

Fall 2011 Goalkeeper Curriculum

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Goalkeepers:

- Most challenging position on the field from a physical and psychological standpoint.
- Not a position that all children can play well.
- US national team keeper Kasey Keller comments that all good goalkeepers need a good coach, and practices outside of the teams training sessions. Because keepers must be able to play the field as well as they play the between the posts.
- Goalkeepers position is consider 1/3 of the team – team's success and failure can often be directly attributed to the goalkeepers.

Attributes:

- Courage
- Height
- Concentration
- Confidence
- Leadership

Skills necessary:

- Technique (hands and footwork)
- Positioning
- Agility
- Flexibility
- Strength
- Speed
- Communication

Week 1: Hand skills

- Introduce fundamental
 - three surfaces,
 - HEH (align hands, eyes, and head/body with ball)
- Hands skills (W, or butterfly)
- body positioning (standing save, tweener save, forward vault, smothering loose balls)
- Provide game-day instructions for a proper warm-up (minimum 20 minutes)

Week 2: Footwork

- Footwork skills, extending skills through proper footwork
- Side shuffle, collapse step, crossover, back peddle (never turn your back on the ball, use the drop step crossover) protect head with the collapse step
- Application to ground work

Week 3: Combine hand skills and footwork

- Combine hands and footwork skills
- Perform proper warm-up
- Apply weeks 1 and 2 in game like situation

Week 4: Distribution

- starting the attack, chose safety and accuracy (maintain possession), over speed and distance
- Rolling
- Throws (side arm, baseball, javelin)
- Kicks (goal kicks, must be the objective of all keepers)
- Punts (full punt, side punt, dropkick)

Week 5: Positioning and angles

- Positioning set pieces (free kicks, corner kicks, throw ins)
- Communication
- Angles (make your self big)
- Keeper's arc (emphasize with rope/or paint, define no-man's zone)

Week 6: One-v-one

- One-v-one with the keeper
- Break-away, position make yourself big, and then agile
- Penalty kicks

Week 7: Receiving high balls

- Medium height balls to the knees
- High balls to the chest/head (HEH principle)
- Crosses – catches, open hand deflection, and punches (one and two fisted)

Week 8: Diving

- Diving power step, arms for power
- Vertical jump, catch and fall to the ground
- Flying
- Catch (three surface)
- Deflection