

2016 Fall Goalkeeper
Curriculum Outline
DEVELOPMENT
ACADEMY.



**COLORADO RAPIDS ACADEMY:
GOALKEEPER CURRICULUM OUTLINE FALL 2016.**

Spring SEASON PROGRAM OUTLINE:

- Work through over duration of 3 weeks (Pre Season) – Three Times a Week.
- Work through over duration of 18 weeks. Sept - Dec– Three times per week – Tuesday / Wednesday / Thursday.

WARM UP:

- **ALL sessions to begin with dynamic movements and footwork.**
- **(2-4 minutes of core strengthening every day).**
- **10 Minutes in total.**

Week 1-2: (August 9-11 / 16-18).

Goalkeeper Specific Fitness and Agility.

- Speed off the line / Ability to get up and down quickly / sharp quick foot work / goalkeeper endurance / plyometric / quick feet laterally / movement forwards and backwards in tight spaces / core. ** Will incorporate ball. **
- Looking for balance, power, speed, co-ordination, strength, concentration
- Incorporate basic handling drills this week, with the emphasis being on the fitness and agility.

Week 3-4: (Aug 23-25 / 30-Sept 1).

Goalkeeper Specific Fitness and Agility.

Begin Footwork and Handling.

- Agility to get up and down quickly / plyometric / quick lateral movements / core.
- Volleys / Front smothers / collapse diving low left and right.
- Looking again for balance, power, speed, co-ordination, strength and concentration
- This week emphasis and quick feet, good body shape, clean hands, whilst still working to improve fitness and agility.

Week 5-6: (Sept 6-8 / 13-15).

Basic Foot work and Handling.

- Volleys / Front Smothers / Collapse diving low left and right / Collapse diving waist high left and right. **All service from foot**
- Footwork: sharp straight line movements.
- All balls being served from front on. Distances 6-8 yards
- Good set positions, good hand and body shape, good decisions with catches everything clean.

Week 7: (Sept 20-22).

Advanced footwork and handling

- Volleys / Front Smothers / Collapse diving low left and right / Collapse diving waist high left and right. **All service from foot**
- Footwork: Sharpe lateral movements.
- All balls now being served in on angles from distances of 8-12yards.
- Looking for your footwork to take goalkeepers away from their correct angles, so they can come back to find their spot. (Don't make it easy on them by putting the footwork to finish, so you have put them in the correct position), let them find their spot and work from there.
- Looking to put everything together now you have worked on over the past 3 weeks.
- Higher intensity, lots of reps, good energy to the group.
- Concentration, clean decisions to catch or parry.

Week 8: (Sept 27-29).

Shot Stopping Techniques and Set Positions.

- Shot stopping from 12-26 yards.
- Looking at set positions. (When, how and where).
- Timing of finding the correct position and timing of getting in to set position.
- Everything coming from front on.
- All service this week coming from Coaches.
- Clean decisions to catch or parry. Putting the parried balls into good areas and or killing it dead.

Week 9: (Oct 4-6).

Advanced Shot Stopping Techniques and Starting Positions.

- Shot stopping 18-26 yards.
- Looking at where to start in game situations working into good set position.
- Different angles and from front on.
- Can look to start goalkeepers out of position, as in game situations and get them back in.
- Incorporate two ball drills – double saves.
- Looking at what you are looking for as a goalkeeper when the striker shoots.
- All service coming from Coach.

Week 10: (Oct 11-13).

Advanced Shot Stopping Techniques on Angles.

- Shot stopping 10-18 yards
- Everything coming in on the tighter angles.
- Looking at where to start, movement across goal line and the final set position.
- Getting balls into good areas and or killing it dead.
- Maybe reactionary drills in here as well, from tight angles. (Angles where GK should not get beaten from).
- All service will be done working in pairs. (Goalkeeper and Strike shooting).
- Two balls drills are very good for this week.

Week 11: (Oct 18-20).

1v1 and Breakaway Techniques.

- Basic 1v1 techniques.
- Getting down low, hand positioning, footwork working into the ball.
- First night will work with still balls.
- Second two nights will work with moving balls served in from coach.
- Everything coming from front on.
- Everything on the last night with pressure.
- Looking for speed off the mark.
- Quick decisions and good techniques to be safe and secure the ball.

Week 12: (Oct 25-27):

Advanced 1v1 and Breakaway Techniques.

- Building on Week 8 everything now a moving balls.
- Attacking the ball early.
- Learning when to come, when to stay and when to get off your feet.
- Early quick decisions and slowing player down.
- Put the goalkeepers into game like situations, maybe take them out of their comfort zone as well, by starting them out of position.
- All service now being worked in pairs. (Goalkeeper and striker).
- Working from 12 – 18 – 26 yards out on angles and front on.

Week 13: (Nov 1-3).

Blocks and Reactions. (Advanced 1v1s).

- Working for blocks and reaction saves from very close range.
- Working on staying big, being brave, spreading your body, putting balls into good areas.
- Seeing the ball early and getting your body and eyes in a good position early to read the strike.
- Service coming from 6-8 yards to 12-18 yards
- Goalkeepers' working in pairs for first time finishes on breakaways.
- Cut backs and positioning on reactionary saves.
- Look to incorporate some, reaction saves from crosses where goalkeeper has called "away" and is backing into goal for a save.

Week 14: (Nov 8-10).

Distribution: Basic

- Passing one and two touch in straight lines.
- Looking at first touch out of feet, good techniques, strong accurate passes
- Goal kicks over 30 – 45 yards. (Wednesday and Thursday)
- Looking at run up, rhythm, getting height on ball, hitting targets and target areas and setting targets to hit.
- Throws receiving in from one side and hitting targets to advance position forward on the other.
- Techniques.

Week 15: (Nov 15-17).

Distribution: Advanced

- Receiving back passes from angles and switching point of play.
- Looking for good early goalkeeper movement away from goal to receive ball, good first touch across body, getting head up early and striking nice ball out to the other side.
- 20-25 yard passes (instep). Wednesday: 30 - 40 yards (driven with laces)
- Punts and throws: using whole box to distribute finding and moving targets and target areas to get them where goalkeeper needs. Hitting moving targets. (Everything working in pairs)

Week 16: (Nov 22-24).

Crosses and High Balls. Basic

- Receiving crosses.
- Looking for footwork, catching ball at highest point, early shout of keepers, driving knees and legs up, securing ball correctly.
- Punching techniques: one and two hands.
- All service coming from coaches hands this week or volleyed balls. Can advance to balls from the ground if goalkeepers are comfortable.
- Timing, good early call of keepers, good patient feet are all things you should be looking for in your drills.

Week 17: (Nov 29-30 – Dec 1).

Crosses and High Balls. Advanced.

- Looking for starting and set positions in the goal to receive balls from all angles and distances. (Game situations).
- Finding each individual goalkeepers range and comfort zone.
- When to catch and when to punch.
- As you advance set drills up where GKs are challenging each other or there are 2 balls coming in for concentration.
- All service coming from coaches' foot.
- Put pressure on the goalkeepers, pull them out of position with footwork or a first ball.
- Loud and confident shouts of "Keeper", controlling the area.

Week 18: (Dec 6-8).

REVISION ON SHOT STOPPING AND 1v1s.

- Look back at Weeks 5-6-7-8-9-10.
- Take some drills out of those weeks that you felt worked well and some success with and run them back, allow the GKs to feel comfortable and then really challenge them.
- Play some competitions against each other. All goalkeepers shooting on each other. Create competitive environment.
- Work on different angles, distances, and scenarios, a very broad range.

Week 19: (If needed; Dec 13-15).

- Small sided games with feet to small goals.
- 1v1 and 2v2 – goalkeeper wars – ability to communicate, quick decisions and see the play develop quickly.
- Distribution – 35-65 yards - into targets.
- GK related fitness to take them into the break - ideas for on their own.

Oversight:

- Sessions are to be within the range of the age groups you are coaching.
- As you see improvement and advancement in each area/topic – progress accordingly with incremental increases in degree of difficulty and mental capacity for the group of goalkeepers.
- Don't be afraid to set up working rotations, where you as the coach, can step back and allow the goalkeepers to “run” the session with their service and leadership. This will build leadership without being able to command players in front of them on the field.
- As you hit week 3-4 really begin to push after you have set the tone and got through the initial stages of pre-season and setting the tone for training is crucial to achieving success.
- If you see goalkeepers that are progressing above their age group move them up, don't be afraid to pull them out of their comfort zone and challenge them.
- Try new things, change things mid drill that you are seeing as they happen, to make the drill more OR less successful on the goalkeepers depending on what you are trying to achieve and at what point of the curriculum you are in.
- As much as you can as the coach – for the early part of the curriculum serve as many balls from your feet and hands, so the GKs are getting the best service and reps.
- Allow the goalkeepers to have good success during your sessions early on, to build maximum confidence. As they progress forward, then you can set up sessions that you know will have them fail, of which at that point you can break down, step back and then push them back to that point so they can see their own successes. This is a great mid-point to have in your curriculum.

- Don't be afraid to really break things down, to a point where it almost becomes boring for them, but certainly necessary for their development. So many times we see great improvement and we hop from one topic to the next, thinking they will get it right away and forget to go back to basics. Really break things down for a complete understanding of what you are asking.
- Finally – make sessions – sharp, intense and FUN!!