



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **Goalkeeper**



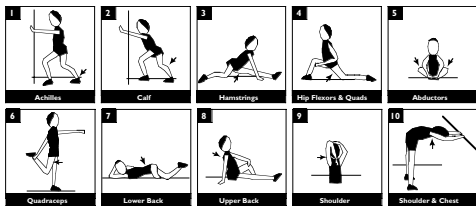
### SESSION 1

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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.



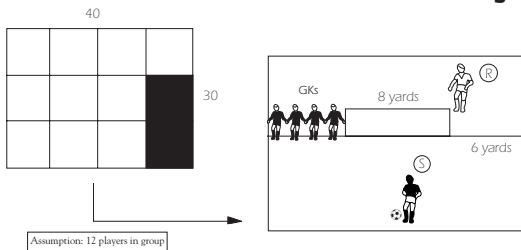
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## SESSION 1 - Week 4

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



## Purpose

To develop deflections of low driven shots.

## Organization

Set out a 10 x 20 yard area. Groups of 6 consisting of 1 server, 1 retriever and 4 goalkeepers. Station goalkeepers to the side of an 8 yard goal. Repeat in another area for a total of 12 players.

## Game Objective

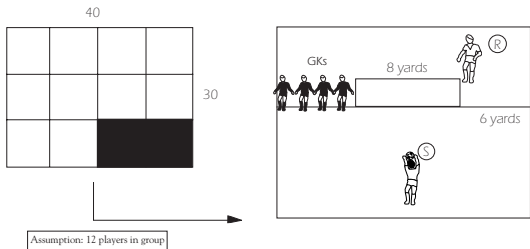
The server rolls the ball toward the far corner of the goal. Goalkeepers take it in turns to shuffle across the area and save the ball. Upon saving the ball, goalkeepers should feed the ball to the retriever stationed behind the goal. Repeat and rotate.

## Progressions

Keepers roll their own balls to the server, who passes them to the far corner of the goal for the keeper to attempt to save.

## Coaching Points

1. Dive out of the goal to make the goal smaller.
2. Move, set, then dive facing out.
3. Deflect the ball away from the goal.
4. Keep eyes on the ball.



## Purpose

To deflect uncatchable, high balls over the cross bar.

## Organization

Set out a 20 x 10 yard area. Groups of 6 consisting of 1 server, 1 retriever and 4 goalkeepers. Station the goalkeepers to the sides of a goal 8 yards wide. Repeat in another area for a total of 12 players.

## Game Objective

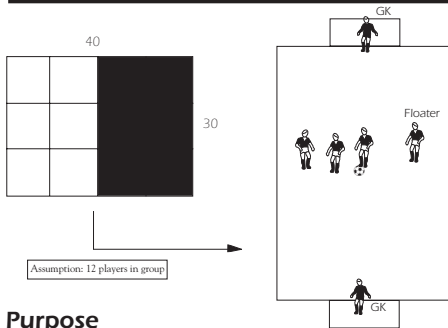
The server tosses the ball high and to the middle of the goal. Goalkeepers take it in turns to shuffle across the area and attempt to tip the ball over the cross bar. Keepers should drive off the foot closest to the ball in their attempt to elevate themselves. Repeat and rotate.

## Progressions

1. Vary the angle of the serve and the distance the goalkeeper must travel in order to reach the ball.
2. Serve 3 consecutive tosses to each goalkeeper, forcing him to recover between plays.

## Coaching Points

1. Watch the ball.
2. Dive looking out and open.
3. Drive off the closest leg.
4. After pushing the ball over, roll out of the save on the same arm.
5. Make a soft landing and recover quickly.



## Purpose

To develop readiness for quick shots around the box.

## Organization

Set out a 20 x 30 yard area. Groups of 6 consisting of 2 goalkeepers and 4 outfield players. 3 of the outfield players compete against one another with a 4th floating player who supports the player in possession of the ball. Repeat in another area for a total of 12 players.

## Game Objective

The player in possession combines with the floating player to get a shot on goal on either goal at opposite ends of the area. The floating player may assist the outfield player, but is not allowed to score.

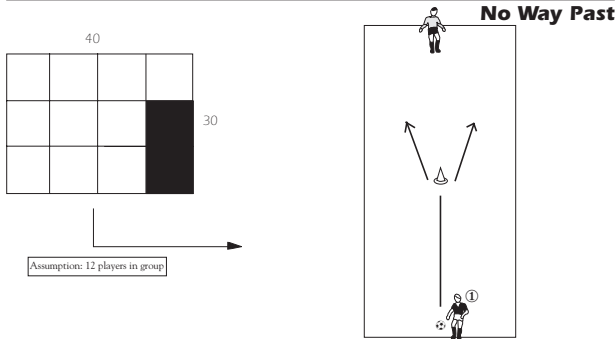
## Progressions

The attackers cannot make more than 3 passes without a shot.

## Coaching Points

1. Be alert and ready.
2. Remember the positioning area.
3. Read the attacker's movements.
4. Set yourself for any shots.
5. Recover for rebounds.

## KEY FACTORS - Shot Stop & Deflections



### Purpose

To develop going down to make the breakaway save.

### Organization

Set out a 10 x 20 yard area. Group in pairs. Station a disc in the center of the area. 1 ball between 2. Repeat in 5 other areas for a total of 12 players.

### Game Objective

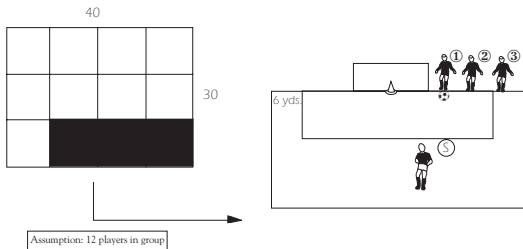
Player ① dribbles the ball to the disc at the center of the area. As soon as he reaches the disc, the keeper can advance from his line. The object for player ① is to dribble past the keeper to the opposite endline. The keeper must attempt to go down at player ①'s feet and block the ball.

### Progressions

Set out a 5 x 5 yard area around the goalkeeper and a goal at the endline. If the attacker is able to penetrate this area he can score.

### Key Coaching Points

1. The keeper stands up as long as possible to create a bigger obstacle.
2. As soon as he decides to commit he must rush to the ball.
3. The keeper goes to ground and spreads his body in a long barrier across the angle between the ball and the goal.



### Purpose

Shot stopping using flying and collapse saves.

### Organization

Set out a 30 x 10 yard area. Groups of 4 consisting of 3 goalkeepers and 1 server. Place a disc in the middle of a goal, positioning the goalkeepers to the side of the goal as shown in the diagram. 1 ball per group. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Player ① rolls the ball toward the server. Player ① shuffles across the area and touches the cone in the middle of the goal. As soon as he touches the cone, the server may strike the ball on goal. Player ① must react to save and secure the ball or deflect it out of play. Repeat and rotate.

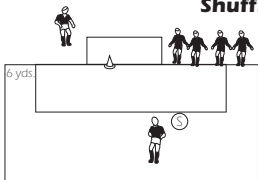
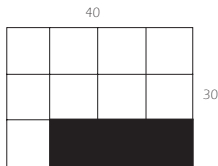
### Progressions

Goalkeepers face 3 consecutive serves from the server. They are forced to recover to their original starting position between serves.

### Coaching Points

1. Depending on shot, is it an extension or collapse save?
2. Dive out and forwards to make goal smaller.
3. Shuffle across the ground quickly.
4. Watch the ball.



**Shuffle & Step**

Assumption: 12 players in group

**Purpose**

To develop footwork, diving and deflections.

**Organization**

Set 30 x 10 yard area. Groups of 6 consisting of 4 goalkeepers, 1 server and 1 retriever. Place a cone 2/3 down the goal line. Repeat in another area for a total of 12 players.

**Game Objective**

The keepers take turns to shuffle along the goal line, touch the cone, and shuffle back toward the near post. As soon as a goalkeeper touches the cone, the server rolls a hard shot to the corner for the keeper to deflect. Once he makes the save, he goes to the retriever's position. Rotate.

**Coaching Points**

1. Use the heel of the hand to deflect.
2. Dive forward and out to make goal smaller.
3. Deflect the ball wide and out of play.
4. Drive off the closest leg.
5. Dive open and looking out.