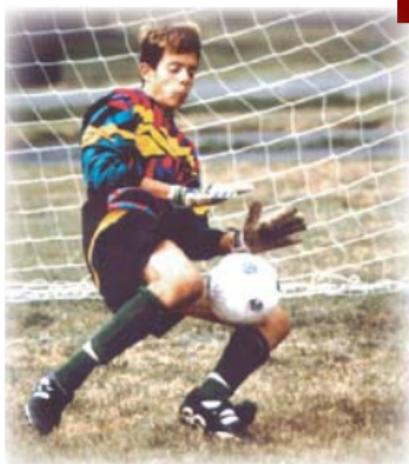




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **Goalkeeper**



### SESSION 2

NASC, Inc.

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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.



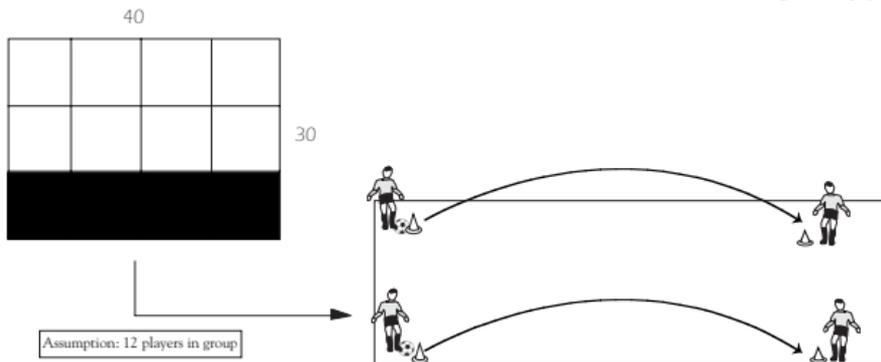
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## SESSION 2 - Week 9

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



## Purpose

To develop the keeper's kicking technique on place kicks.

## Organization

Set out a 40 x 10 yard area. Organize in pairs, one ball per pair, with two pairs working in one area. Position keepers as shown in above diagram. Place a disc in front of each keeper. Repeat in two other areas for a total of 12 players.

## Game Objective

The first keeper places the ball on the disc as a golfer would on a tee, and kicks the ball to their partner. The partner collects the ball and repeats the practice in the opposite direction.

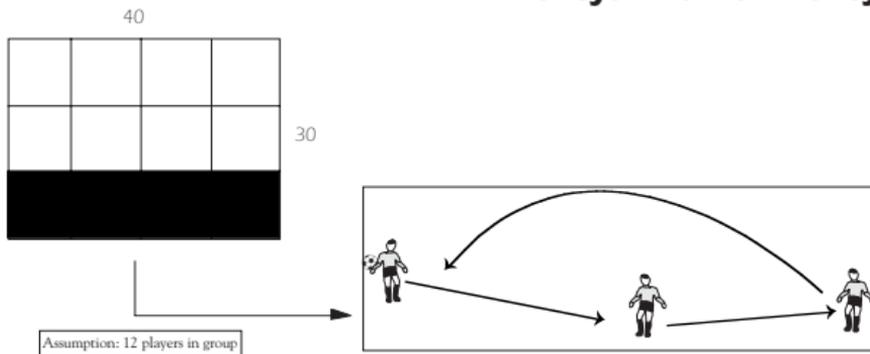
## Progressions

1. Once keepers are confident, remove the discs so the keepers are striking the ball from the ground.

## Key Coaching Points

1. Standing foot and shoulders should face the target.
2. Strike through the lower center of the ball.
3. Glance through to the target and then focus on the correct part of the ball to strike, i.e. manufacturer's name.
4. Lock the ankle.

## Volley And Half Volleys



## Purpose

To develop goalkeeper's kicking technique when distributing the ball.

## Organization

Set out a 40 x 10 yard area. Organize players into groups of three, positioning a keeper at either end of the area and a keeper in the middle of the area. Repeat in three other areas for a total of 12 players.

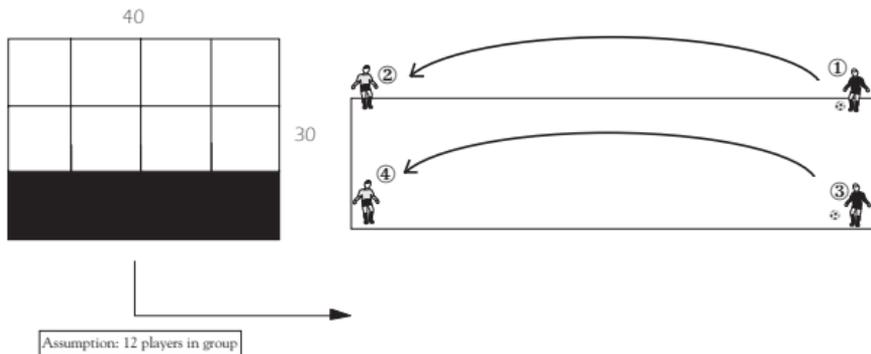
## Game Objective

Follow these instructions:

1. The first keeper half volleys the ball into the middle keeper to catch at waist height. The middle keeper turns and half volleys the ball to the third keeper. The third keeper half volleys the ball back to the middle keeper who turns and half volleys the ball back to the first keeper. Rotate the middle keeper.
2. As above but with full volleys.
3. The first keeper throws the ball to the middle keeper (vary throwing technique). The middle keeper turns and half volleys the ball to the third keeper. The third keeper volleys the ball back to the first keeper over the middle keepers head. Rotate positions.

## Key Coaching Points

1. Shoulders and the non-kicking foot should be facing the target.
2. Kick with the laces, striking through the lower center of the ball and following through at the target.
3. For the half volley, strike the ball just as it bounces. For the full volley, strike the ball just before it bounces.
4. Look for accuracy rather than distance.



## Purpose

To develop half-volley and volley kicks.

## Organization

Set out a 40 x 10 yard area. Group in pairs, 2 pairs per area, 1 ball per pair. Position players as shown in the above diagram. Repeat in 2 other areas for a total of 12 players.

## Game Objective

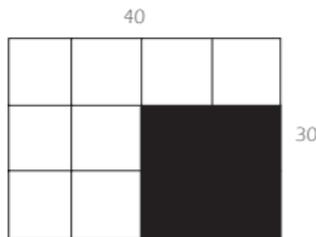
Keeper ① volleys the ball to keeper ②, who catches it before it bounces. Keeper ② repeats the practice and volleys back to keeper ①. Keeper ③ and keeper ④ repeat the practice in the same area.

## Progressions

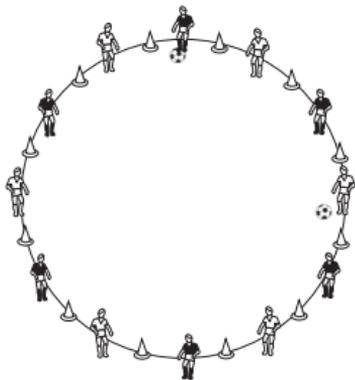
The same practice should be repeated for the half-volley (the ball bounces momentarily before the ball is struck).

## Key Coaching Points

1. The ball should be held with both hands outstretched in front of the body at waist height.
2. Contact should be made with the laces through the bottom half of the ball.
3. Draw the kicking foot back as the ball is dropped.

**Round The World**

Assumption: 12 players in group

**Purpose**

To develop distribution and shot stopping skills.

**Organization**

Set out a circle in a 20 x 20 yard area. Group of 12. 2 balls in the group. Divide players into 2 teams of 6. Station players within the gates made by cones set out 3 yards apart.

**Game Objective**

The object of the game is to score a goal against the opposition by throwing the ball across the circle and through an opposition player's goal. First team to score 10 goals wins. All throws must go across the center of the area.

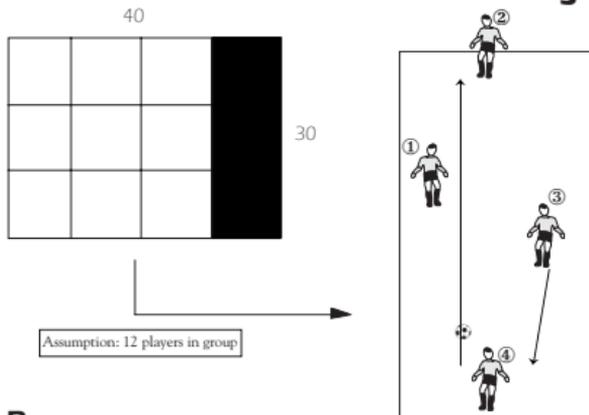
**Progressions**

1. 1/2 volley shots.
2. Introduce 2 more balls.

**Coaching Points**

1. Use speed in your throws.
2. After throwing the ball, get set for a shot on goal.
3. Get your body behind the ball.
4. Use footwork so you don't have to dive and leave your goal.

## Deuce's Dealing With The Back Pass

**Purpose**

To get keepers comfortable with dealing with a back pass.

**Organization**

Set out a 30 x 10 yard area. Organize in groups of four, positioning one keeper at each end of the area and two in the middle of the area. One of the keepers in the middle has a ball. Repeat in three other areas for a total of 12 players.

**Game Objective**

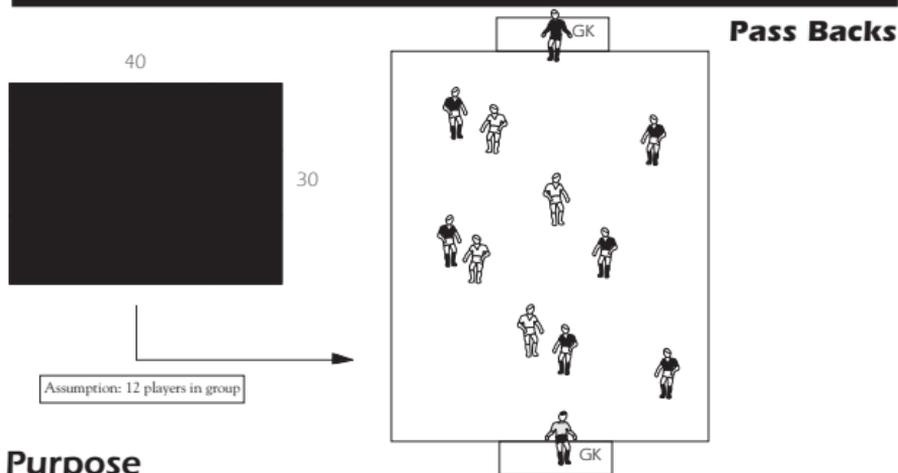
Keeper 2 starts with the ball and rolls it into keeper 1. Keeper 1 has a touch and then plays the ball to keeper 4. Keeper 4 controls the ball and then plays it into keeper 3. Keeper 3 plays the ball back first time back to keeper 4. Keeper 4 controls the ball and plays it to keeper 1 and the process is repeated. Rotate positions.

**Progressions**

1. As above, except with one touch only.
2. As above, but the keepers in the middle follow in their return pass to simulate pressure from a striker.

**Key Coaching Points**

1. See Coaching Points from kicking from ground.
2. Good first touch, two to three feet out in front of you and to the side.



## Purpose

To develop pass back skills and communication.

## Organization

Set out a 40 x 30 yard area. Groups of 12. Play 6 v 4 with a goalkeeper at each end.

## Game Objective

The  team must combine to attempt a shot on either goal at the ends of the area. The  team must attempt to defend both goals. If the  team scores, count 1 point. Count 1 point for an effective pass back by the  team to either goalkeeper. First team to 5 points, wins.

## Progressions

Allow the  team to score when intercepting the ball.

## Coaching Points

1. Call for the pass back and point to the side of the goal.
2. Attack the ball.
3. If under pressure, look for height and distance in your clearance.
4. If not under pressure, look to control the ball and play it to a team member.
5. Communicate to the team of 4 how and where to defend.