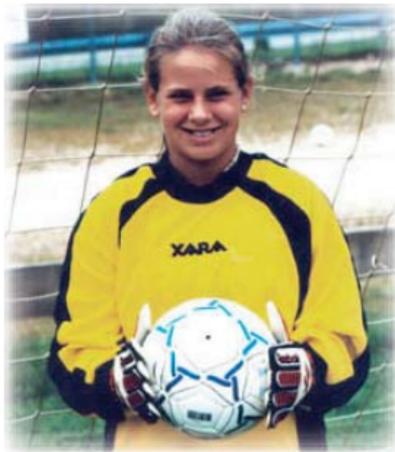




# MLS CAMPS

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.



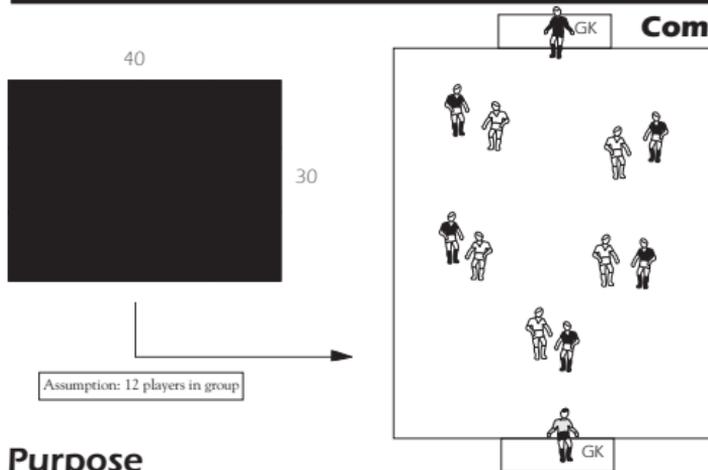
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## SESSION 1 - Week 10

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



## Purpose

To develop goalkeepers communication skills.

## Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers at each end. The only players allowed to speak are the goalkeepers.

## Game Objective

The goalkeeper must communicate with his team throughout the game with clear commands including:

1. "Back!" for a passback with a signal given as to the direction of the ball.
2. "Outside!" or "Wide!" to tell defenders where to force attackers.
3. "Away!" for a cleared ball.
4. "Out!" to encourage the defense to push up.
5. "Keeper's Ball!" to indicate to defenders that it is the goalkeeper's ball.

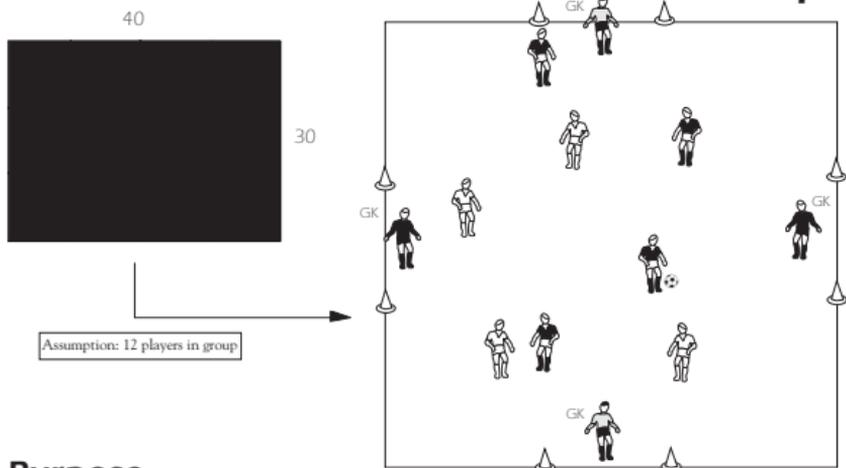
If an outfield player speaks, then a free kick is awarded.

## Progressions

All players can now communicate to one another.

## Coaching Points

1. Shout clearly and early.
2. Be specific—don't ask questions.
3. Be simple and direct.
4. Commands should be calm, not panicky.

**Heads Up Play****Purpose**

To develop distribution in a small sided game.

**Organization**

Set out a 30 x 30 yard area. Set out goals on the endlines and sidelines. 1 keeper per goal. Play 4 v 4 within the area.

**Game Objective**

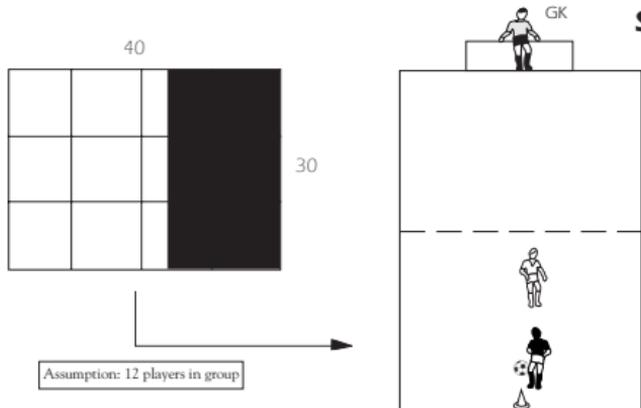
The  goalkeeper distributes the ball to any of his  teammates within the area. The object of the game is to get the ball into the hands of the goalkeeper on the opposite side of the area. The same applies to the  team. Keepers are allowed only to throw the ball.

**Progressions**

A goal can also be scored by scoring past one of the opposition team's goalkeepers.

**Key Coaching Points**

1. The keeper should look to penetrate deep into the opposite area with his serve.
2. The keeper should look to serve the ball into space for an outfield teammate to run onto it in full stride.
3. The keeper must command the area and communicate with teammates.
4. Look long first, but before you throw the ball, check the short option.



## Purpose

To develop breakaway saves with communication.

## Organization

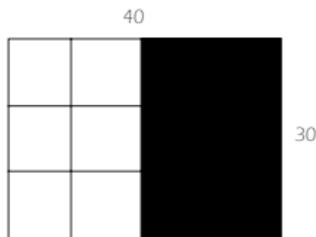
Set out a 15 x 30 yard area. Groups of 3, consisting of 1 goalkeeper, 1 attacker and 1 defender. Place discs across the middle of the area. 1 ball per practice. Repeat in 3 other areas for a total of 12 players.

## Game Objective

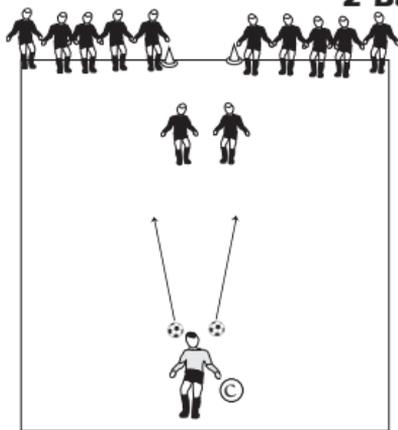
The attacking player  must attempt to dribble beyond the defender and over the 1/2 way line to attack the goal at the top of the area. The defender  is not allowed to enter the area on the goalkeeper's side of the 1/2 way line. If the defender wins the ball, he must clear it around the cone at the bottom of the area. He then becomes the attacker. The goalkeeper must attempt to save all shots from either player.

## Coaching Points

1. Come out of your goal quickly.
2. Go across and down the line of the ball.
3. Stand up as long as possible.
4. Can you stop the shot? Should you smother, or is a save required? Be alert and ready—good starting position.
5. Communicate with the defender.

**2 Ball Race**

Assumption: 12 players in group

**Purpose**

To encourage keepers to move sharply off their line and to intercept through balls.

**Organization**

Set out a 20 x 30 yard area with a goal at one end of the area. Divide the group into two teams of six and pair the keepers off as evenly as possible with one keeper on each team. Each team starts at one of the posts of the goal. The coach is stationed about 20-25 yards from the goal.

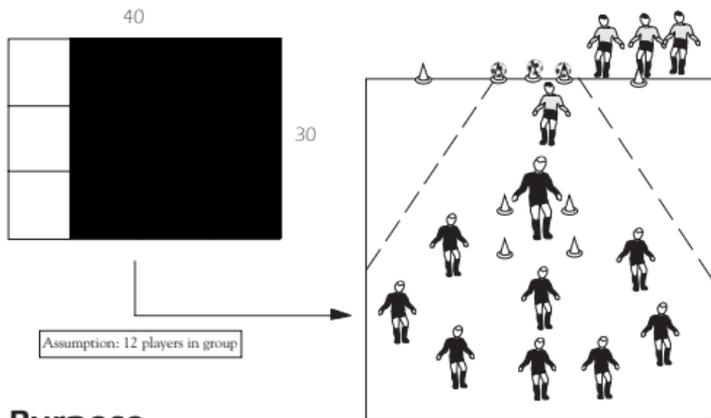
**Game Objective**

A keeper from each team moves into the goal to play against the keeper they had been paired up with from the other team. The coach rolls two balls towards the goal at the same time. As soon as the balls have left the coaches hands, the keepers can move to the balls. The first keeper to dive on their ball wins. After each keeper has taken a turn, the keepers start at a different side of the goal. The first team to 15 wins. If the keepers tie, award the point to the keeper demonstrating the best technique.

**Key Coaching Points**

1. Look for a good start position. When the ball is 20-25 yards from the goal, the keeper should be on the edge of the six-yard box.  
Note: If one of the keepers starts to edge too far forward, throw a ball over their head to delay their movements.
2. Accelerate quickly to the ball.
3. Don't run around the ball to fall on a favored side and thus expose the goal.

## Goalkeeper Cricket



## Purpose

To develop all areas of goalkeeper distribution.

## Organization

Set out a 30 x 30 yard area. Set up a 'pitch' with wickets (3 balls on top of discs) and a bowler's square 15 yards from the wickets. Place a disc 10 yards to either side of the wickets. Add a foul line on either side of the pitch. Split into teams of four. One-team 'bats' while the other two teams are 'fielding'.

## Game Objective

A member of one of the fielding team or the coach starts in the bowling square as the bowler. The pitcher passes the ball at the wickets. The first batsman kicks the ball (like a keeper dealing with a back pass). As soon as they kick the ball they must run around one of the discs 10 yards from the wickets. The fielding team must return the ball to the bowler as quickly as possible. They can kick, roll or throw the ball. The bowler does not need to wait for the batsman to get back in front of the wickets before 'bowling' the next ball. The batsman is out if one of the fielding team catches the ball or if the wickets are hit. The fielders may use their hands to field the ball. If the ball goes behind the foul line the batsman cannot run.

## Key Coaching Points

1. Batsman's technique when striking the ball.
2. Fielder's shot stopping technique.
3. Accurate distribution back to the bowler.