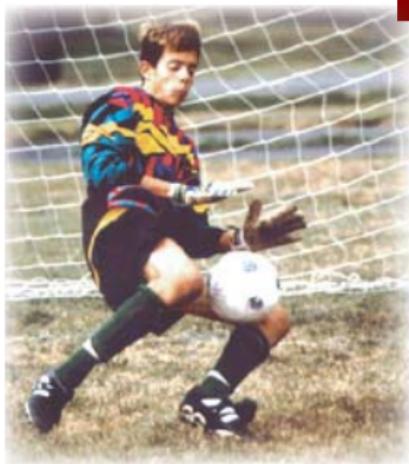




MLS CAMPS

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.



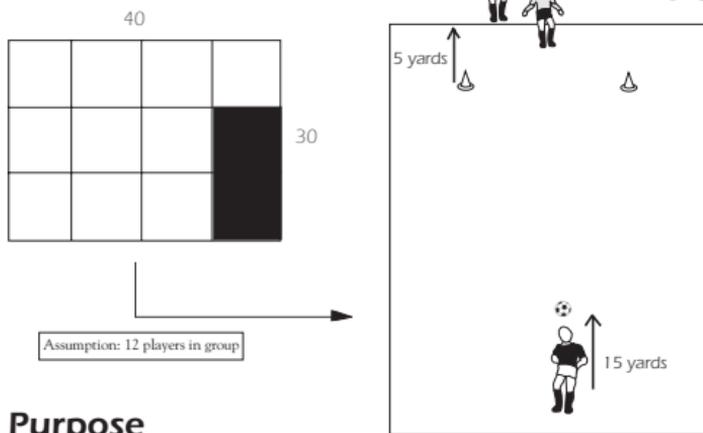
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SESSION 2 - Week 6

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



Purpose

To develop crouching and blocking.

Organization

Set out 10 x 20 yard area. Group of 3. 1 ball between 3. Position players as shown in the diagram. Repeat in 4 other areas for a total of 12 players.

Game Objective

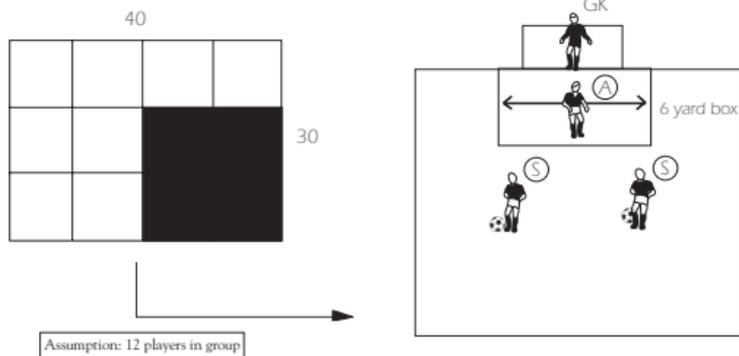
The goalkeeper advances toward the goal as the striker begins his run up to the ball. The striker is positioned 15 yards from the goal line. The goalkeeper should be established in his ready position as the striker makes contact with the ball.

Progressions

Goalkeeper starts lying face down with arms outstretched.

Coaching Points

1. Use short, quick steps.
2. Weight and head are well forward as the keeper moves forward.
3. Hands out in front of body.
4. As the striker shoots the ball, be set and ready.

Under Pressure**Purpose**

To develop collection of high balls under pressure.

Organization

Set out a 20 x 20 yard area. Groups of 4, consisting of 2 servers, 1 attacking player and 1 goalkeeper. Repeat in 2 other areas for a total of 12 players.

Game Objective

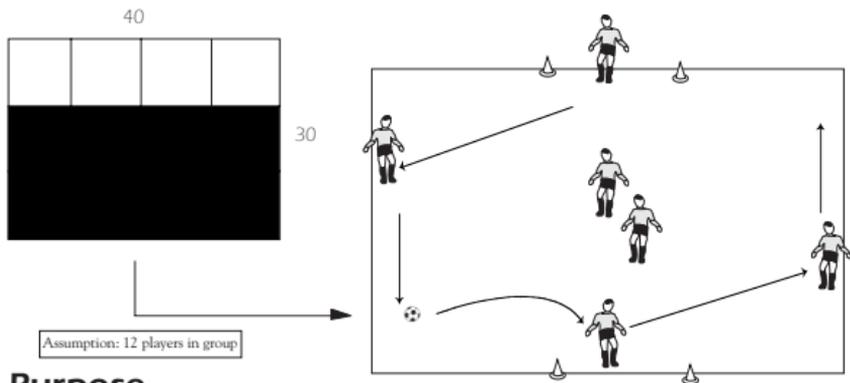
Servers take turns to serve a high ball underhand for the goalkeeper to collect. The goalkeeper starts from the center of his goal for each serve. The attacking player standing on the 6 yard line must attempt to flick the ball on with his head or head the ball back to a server to volley.

Progressions

Serve the ball over the goalkeeper towards the goal to force the goalkeeper to attempt to deflect the ball over the bar.

Coaching Points

1. Collect the ball at its highest point.
2. Use short, quick steps.
3. Leap high.
4. Give a call of "keepers ball!" as you collect the ball.

Crosses And Distribution**Purpose**

To encourage keeper's distribution and quick thinking after dealing with a cross.

Organization

Set out a 20 x 40 yard area with a goal on either side of the area. Groups of six with two servers, two working keepers and two resting keepers. Position the two servers in opposite corners of the area and the working keepers in the goals.

Game Objective

The ball starts with one of the servers who crosses the ball in for the keeper to attack. The keeper claims the cross and then distributes it to the other server who takes a touch and then crosses it for the other keeper to deal with. Repeat the process. Rotate the keepers and servers.

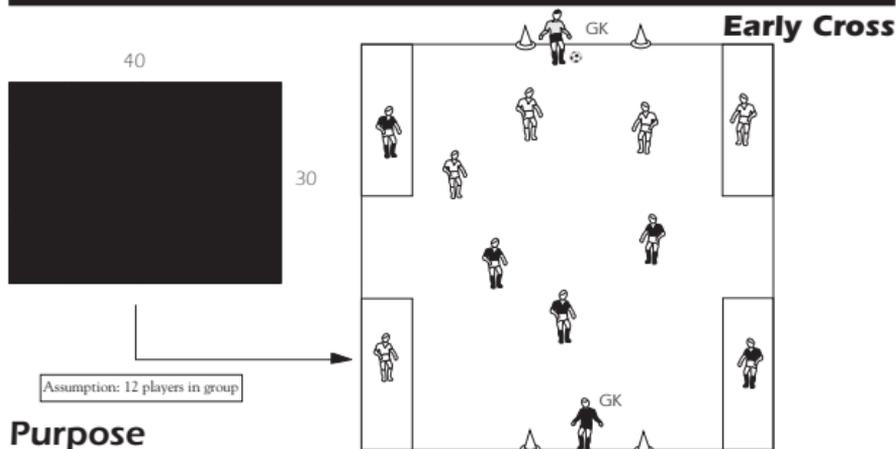
Note: If servers fail to produce quality service with their feet then change so that the crosses are thrown by hand.

Progressions

1. The two resting keepers become attacker and defender. One is an attacker when attacking one goal and then becomes the defender when attacking the other goal (and vice-versa with the other goal).

Key Coaching Points

1. Encourage the servers to stretch the play out to the flanks like full backs and vary their first touch, so that keepers are receiving crosses from different angles.
2. Keepers positioning. If the ball is being crossed from outside the penalty area, then the keeper should be positioned in the middle of the goal. If the crosser moves inside the penalty area, the keeper should move to cover the front post.
3. Be quick and accurate in your distribution after claiming a cross.



Purpose

To develop collecting crosses under pressure.

Organization

Set out a 40 x 30 yard area with four 5 x 15 yard channels from each corner as shown in the above diagram. Station one player in each channel. Play 3 v 3 in central area.

Game Objective

The goalkeeper  GK serves the ball to one of his three  teammates in the central area. The goal is to get the ball to either  player stationed in a channel. This player delivers a crossed ball into the attacking area. The 3  players stagger their attacking runs into the near post, mid-goal and far post areas. Finish with a shot or header on goal.

Progressions

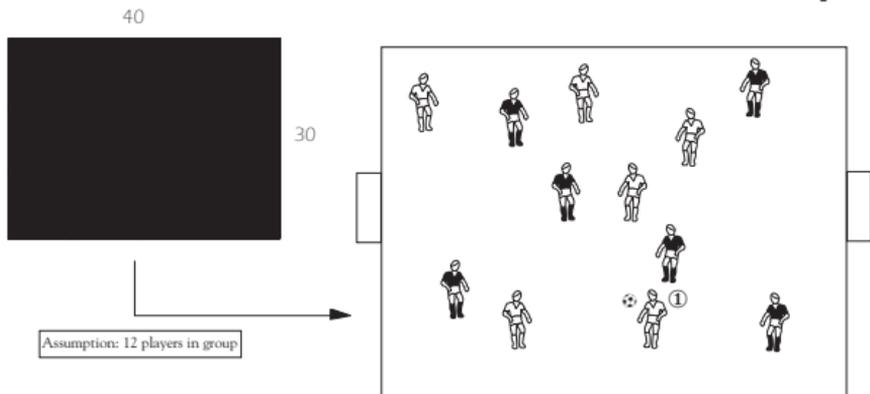
When the wide player gets the ball in the channel the opposing wide player on his side of the field may run into his area to challenge the cross.

Key Coaching Points

Try to:

1. Cover the near and far post areas by staying in the back 1/2 of the goal.
2. Attack the ball with a call of "keepers."
3. Be just off the goal line facing out.
4. If you can't catch, then punch.
5. If you can't reach the ball, shout "away!" to your defenders.

Throw-Punch-Keeper!



Purpose

To develop catching high balls and distribution.

Organization

Set out a 40 x 30 yard area. Groups of 12. Play 6 v 6 in the confines of the area. Create a goalbox 2 yards square at each end of the area approximately 5 yards in from the endline.

Game Objective

Player ① throws the ball to a teammate who must punch the ball to another teammate, who in turn must catch the ball. The correct sequence is thus punch-catch-punch. One bounce is allowed between touches. Opponents may intercept the ball in the correct sequence; e.g., if ① throws the ball, a player must punch the ball to another player to intercept. To score you must punch the ball into the goal.

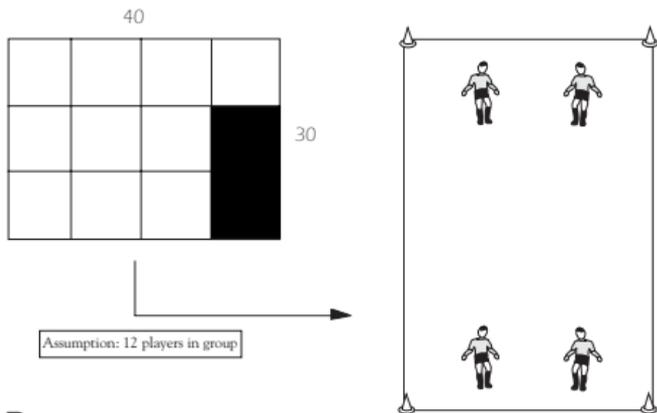
Note: players are only allowed two steps after catching the ball.

Progressions

Players can now head as well as punch to practice when a keeper must leave their area and clear a ball.

Key Coaching Points

1. Collect the ball at its highest point.
2. Punch for height and distance.
3. Attack the ball by driving off one leg.
4. Knee up to protect from the challenge.



Purpose

To develop the keeper's distribution and shot stopping techniques.

Organization

Set up a 10x20 yard area with two ten-yard goals, 20 yards apart. Group in pairs. Two pairs play against each other in the same area. Repeat in two other areas for a total of 12 players.

Game Objective

The keepers play 2 v 2, working with their partners to defend their goal. Keepers can score by rolling, throwing or half volleying the ball into their opponent's goal. If the keeper saves the ball they can opt to score past their opponents themselves or pass to their partner. The keepers must stay within three yards of their goal, however if the opposing keepers spill a ball they can react to the rebound.

Key Coaching Points

1. Vary distribution techniques used.
2. Recover quickly from a save to distribute early.
3. Encourage game to be 'quick fire' in nature.