



North Star F.C.

Recreational Coaches Training Program **for Goalkeeping**

We are developing several booklets based on important themes we teach in the Recreational Program.

These are the themes we will focus on though this list is not

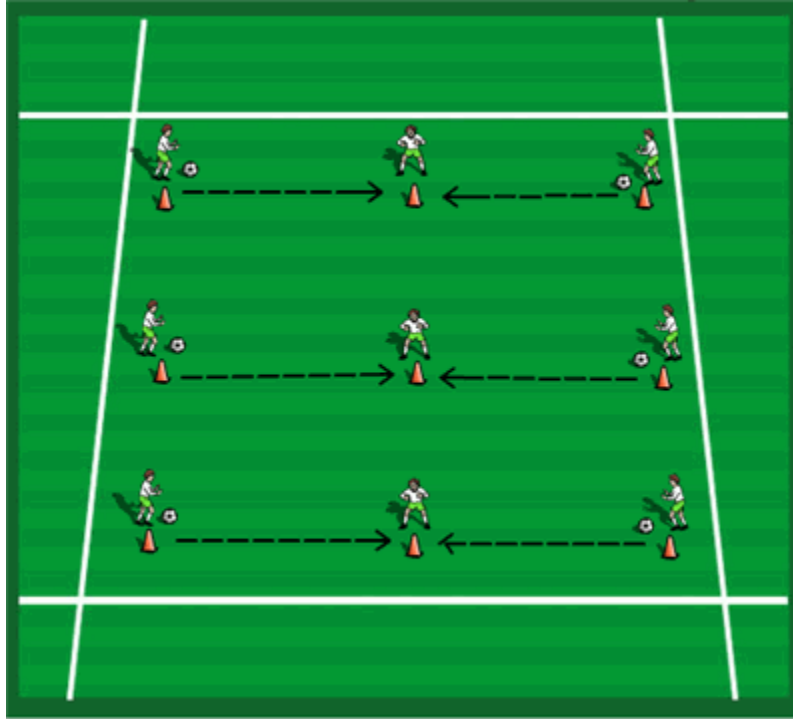
These are several training themes shown below which we encourage you to work on with your players.

These are to supplement your weekly plans, slightly more advanced ideas if you feel the players are ready to work on them.

- 1. Dribbling theme (22 Sessions)**
- 2. Passing, Control and Movement theme (16 Sessions)**
- 3. Shooting and Finishing theme (18 Sessions)**
- 4. Receiving and Turning theme (8 Sessions)**
- 5. Running with the ball theme (4 Sessions)**
- 6. Awareness Training (Scanning) theme (8 Sessions)**
- 7. Combination Movements theme (4 Sessions)**
- 8. Possession based Circle Training theme (3 Sessions)**
- 9. Defending theme (7 Sessions)**
- 10. Goalkeeper Training (3 Sessions)**

10) Goalkeeper Training

SESSION 1: BASIC KEEPER TRAINING



Catching: Turn and Receive

Set up

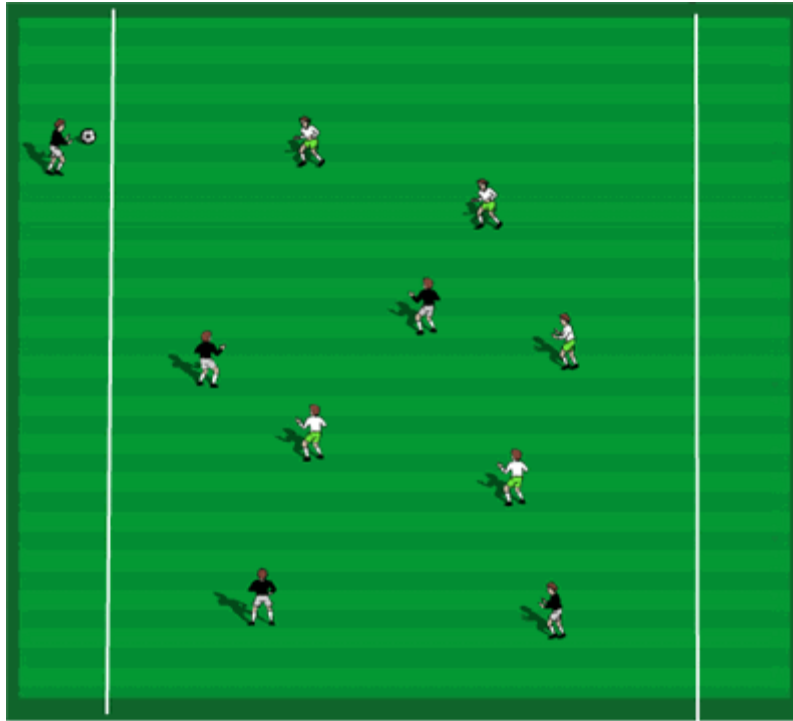
Layout three cones in a straight line 6 yards apart

Players and Balls

Two servers take up position at the outer cones facing the center. One goalkeeper takes position by the center cone facing the server.

Action

The server volleys / throws a shot to the goalkeeper. The keeper saves the shot, returns the ball to the server, and quickly turns to receive a shot from the second server. This can be repeated 8 to 12 times before changing keepers.



Catching: Goal Keeper's Handball

Set up

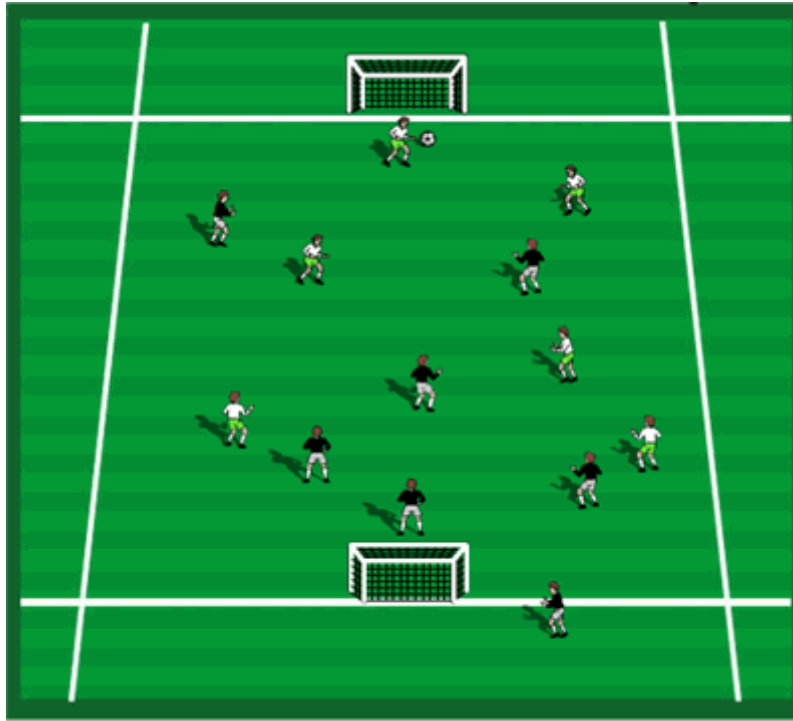
Layout cones 20 yards by 18 yards with a 2 yd end zone either end. The size of the grid and end zone should match the skill of the players and the number of players in the game. **PLAYERS CAN'T RUN WITH THE BALL.**

Players and Balls

Two teams 4 - 6 AND ONE Ball

Action

The game starts in the end zone of one team. The team with the ball uses good technique to throw and catch the ball moving towards their opposing end zone. The team without the ball tries to gain possession by intercepting the ball. Every time someone catches the ball they must shout "keeper" if they do not let the opposing team receive the ball. Score by catching the ball in the opposite end zone.



Catching: Goal Keeper's Handball

Set up

Layout cones 20 yards by 18 yards with 2 GOALS. The size of the grid and end zone should match the skill of the players and the number of players in the game.

Players and Balls

Two teams 4 - 6 and one Ball

Action

The game starts with the GOAL of one team. The team with the ball uses good technique to throw and catch the ball moving towards their opposing GOAL. The team without the ball tries to gain possession by intercepting the ball. Every time someone catches the ball they must shout "keeper" if they do not let the opposing team receive the ball. **PLAYERS CAN'T RUN WITH THE BALL.**

Develop by having the field players shooting at goal on the volley so they get a chance to practice volleying. **ROTATE THE KEEPERS.**

Falling and Diving: 1

Set Up

Goalkeepers line up behind and to one side of their soccer ball.

Players and Balls

Goalkeeper *1 Ball *1

Action

Step with the foot nearest the ball to cut the ball off.

- ❖ Lead with the dive side hand.
- ❖ The diving side hand goes behind the ball allowing the other hand to be placed on the top of the ball.
- ❖ Use the ground as a third hand.
- ❖ Roll to the ground with your knee making the first contact followed by the hip then the shoulder.
- ❖ Maintain a good bodyline.
- ❖ Keep the ball in front of head.
- ❖ NEVER BREAK YOUR FALL WITH YOUR ELBOW.

Falling and Diving: 2

Set Up

Place 2 soccer balls 4 to 6 yards apart, two goalkeepers standing between the two balls 3yds from one another.

Players and Balls

Goalkeeper *2 Ball *2

Action

On the coach's shout / whistle the keeper will dive to his / her left / right using the correct technique, but now the keeper must get on feet as quickly as possible.

SESSION 2: GOALKEEPING HANDLING SKILLS

Activity #1 - Warm Up:

Four goalkeepers are positioned inside a coned area as shown. Cones are approximately 5-10yds apart.



Goalkeepers move between balls or disks, listening to calls from the coach. Sideways, Skipping, heels up, knees up, etc.

Coaching Points:

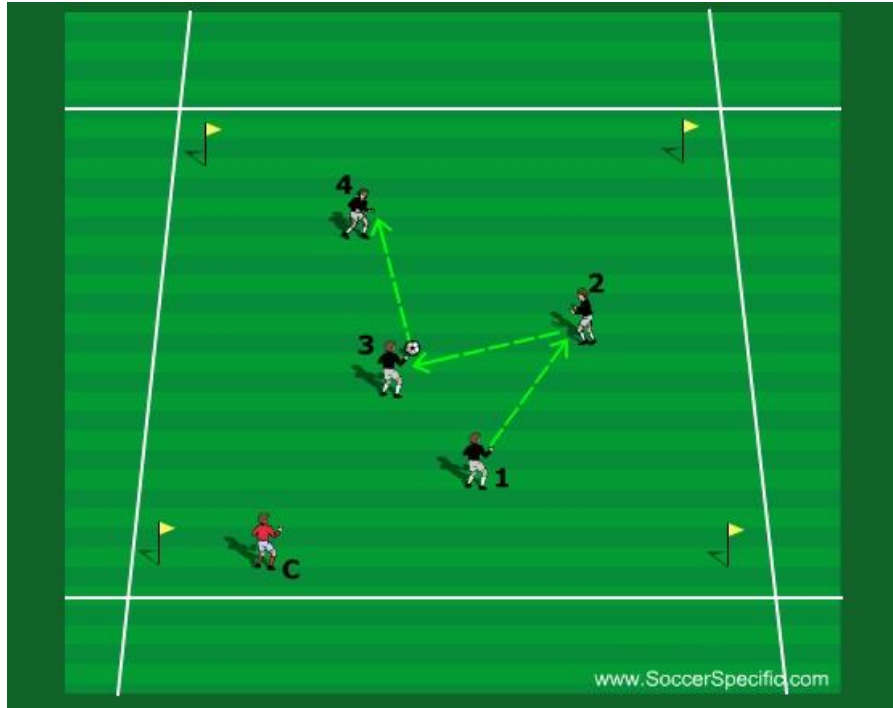
Perform various dynamic movements / stretches - lunges side-lunges, leg swings etc.

Leg movements, and flexibility - ensure players are moving freely and not in an awkward fashion.

Activity #2 -Skill Practice Exercise: Sequence Passing

Set Up:

Four goalkeepers are positioned inside the 20x20yd coned area as shown.



Goalkeepers move in the box area passing the ball to each other in a sequence defined by the coach - for example: Coach calls "1,4,2,3" - layers must pass in that sequence.

Progressions:

Different balls can be used, rugby balls, tennis balls, and footballs. To progress the exercise, add a 2nd ball and vary the choice of throws between the goalkeepers. Loft Throw, over arm throw etc.

Coaching Points:

Hands in front of body

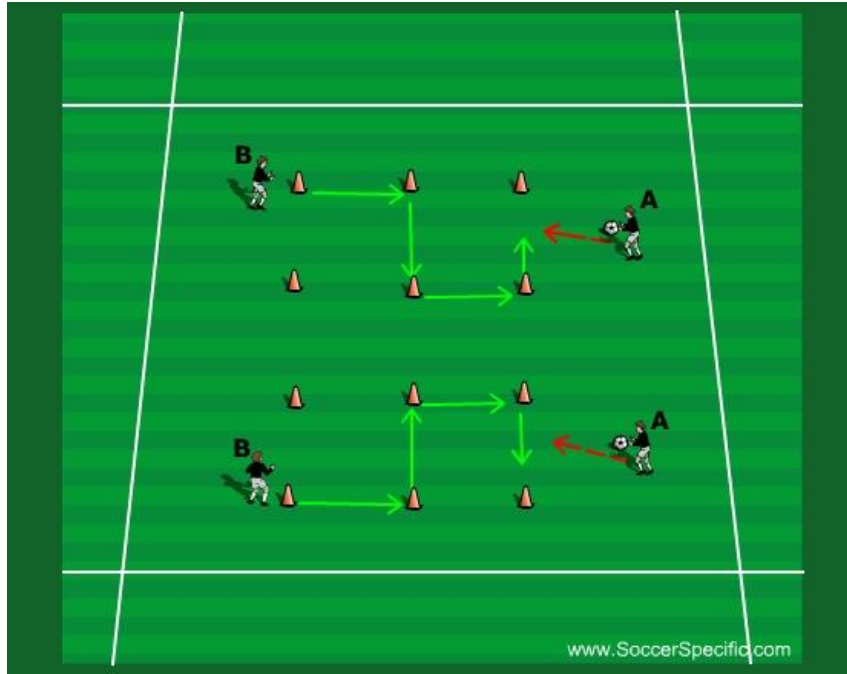
Hands behind the ball to catch

If below chest height use the "basket" to catch - curved arms into body.

Activity #3 -Technical Practice:

Set Up:

Cones are placed as shown. Two goalkeepers (A) are positioned with balls at one side of the area as shown.



Goalkeepers (B) vary movements through cones - lateral, forward, side-shuffle etc. - before receiving a ball from (A). Goalkeepers (A) can vary their service - volleys, half-volleys, throws, high balls, low balls etc. Change servers after assigned number of reps.

Coaching Points:

Quality of technique -

Footwork through cones

Hands in front of body, "W" shape (hands behind the ball), If below chest height take ball into the basket (curved arms into body)

Activity #4 -Technical Practice:

Set Up:

Goalkeeper (A) is positioned in goal: Goalkeepers (B) are positioned approximately 12 yards away with a supply of balls and act as servers. The fourth goalkeeper performs stretching / abdominal training routine.



Goalkeeper (A) moves laterally, receiving varied delivery from both servers

(B). Servers vary type of ball -

- (1) Low service
- (2) Medium Balls
- (3) High Balls

Perform 8-10 repetitions - then switch working GK to avoid fatigue.

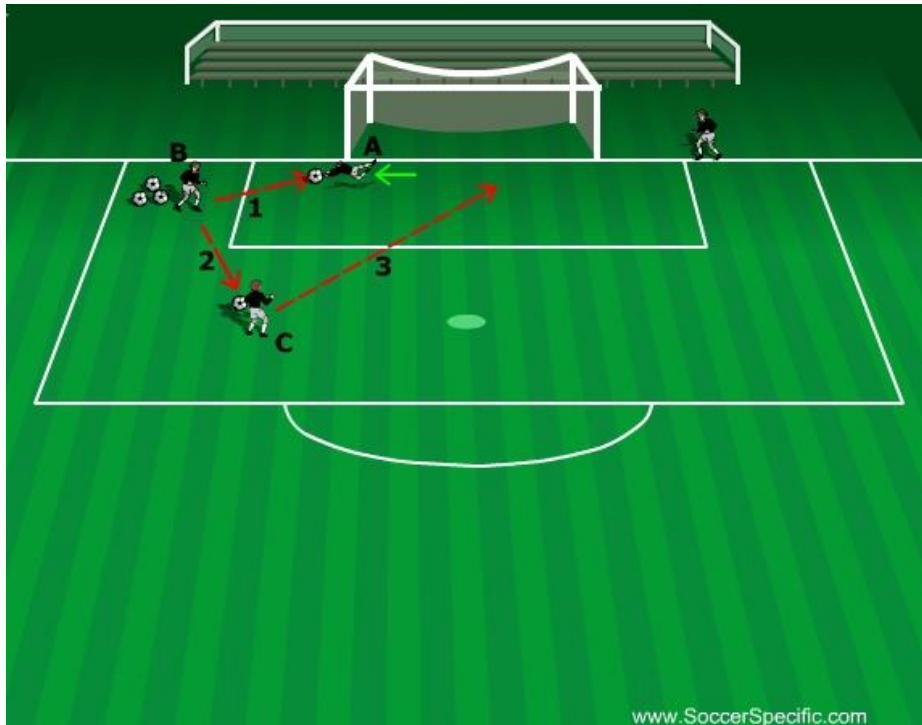
Coaching Points:

(1) Short Step Forward, (2) Hands forward of body line, (3) Head and eyes looking at the ball, (4) Chest facing out, (not a swimming pool dive) (5) Ball on ground, then keeper takes ball with one hand behind and one hand on top of ball, use ground as third hand. (6) Back to feet as quickly as possible. (7) Push off with hand and leg keeping body weight forward.

Activity #5 -Technical Practice:

Set Up:

Goalkeeper (A) is positioned in goal: Goalkeepers (B) are positioned at two different angles as shown. The fourth goalkeeper performs stretching / abdominal training routine.



Goalkeeper (A) moves laterally receiving a "near-post" shot from (B). Player (B) then quickly passes a "cut-back" ball to (C) - the goalkeeper (A) must quickly regain his feet to adjust to this new position. (C) then attempts to score towards the far-post area - goalkeeper must attempt to save all shots. Rotate goalkeepers after 4-6 repetitions.

Coaching Points:

(1) Short Step Forward, (2) Hands forward of body line, (3) Ball on ground, then keeper takes ball with one hand behind and one hand on top of ball, use ground as third hand. (4) Back to feet as quickly as possible, (5) Push off with hand and leg keeping body weight forward

Final Activity -Conditioned Game:

Set Up:

Teams are organized on a small pitch with full-size goals as shown.



Both teams compete for possession of the ball and attempt to score on their opponent's goal. Teams are encouraged to shoot from a distance to test the goalkeepers.

Coaching Points:

Goalkeepers must anticipate the play - be ready.

Focus on previous technical aspects - handling, footwork etc.

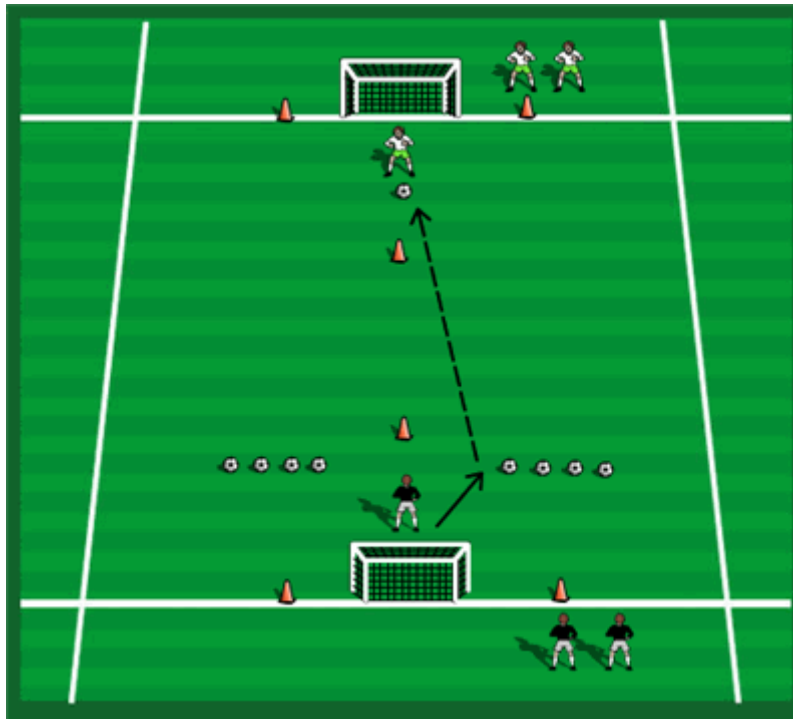
Communication with teammates.

Progression:

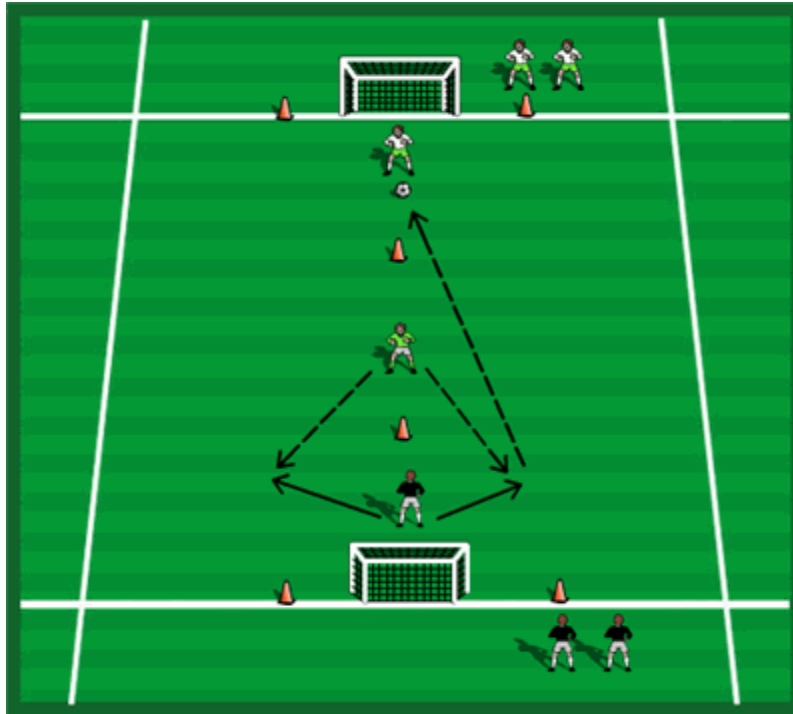
Players awarded extra points for shooting / scoring from own half.

Goalkeepers join the other players for a 5v5 - 8v8 (depending on numbers) small-sided game.

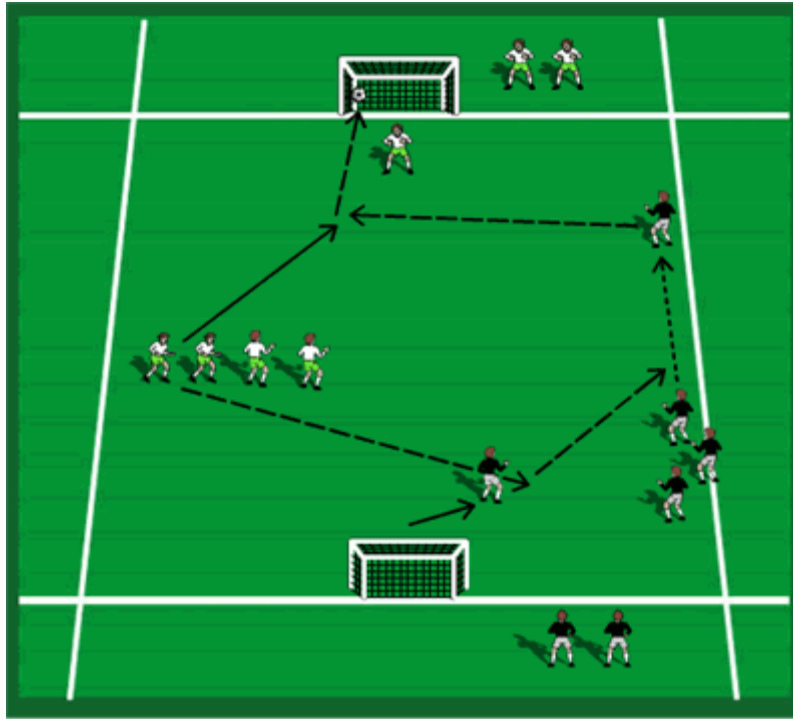
SESSION 3: TEACHING THE BACK PASS TO THE KEEPER AND DISTRIBUTION FROM THE DEFENSE



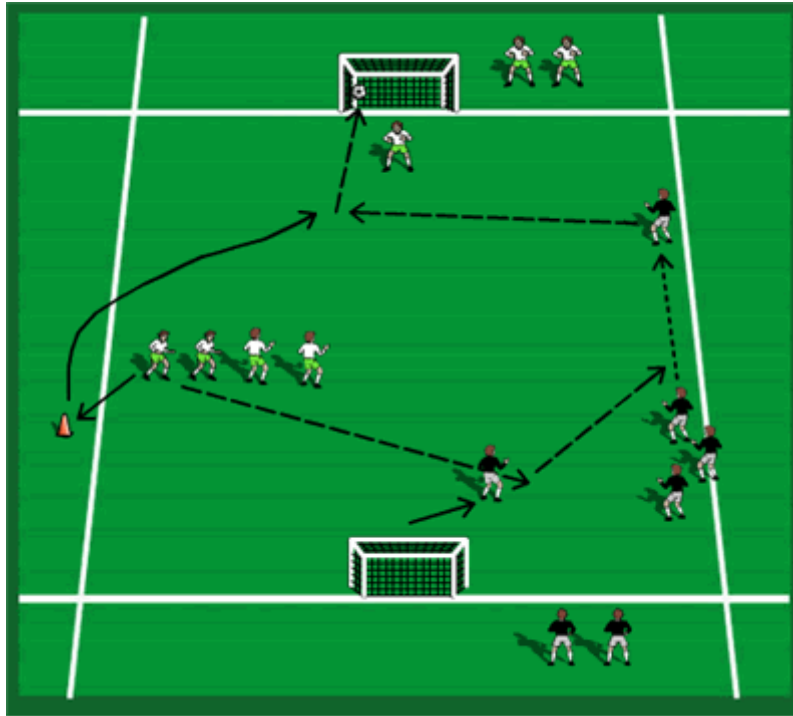
1. Each keeper takes several dead ball kicks to the other keeper.
2. Each one takes up to 10 kicks. Start with the inside balls working outwards.
3. Keeper must never run backwards going back to the other side but use a natural movement to move from side to side always in an arced run using the cone as a reference.
4. An arced run means they can strike the ball with a more open approach to the ball and open stance. Emphasize relaxing on the kick. Striking the ball on the ground then chipping it.



1. The keeper now moves around a cone in an arc to receive the back pass from the coach.
2. Now practicing kicks into the air as a clearance, trying to get the ball high into the other keeper's hands. When he or she gets it, they pass to the coach, and the routine continues. One touch to control and a second to pass.
3. Practicing both sides with both feet. Compare the two feet they are using as to their technique.
4. Coach the technique needed if they do not get it right.



1. Bring players into the game so outfield players get some practice too. (A) Passes to the keeper, the keeper controls the ball to the side and passes to the wide receiver. Wide receiver runs forward with the ball and crosses.
2. (A) After passing spins and attacks the other goal running to contact the cross and score a goal. Keeper can pass one or two touches. The first touch is away from the goal.
3. Angle, weight, accuracy, and timing of the pass from the keeper is crucial. The keeper must pass the ball in front of the receiver for them to run onto too.
4. Timing of the run is important; the player receiving must not go too early to get in front of the pass. Players attack the cross the same and they must not run until they see the keeper control the pass.
5. On a back pass, only play the ball when the keeper asks for it, the keeper must dictate this and show them where he or she wants it. Use a Command style.



1. Now (A) breaks wide and deeper after their pass to the keeper. In a game this would be breaking wide to receive a pass from the keeper. Only pass to the right still but (A) still offers the option. Check this player's position so they get into the correct supporting position to receive. Put a cone down to force them to run to the correct position if they don't get the angle right.
2. As the players go forward the keeper must go forward too. Runs too early means too small a space to go into, running too late means too big a space to go into. Outside players must ask for the ball. Good Communication is vital. Ensure the keeper focuses on making the pass easy to receive for the outfield player.
3. **Progression:** Keeper can pass to outside support player.
4. **Progression:** Have one player passively pressure the keeper and then increase the level of pressure from this player as the keeper improves.