



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.



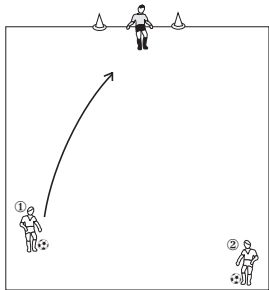
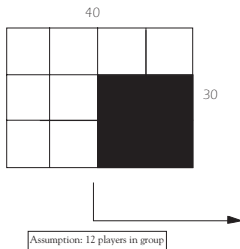
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SESSION 1 - Week 6

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

Catch Or Punch**Purpose**

To develop starting position for dealing with crosses.

Organization

Set out a 20 x 20 yard area. Groups of 3, 1 ball for each server. Position players as shown in the diagram. Repeat in 3 other areas for a total of 12 players.

Game Objective

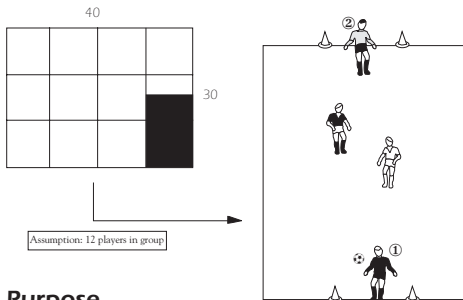
Server ① underhand tosses the ball over the head height of the keeper. The keeper's stance must enable him to see through 180°. His stance should be open and his body angle should be parallel with the goal line. Repeat practice from server ②. Rotate keepers.

Progressions

1. Groups of 4, put an attacker in front of the keeper to challenge for the ball.
2. Cross or volley the ball from the server.

Key Coaching Points

1. Stance along the line and body angle to give easy vision through 180°.
2. Keeper must attack the ball.
3. The keeper should take the ball at the highest point of its trajectory.
4. The keeper must always call for the ball in establishing the dominance of his area.



Assumption: 12 players in group

Purpose

To develop catching technique.

Organization

Set out a 10 x 15 yard area. Group in 4's, 1 ball between 4. Alternate serves. Repeat in 2 other areas for a total of 12 players.

Game Objective

Keeper ① underhand tosses the ball above head height to keeper ②, who must assess the line, pace and trajectory of the ball and attack the ball from off his line. His goal is to catch the ball cleanly. The 2 attackers are passive and just leap in an attempt to put the keeper off. Keeper ② then serves to keeper ① and 2 passive attackers. Change goals.

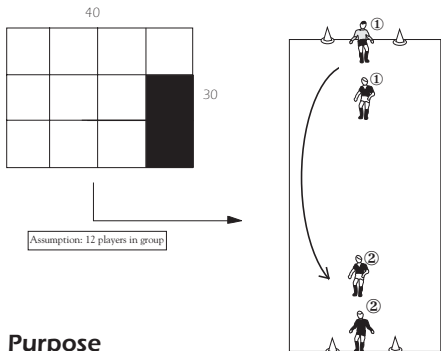
Progressions

1. Change to punching the ball back over the server.
2. Make it 1 attacker and 1 defender—now call “keepers” or “away” if you can't get to it.

Key Coaching Points

1. The keeper must call for the ball with either “keepers” or “away.”
2. Hands and fingers pointing up to make a “W” on the back and side of the ball.
3. Drive to meet the ball at its highest point by extending arms.
4. 1st step should always be forward to the ball.
5. Knee up to protect from challenge.

Challenge The Striker



Purpose

To develop catching or punching under pressure from an opponent.

Organization

Set out a 10 x 20 yard area. Groups of 4, 1 ball per group. Position players as shown in the above diagram. Repeat in 2 other areas for a total of 12 players.

Game Objective

Keeper ① tosses the ball across the area, above head height to keeper ②, who is challenged by attacker ② who competes to win the ball. Keeper ② catches or elects to punch the ball back to keeper ①. Repeat in opposite direction.

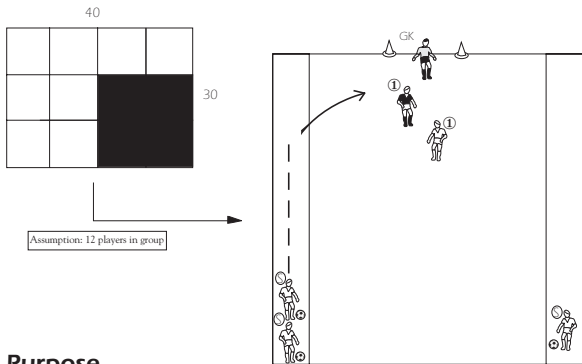
Progressions

Alternate with short feeds biased to the attacker for flick on headers. The keeper must then judge the flight of the ball before deciding whether to stay on his line or attack the ball.

Key Coaching Points

1. The hands should be to the side and behind the ball, fingers should be spread and relaxed.
2. The ball should be brought into the body and secured as quickly as possible.

Catch Or Punch?



Assumption: 12 players in group

Purpose

To provide a conditioned practice for handling crosses.

Organization

Set out a 20 x 20 yard area. Groups of 6. Use discs to set out channels on both sides of the area. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

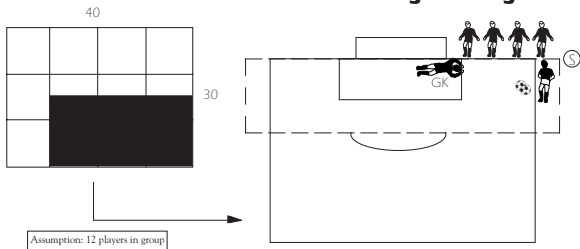
Game Objective

Server ① dribbles down the touchline and crosses the ball to the center. Attacker ① challenges both the defender ① and the keeper ① for the ball. If the keeper elects to punch, he should aim for either server waiting on the opposite endline. If he catches the ball, he should underhand serve the ball into the path of the original server as he sprints back down the channel to his starting position.

Key Coaching Points

1. The keeper should make an early decision to move to attack the cross or defend his goal.
2. If the keeper is pressured by the challenge, the keeper should clench both fists together to present a solid, flat surface to the ball.
3. Once you catch the ball, can you make a fast, accurate throw to the farthest server?

Diving For Angled Shots





Purpose

To develop collapse and extended saves from angled shots and crosses.

Organization

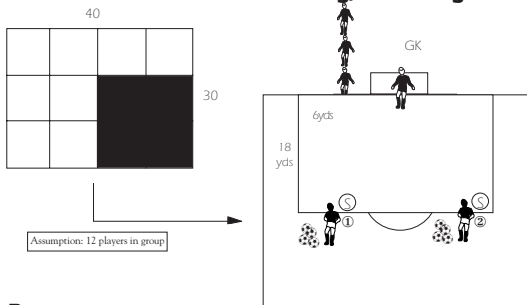
Set out a 30 x 15 yard area. Groups of 6, consisting of 1 server and 5 goalkeepers. Server has a supply of balls. Repeat in another area for a total of 12 players.

Game Objective

The goalkeeper  GK lies face down with arms outstretched adjacent to the near post of the goal. The server  S standing 6 yards from the goal tries to score in the far side of the goal through a low driven shot or curved high ball. Repeat and rotate.

Coaching Points

1. Establish ready position quickly.
2. Save the ball away from the goal.
3. Get to any rebounds.
4. Don't fall backwards.
5. Try to catch the ball while facing out to the field.

Catching, Punching And Parrying**Purpose**

To develop catching, punching and parrying.

Organization

Set out a 20 x 20 yard area. Groups of 6, consisting of 4 goalkeepers and 2 servers. Servers have a supply of balls. Repeat in another area for a total of 12 players.

Game Objective

A server underhand lobs a high ball for the active goalkeeper to attempt to punch clear. As soon as the punch is made, the other server serves a ball over the head of the goalkeeper toward the crossbar of the goal. The active keeper must attempt to shuffle back and tip the ball over the bar. Repeat and rotate.

Progressions

The goalkeeper can use only 1 hand to punch the ball.

Coaching Points

1. Punch for height, distance and width.
2. Use both hands to punch the ball.
3. Make a strong call of keepers.
4. Return to the goal quickly and side on.
5. Key hands down until the last moment.