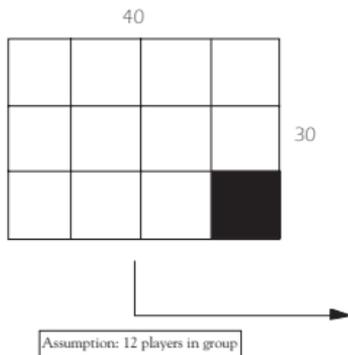
The server  ① stands 5 yards from his partner. The two keepers juggle the ball between each other using their fists.

## Progressions

Progress to groups of three in a triangle.

## Key Coaching Points

1. Fists clenched and together to present a solid flat surface to the ball.
2. Punch the ball at the highest possible point in its trajectory.



## Purpose

To develop catching technique.

## Organization

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

## Game Objective

The server (S) stands 2 yards from his partner who is seated on the ground. On the command “up”, the server tosses the ball up in the air. The keeper must jump up and leap to catch the ball at the highest point in the trajectory.

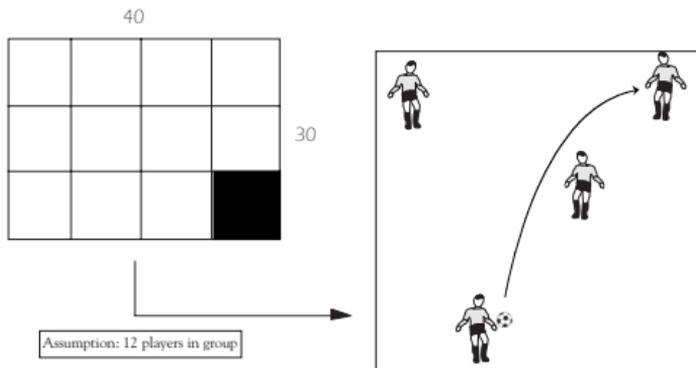
## Progressions

Introduce a second goalkeeper to challenge for the jump ball.

## Key Coaching Points

1. One-footed take off to catch the ball.
2. Bring the other knee up to the waist.
3. Arms outstretched in front of the head, hands and fingers pointing up to make a “W” shape.

## Piggy In The Middle

**Purpose**

To develop decision making in dealing with high balls in pressure situations.

**Organization**

Set out a 10 x 10 yard area. Groups of four with three goalkeepers and one 'piggy'. Repeat in two other areas for a total of 12 players.

**Game Objective**

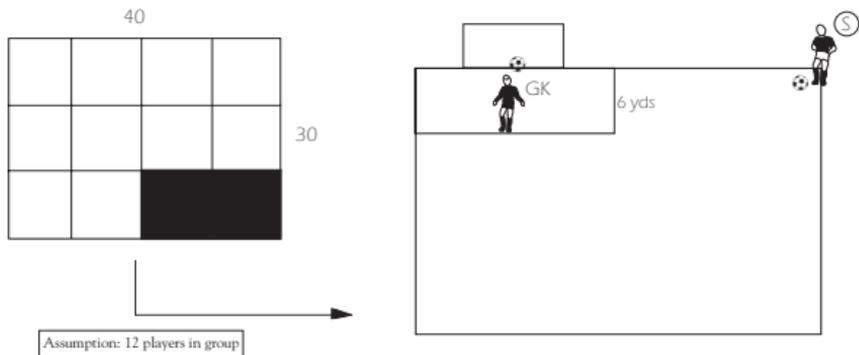
The keepers have to throw the ball to each other above head height for 10 consecutive passes to gain one point. The piggy has to intercept the ball by catching it or punching it out of the area, if they catch it they get 1 point, if they punch it out they get 1/2 a point. If the keepers drop the ball they have to start again on pass number one. The first to three points wins. Rotate roles and positions.

**Progressions**

1. As above, but group into sixes and have four keepers play against two 'piggys.'

**Key Coaching Points**

1. Good footwork to get into a position to intercept the ball.
2. Decision to catch or punch.
3. Focus on the ball when under pressure.



### Purpose

To develop collecting crosses from the flank.

### Organization

Set out a 20 x 10 yard area. Group in pairs. Set out a 6 yard goal in the corner of the area as shown in the diagram. Repeat in 5 other areas for a total of 12 players.

### Game Objective

Keeper runs to touch the ball on the goaline, then out to catch a ball tossed in by the server .

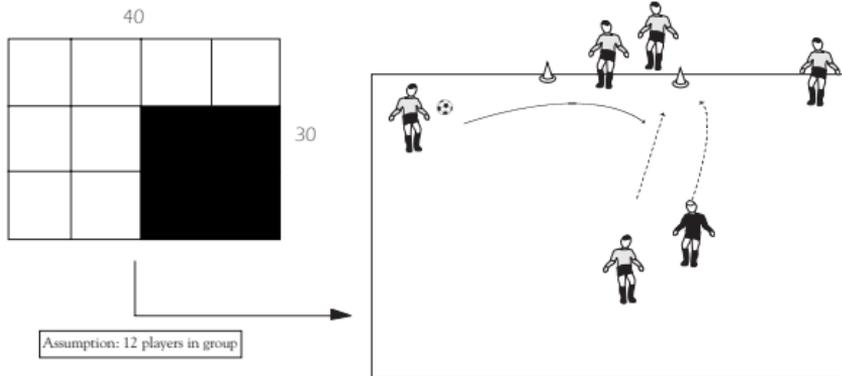
### Progressions

Introduce an attacker to challenge and get the server to cross the ball in.

### Coaching Points

1. Catch the ball at its highest point.
2. Use a shout of keepers.
3. Good handling technique.
4. Should you catch; punch; help the ball on.

## Dealing With Crosses

**Purpose**

To develop the keeper's ability to deal with crosses.

**Organization**

Set out a 20 x 20 area. Groups of six with two goalkeepers, two servers, one attacker and one defender. Position one goalkeeper in the goal, with one resting keeper. Position each server in the corner of the area. Position the attacker 15 yards from the goal and the defender 10 yards from the goal. Repeat in one other area for a total of 12 players.

**Game Objective**

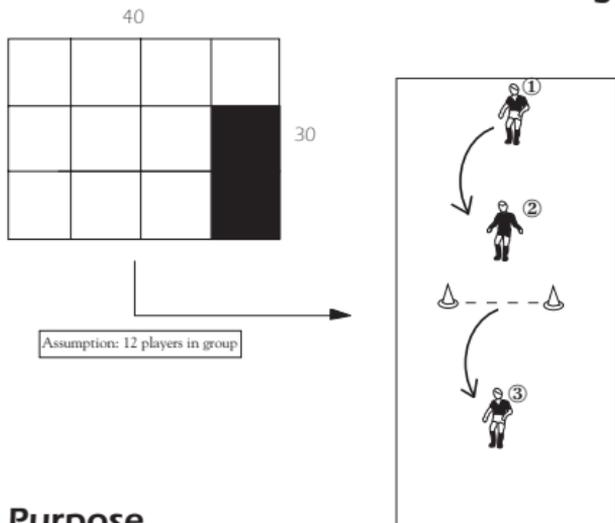
Follow these instructions:

1. The first server throws the ball in for the keeper to come for without pressure. The ball is then returned to the server. The keeper then receives a ball from the other server. The keeper receives two balls from each server and then switches places with the resting keeper.
2. The attacker and the defender are brought in to make practice more realistic. Rotate keepers, servers and attackers and defenders.
3. The ball is only served in from one side. There is no resting keeper so there are two attackers and defenders in the area. Rotate players.

**Key Coaching Points**

1. Come for the ball late and fast, thus allowing more time to assess the situation. Any early movements should be back to come forward, rather than forward to go back.
2. Make the decision to come or stay and communicate early 'keeper's ball' or 'away.'
6. Be confident and command your area.

## Diving For Angled Shots



Assumption: 12 players in group

### Purpose

To develop the deflection over the bar from the far post cross.

### Organization

Set out a 10 x 20 yard area. Groups of 3, 1 ball per group. Position players as shown in the above diagram. Repeat in three other areas for a total of 12 players.

### Game Objective

Server ① underhand serves to the goalkeeper ②, who is stationed 3 yards off his goal line. The keeper ② must take 2 steps back and jump to deflect the ball with the inside hand over the goal. Player ③ then serves the ball back to the keeper. Repeat and rotate positions.

### Progressions

1. Volley the ball at the keeper.
2. Change the angle of the serves to the goal to make the practice simulate deep crosses from the flanks.

### Key Coaching Points

1. The body is sideways-on.
2. The hand which makes contact with the ball is the inside hand, the hand that is nearest to the field of play.
3. Move feet quickly in short steps—do not turn your back on the ball.