



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **Goalkeeper**



### SESSION 2

NASC, Inc.

©2002. All Rights Reserved. No part of this publication may be reproduced, copied or transmitted in any form without the prior written consent of NASC, Inc.

SoccerMadeSimple.com  
www.MLScamps.com

# 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.



# MLS CAMPS

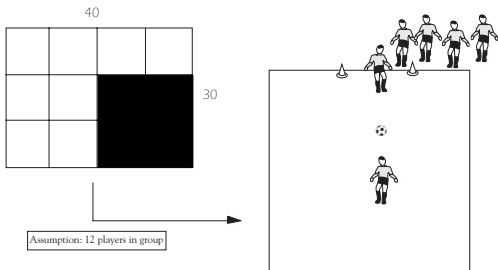
THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

[www.MLScamps.com](http://www.MLScamps.com)

## SESSION 2 - Week 4

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

## American Football



### Purpose

To develop the keeper's reaction time to shots.

### Organization

Set out a 20x20 yard area with a six-yard goal. Groups of six, with one active keeper, one server and four keepers prepared to go in goal. Position the server 10 yards from the goal. Each goalkeeper should have a ball. Repeat in one other area for a total of 12 players.

### Game Objective

The first keeper stands facing the goal. On the command 'hike', they throw the ball through their legs and turn to save a straight shot. The server can then either catch the ball and volley it at the keeper or volley the ball back first time.

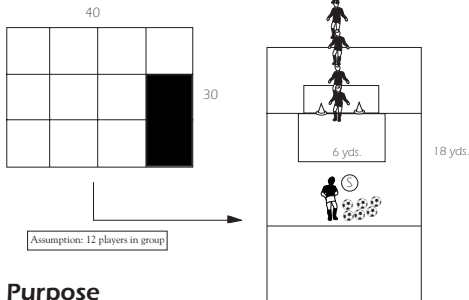
Note: Instruct servers to aim for the goalkeeper. For younger keepers the coach may need to be the server to make the practice effective.

### Progressions

1. Turn the activity into a competition. Each keeper gets three lives and every time a goal is scored they lose a life. The first keeper knocked out of the activity becomes the server. Any keepers that get knocked out after that become 'vultures', positioned in the immediate goal area to put in any rebounds. Rotate the server with 'vultures'. Last keeper left with a life is the winner.

### Key Coaching Points

1. Turn quickly and get into the ready position.
2. Can a step forward be taken before setting for a shot?
3. Good handling – make the ball stick, absorb the ball into the body.
4. Don't anticipate, react.
5. Stay on your feet, don't sink to your knees.



## Purpose

Putting all the deflecting saves together.

## Organization

Set out a 10 x 20 yard area. Groups of 6 consisting of 1 server and 5 goalkeepers. Station players as shown in the diagram. Repeat in another area for a total of 12 players.

## Game Objective

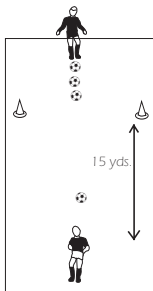
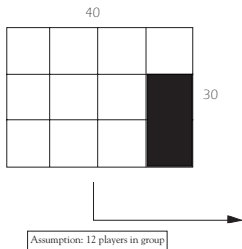
The first goalkeeper in the line moves quickly forward into the goal in an attempt to establish a steady starting position. As soon as the goalkeeper reaches the goal line, the server shoots on goal. If the server scores a goal between the cones on the goal line, he scores 3 points. If he scores in the area between the cones and the goal post, he scores 1 point. If the goalkeeper saves the ball between the cones, he scores 3 points, and if he saves the ball between the cones and the goal post, he scores 5 points.

## Progressions

Keeper starts in a sit up position. Get up and move forward quickly.

## Key Coaching Points

1. Move forward quickly to make goal smaller!
2. Deflect or catch the ball.
3. React to any rebounds.
4. As the server strikes the ball, get set and be ready.



## Purpose

To develop fast footwork and shot stopping skills.

## Organization

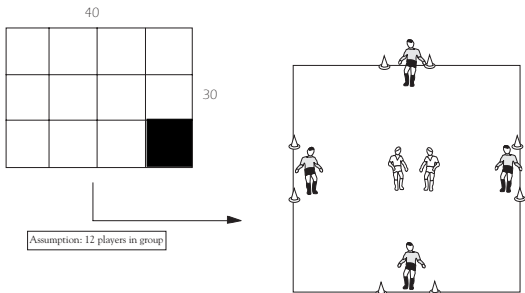
Set out a 10 x 20 yard area. Group in pairs with a supply of balls. Repeat in 5 other areas for a total of 12 players.

## Game Objective

The active goalkeeper must attempt to jump over the balls (or cones) en route to the goal. The goal is 6 yards wide. A server, standing 15 yards away from the goal line, shoots on goal as the goalkeeper reaches the goal line. The server's approach to the ball should begin the motion of the goalkeeper.

## Key Coaching Points

1. Keep your head up and weight forward.
2. Don't fall backwards.
3. Dive outwards from the goal to make a larger angle of deflection.

**Four Goal Competition**

Assumption: 12 players in group

**Purpose**

To develop the keeper's concentration and reaction when saving in close-range situations.

**Organization**

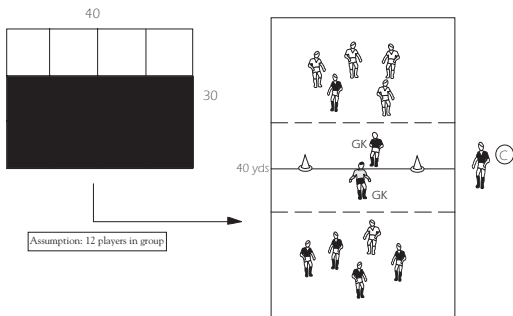
Set out a 10 x 10 yard area with a six-yard goal on each side of the area. Groups of six with two strikers and four goalkeepers. Position a goalkeeper in each of the goals and the 2 strikers in the middle of the area. Repeat in one other area for a total of 12 players.

**Game Objective**

The coach serves a ball into the two strikers who play 1 v 1 against each other to try and score in any of the 4 goals around the periphery of the area. Play for three minutes before rotating positions and roles. The keeper who concedes the least goals wins.

**Key Coaching Points**

1. Be alert, you may have to make a save from another keeper's parry.
2. Make yourself as big as possible in the goal.
3. Don't go in for a save feet first.
4. Be brave in 1-on-1 situations.

**Meola's Shot Stopper****Purpose**

To develop reaction saves and shot stopping skills.

**Organization**

Set out a 40 x 20 yard area with a goal on the 1/2 way line. Set out a 5 yard area on each side of the goal and put 2 goalkeepers in the goal, 1 goalkeeper on each side of the goal. Play 4 v 1 on each side of the goal line. No players are allowed in the goal area other than the goalkeeper.

**Game Objective**

The 4 players in possession must combine to attempt a shot on goal by beating the defender and advancing the ball as close to the 5 yard line as possible. The lone defender in this area must attempt to block the shot on goal. If the defender intercepts the ball, he must also attempt to score in the same goal. Repeat on both sides of the goal. The first team to score 10 goals, wins.

**Progressions**

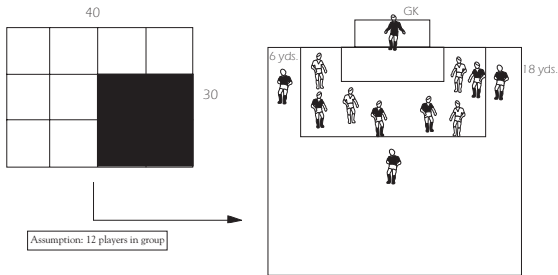
1. Play 3 v 2 in the end areas.
2. All throw-ins must result in a 1 touch shot or volley on goal.

**Key Coaching Points**

1. Good starting position.
2. For hard shots, use hard hand deflections.
3. Stand up! Don't fall backwards.
4. Move so you cover your goal and can see the ball.
5. Dive out and forward to give a better angle of deflection.



## Shot Stoppers



### Purpose

To develop shot stopping reflex saves.

### Organization

Set out a 20 x 20 yard area, containing a penalty area with 3 players positioned around the outside area. Play 4 v 4 inside the goal box. The goalkeeper must stay inside the 6 yard box. No other players are allowed in the goal area. Rotate keepers.

### Game Objective

The 4 players combine with the 3 outer players to score past the keeper. The 3 outer players play with whichever team has the ball. Any player can score, but the outer players are restricted to 2 touches.

### Progressions

Play 1 touch in the area.

### Key Coaching Points

1. Be alert and ready.
2. Collect all rebounds.
3. Use the goal area for positioning—move along the 6 yard line.
4. Deflect hard shots using the heel of hand.