



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.



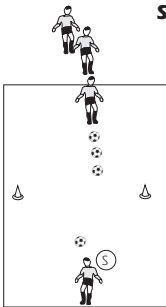
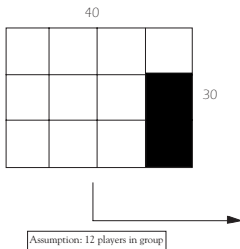
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SESSION 1 - Week 2

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



Purpose

To develop speed and power.

Organization

Set out a 10x20 yard area. Organize in groups of four. Set out discs (or balls for older keepers) in line leading to a 6-yard goal. Station a server 6 yards from the goal. Repeat in three other areas for a total of 12 players.

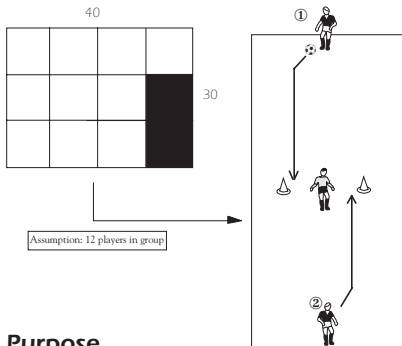
Game Objective

The first goalkeeper in line moves over discs / balls as detailed in the instructions below. The goalkeeper then becomes the server, and the initial server in turn moves to the back of the line:

1. Quick side-steps in and out of balls without touching them, moves into the goal to make a simple save.
2. Running through balls, one step in between each ball, through to make the save.
3. Quick steps, two steps in between each ball, through to make the save.
4. Bunny hops over balls, move into the goal to make the save.
5. Hopping on either leg, move into the goal to make the save.

Progressions

1. Add another server to pass a ball in to the post for the keeper to save and then recover to make a save from the second server.

Make The Goal Smaller**Purpose**

To develop moving into line with the ball.

Organization

Set out a 10 x 20 yard area. Groups of 3. Mark out a goal in the center of the area. Position players as shown in the above diagram. Repeat in 3 other areas for total of 12 players.

Game Objective

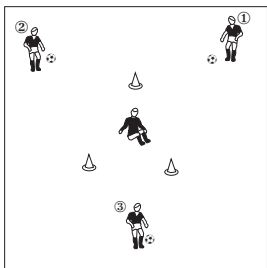
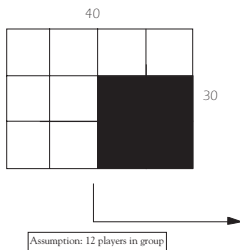
Player ① plays his first touch at an angle from the goal and then runs onto the ball to shoot. The goalkeeper must adjust his position along the goal line and move into line before the shot is taken. Repeat in the opposite direction from player ②. Rotate positions.

Progressions

Run into the new position with the ball in your hands and volley the serve after no more than 5 strides.

Key Coaching Points

1. Observe the sideways skipping movement of the keeper.
2. Keepers should be able to gauge their position between the ball and the center of the goal.





Purpose

To condition the keeper to save and react.

Organization

Set out a 20 x 20 yard area. Within the area set out three goals in a triangle. Each goal should be approximately 6 yards wide. Repeat in 2 other areas for a total of 12 players.

Game Objective

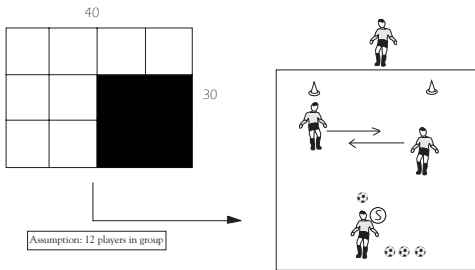
The goalkeeper  starts sitting on the ground. The coach calls a number from 1 - 3. The keeper must jump-up and run to the goal which corresponds to the number of the striker. He advances to narrow the angle. The striker shoots and the keeper  attempts to save. Repeat practice.

Progressions

Allow the striker to follow up on rebounds to encourage second save opportunities.

Key Coaching Points

1. The keeper must react quickly to get into the line of flight.
2. He must establish his position demonstrating balance, composure, and concentration.



Purpose

To develop footwork to get the body into line for shots.

Organization

Set out a 20 x 20 yard area with an eight-yard goal. Group in fours with two working keepers, one server and one retriever. Position the server 10 yards from the goal with a supply of balls. Repeat in two other areas for a total of 12 players.

Game Objective

One keeper starts on one post and the other keeper is stationed at the other post, just slightly further forward than his partner. On the server's command the keepers cross. At any point the server can shoot. Between them, the keepers have to keep the ball out of the goal. Rotate keepers, server and retriever.

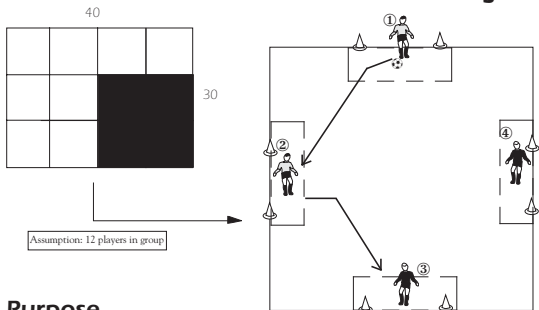
Progressions

Develop the activity into a competition. How many balls can the keepers stop out of 10 shots?

Key Coaching Points

1. Focus on the ball.
2. Use good footwork to get into the ready position.
3. Move into line with the ball, only dive when necessary.

Narrowing The Angle



Assumption: 12 players in group

Purpose

To improve the keeper's positional play.

Organization

Set out a 20 x 20 yard area. Position players and goals as shown in the above diagram. Repeat in 2 other areas for a total of 12 players. Mark out a 6 yard area around each goal.

Game Objective

Keeper ① plays his first touch at an angle from the goal and runs to shoot the ball at keeper ② who must advance from his line at the correct angle in order to thwart the effort. Keeper ② repeats the practice with keeper ③ and so on. Rotate the direction whenever a goal is scored.

Progressions

Encourage resting keepers to follow in rebounds (i.e., keeper ② follows in rebounds on keeper ④, etc.).

Key Coaching Points

1. Close down the shooting distance.
2. The keeper should not overcommit.
3. How quickly is he able to recover for rebounds?
4. React to the shot—don't anticipate.
5. Stay inside and around the positioning arc.