



CHALLENGER SPORTS 2014 GOALKEEPER CURRICULUM

6 Week Goalkeeper Development Program (GDP)



Goalkeeper Development Program (GDP) – Ages 6-9 Years

6 Week Program

6 Week Breakdown

Week 1 – Handling & Footwork

Week 2 – Diving (Part 1)

Week 3 – Diving (Part 2)

Week 4 – High Catching

Week 5 – Throwing & Rolling

Week 6 – Punting & Kicking

1 hour session



10 minutes – Warm-Up Activity

- Use goalkeeping skills within warm-up to prepare the body for the session.

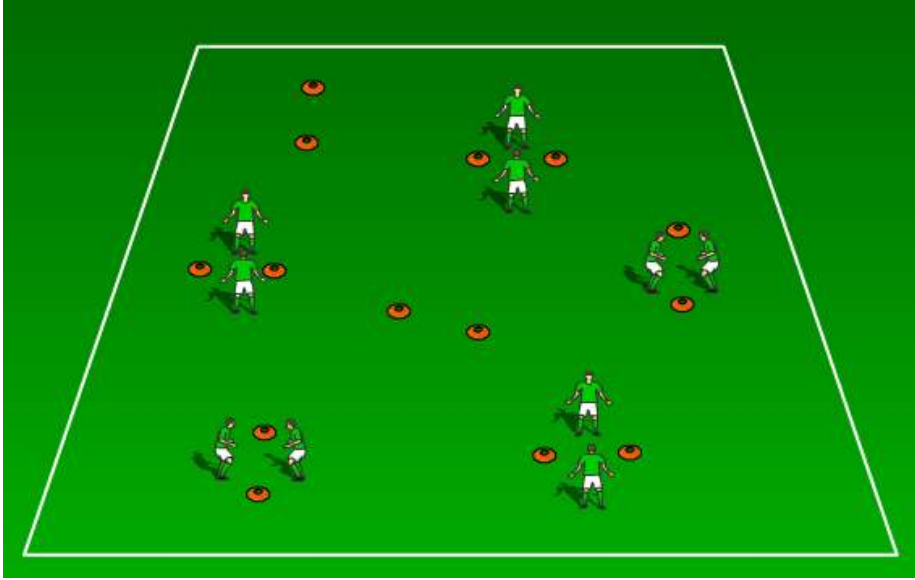
30 minutes – Core Skills

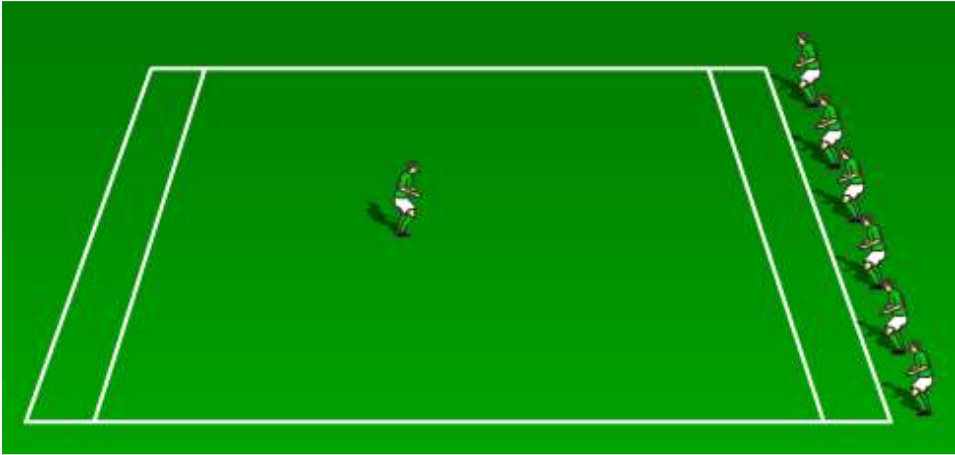
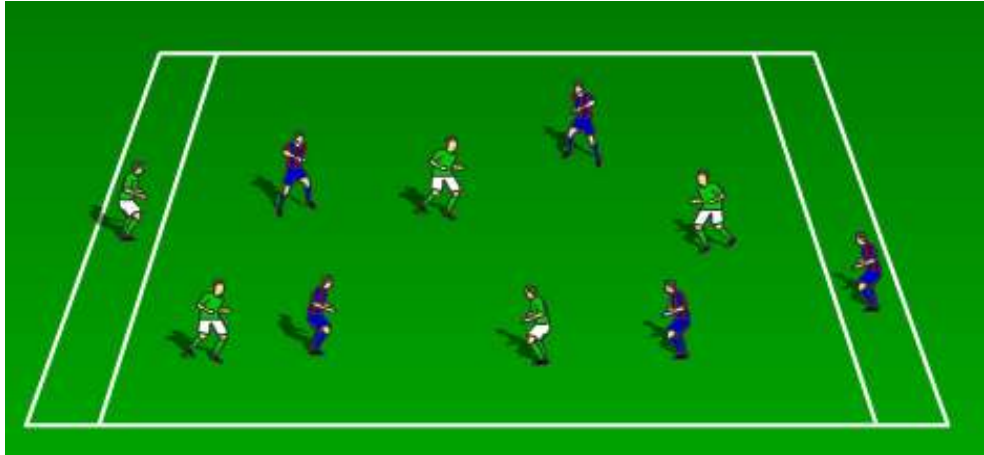
- Focus on skills for the daily topics.
- Re-visiting skills from previous weeks to reinforce coaching points and techniques.

20 minutes – Group Games

- Allows goalkeepers to be involved in a group game session.
- Games that allow goalkeepers to demonstrate learned drills throughout the session

Week 1	Goalkeeper Development Program – Handling & Footwork
Breakdown of Skills	
Starting Position Head – Kept still and facing forwards with chin up. Eyes – On the ball at all times. Shoulders – Balanced and facing forwards. Hands – In front of the chest, thumbs touching and palms facing forwards. Upper Body – Leaning slightly forward so weight is going towards the ball. Knees – Slightly bent. Feet – On the balls of the toes, shoulder width apart.	Side Stepping The body starts in the Starting Position, and remains in that shape throughout the movement. The GK side steps keeping this body shape, and when stepping to the side the feet will touch/‘click’ in the middle and move back out into the regular body position. GK’s should imagine they are side stepping through shallow water, and should aim to make the least amount of ‘splashes’ possible when touching the floor.
W-shape Catch (ball coming into chest region and above) Head, Eyes, Shoulders, Upper Body, Knees, Feet – In starting position. Hands – In line with the ball, with the palms forming a W-shape with the thumbs touching. Wrists should be tensed and fingers relaxed.	
Bucket Catch (ball coming into lower chest/stomach region) Body – All except arms and hands in starting position. One catch is performed, upper body leans forward over the ball and head comes down. Arms – Cupped together with elbows pointing downwards and touching stomach. Hands – Palms facing the body, with one hand in front of the other.	
Scoop Catch (ball coming knee region and down/ball rolling on the floor) Pre Scoop Catch Head, Eyes, Shoulders, Upper Body – In starting position. Arms – Extended down to the floor with elbows at waist height. Hands – Fingers extended down to the floor and palms facing the ball. Hands are touching at the little fingers. Legs – One knee comes down to the floor where the ball is approaching the body, and this leg is then extended horizontally to create a barrier. The heel of the opposite foot meets this knee to shut out any gaps. Post Scoop Catch Arms, Hands – Ball is taken into the bucket catch position so ball is secure in the stomach region.	

Week 1	Goalkeeper Development Program – Handling & Footwork
Warm-up – 10 minutes	Core Skills – 30 minutes
 Setup: 20x20 grid, each GK starts with a ball in their hands.	 Setup: 20x20 grid, each GK starts with a ball in their hands. Gates 2 yards wide.
Basket Catch: - GK's moving around the grid at all times using side step. Coaches gives command for: - GK throws the ball up and catches. - GK throws the ball up and aims to clap as many times as possible before catching. - GK throws the ball up and aims to sit down and get back up again before catching. - GK throws the ball up and aims to spin 360° before catching. Additional ideas: - Add in competition to see who can do the most successful 'claps', 'sit down's' and 'spins' in a timed period. - Emphasize on 'hugging' the ball into the chest.	Side Stepping and Catching: - In pairs, GK's must perform six (three each) Basket Catch at each gate by throwing the ball underarm to each other, and then move on together to a new gate. - If the ball is dropped, the pair must start their six catches at that gate again. - GK's must both side step between the gates. - Emphasis on the technique of keeping the starting position and correct catching technique. - Advance to the GK's using the W-shape catch instead of the basket catch, and perform the same drill. - Advance to the GK's using the Scoop Catch instead of the W-shape catch, and perform the same drill. This time they must roll the ball on the floor through the gate, instead of throwing. Additional ideas: - Add in competition to see which pair can score the most gates in a timed period. - Note: When the ball is dropped or spilled, the pair keeps their total score and just has to start over at that gate.

Week 1 Goalkeeper Development Program – Handling & Footwork	
Group Games – 20 minutes	
Option 1	Option 2
 Setup: 20x30 grid with a 5 yard end zone at each end. Each GK starts with a ball in their hands. One GK starts in the middle, the rest at one end Game: - GK's must side step at all times with the ball in their hand and in front of their chin. - Aim is to get from one end zone to the other. - GK in the middle must try to tag the other GK's body with the ball (ball must not leave their hands). If they are tagged, they are also in the middle. - Ball can be used as a 'shield' - GK's can prevent themselves from being tagged by blocking taggers ball with their ball. Additional ideas: - Use a theme for the game.	 Setup: 20x30 grid with a 5 yard end zone at each end. One GK stays in the end zone while the other GK's are in the game area. Game: - Aim of the game is to get the ball to the respective teams GK in the end zone. - When a GK receives the ball, they can only pivot on one foot and cannot take steps. Game starts by a high ball thrown up by the coach. - Each pass must be received by a Bucket, W-shape or Scoop catch by each GK and GK in the end zone. Passes can be intercepted. - When the GK in the end zone successfully gets the ball, a point is scored for the team. The opposing team restarts from the opposing end zone line. Additional ideas: - Reduce the end zone to a small box to make point scoring more difficult.

Week 2

Goalkeeper Development Program – Diving

Breakdown of Skills

DIVING POSITION

Head/Eyes – Head still and eyes on the ball at all times.

Shoulders – Square and facing the ball at all times

Hands – In the W-shape with the thumbs together, and behind the ball.

Top leg – This leg extends and springs the body towards the ball.

Bottom leg – This is the first part of the body to collapse towards the ground. GK lands on the side of the upper leg.

KEY COCHING POINT: The GK must dive at a forward angle to the ball, which maintains strength and control and also attacks the ball to prevent an opponent getting there first.



END POSITION

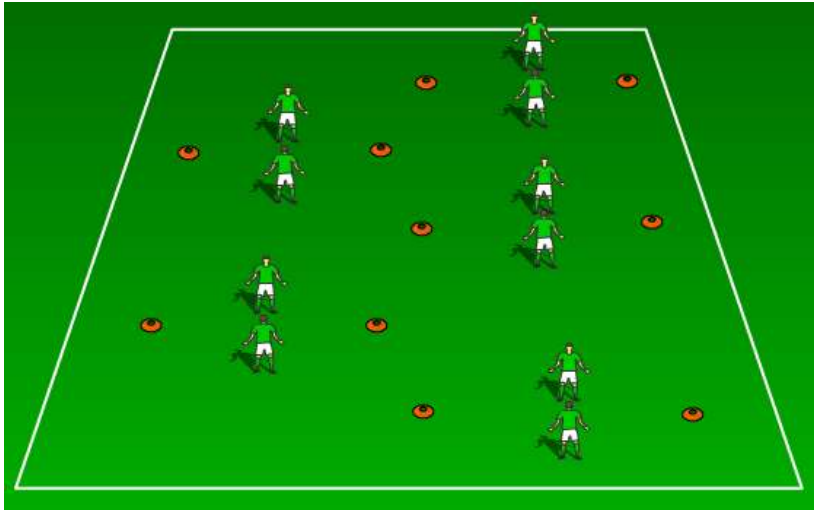
Top leg – This leg is brought up to an almost 90° angle to help the GK transfer their body weight to get up again quickly if needed.

Bottom leg – This leg is kept as low to the ground as possible so the GK's body weight doesn't transfer all the way into the dive, making it more difficult to get back up.

Head/Eyes – Head still and eyes on the ball at all times.

Hands – In the W-shape with the thumbs together. The hand lowest to the ground comes behind the ball and the other hand comes on top.

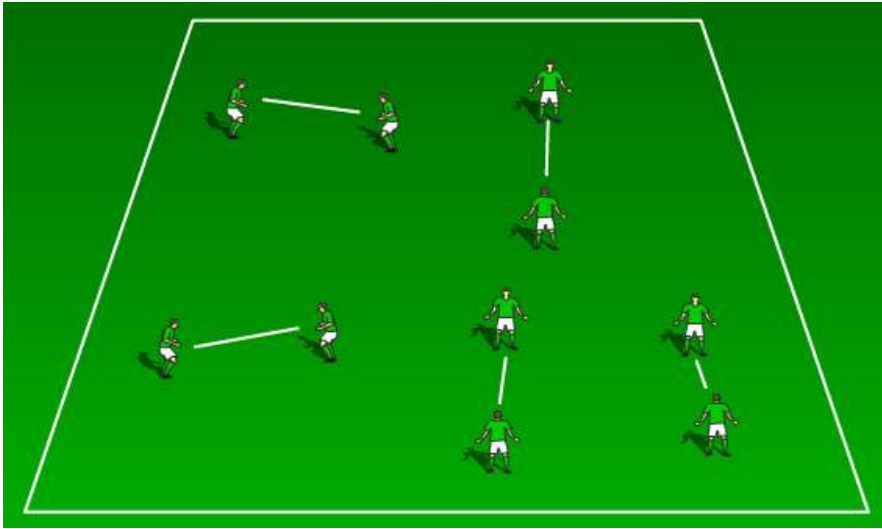


Week 2		Goalkeeper Development Program – Diving (Part 1)	
Warm-up – 10 minutes			
5 minutes		5 minutes	
			
Setup: Cones 8 yards apart, as shown. Each GK starts in the middle of the two cones, 1 yard out from the mid line, no balls.		Part 1 Setup: Cones 8 yards apart, as shown. Each GK starts in the middle of the two cones, 1 yard out from the mid line, no balls. Part 2 Setup: Cones 8 yards apart, as shown. Each GK starts in the middle of the two cones, 1 yard out from the mid line, each GK starts with a ball in their hands.	
Revisiting side-stepping: • The idea of the exercise is to mirror the partner’s movement as quickly as possible. • One GK starts by taking the lead and must try to side step to one of the cones and touch with their hand, while the other GK mirrors their movements at the same time. • The lead GK must try and fake the mirroring GK out by moving quickly side to side before making a move to one of the cones. • GK’s takes three turns at leading, and then switches. Repeat two or three times. • Focus on keeping the body in the starting position and hands up. • Reinforce the idea of reducing the amount of ‘splashes’ the GK’s make with their feet (see in handling & footwork session) • This can be run as a competition.		Introduction to diving • Part 1 setup – The same idea of mirroring the lead GK applies, but this time the lead GK will make a dive to one cone or the other. • The GK’s must focus on using the correct diving technique when making their dive to the cones. Starting without a ball means they will be able to do this and not focus on the ball. • Part 2 setup – The exercise will now be performed with a ball, which means more emphasis on the technique so the GK’s do not lose control of the ball. • The GK must keep control of their body and the ball and finish in the end position. • This can be run as a competition. Emphasise on the leading their dive with the hands/ball first to the cone so they dive in a forward motion.	

Week 2

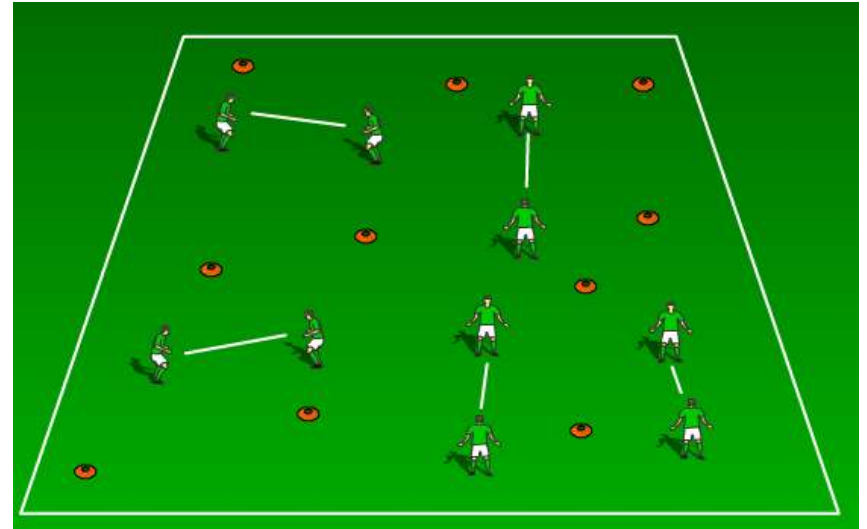
Goalkeeper Development Program – Diving (Part 1)

Core Skills – 30 minutes



Setup:
20x20 grid, each GK starts with a ball in their hands.

- In pairs, the GK's move around the grid by side stepping, covering the most amount of space, with the aim of keeping as much distance between the partners as possible.
- On the coaches command of 'GO!', the GK's must place the ball down on the floor with two hands, and as quickly as possible go and dive onto their partner's ball with the correct diving technique.
- GK's must finish in the end position.
- The key is to keep their own on their partner so they know where they are at all times, and also to keep aware of their surroundings when they are going to the ball.
- Introduce a competition to see which partner can get to their partner's ball quickest each time.
- Advance – one the GK has got to their partner's ball, have them hold in the end position until the second command of 'GO!', at which point they must leave the ball and go back to their own and dive on the other side of the body to the first dive. This can be repeated more times over.



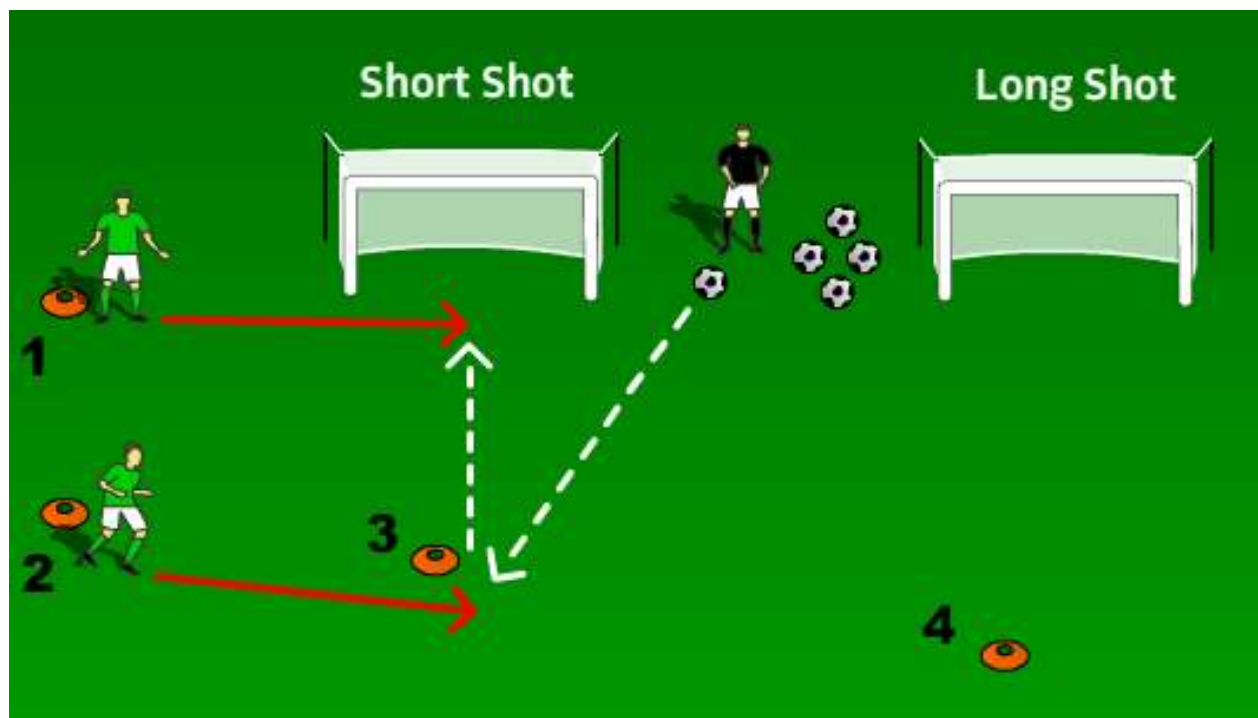
Setup:
20x20 grid, each GK starts with a ball in their hands. Scatter cones an equal distance apart across the grid.

- The same principal applies as the initial practice, except this time the GK must now place the ball down with two hand, touch a cone and then go and dive on their partner's ball.
- This can be progressed to touching two or three cones.
- The GK must then do a complete rotation around a cone in the side stepping position, before they go and dive on their partners balls.
- This can be progressed to two or three cones.
- Advance - one the GK has got to their partner's ball, have them hold in the end position until the second command of 'GO!', at which point they must leave the ball and go back to their own and dive on the other side of the body to the first dive. A second rotation around a cone can also be added on the before the second dive.
- This can either be run with or without competition.

Week 2	Goalkeeper Development Program – Diving (Part 1)
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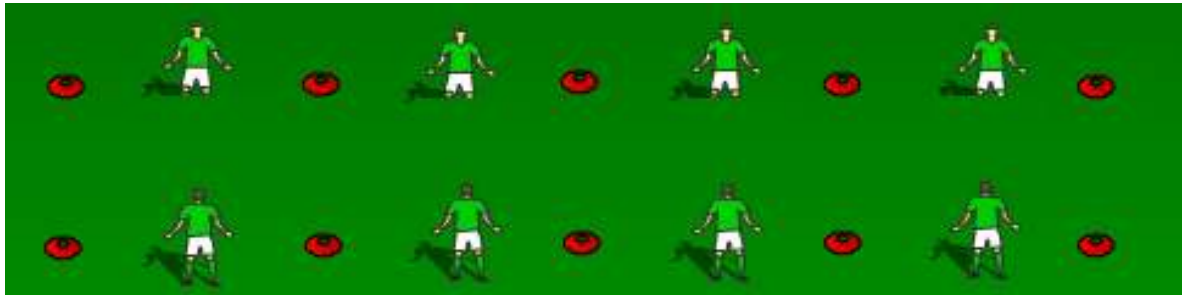
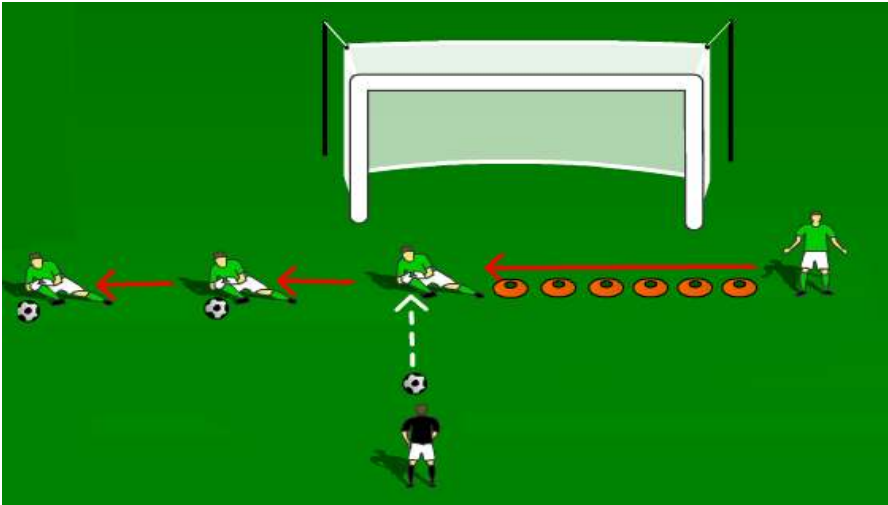
Group Game – 20 minutes

Short Shot, Long Shot



Game:

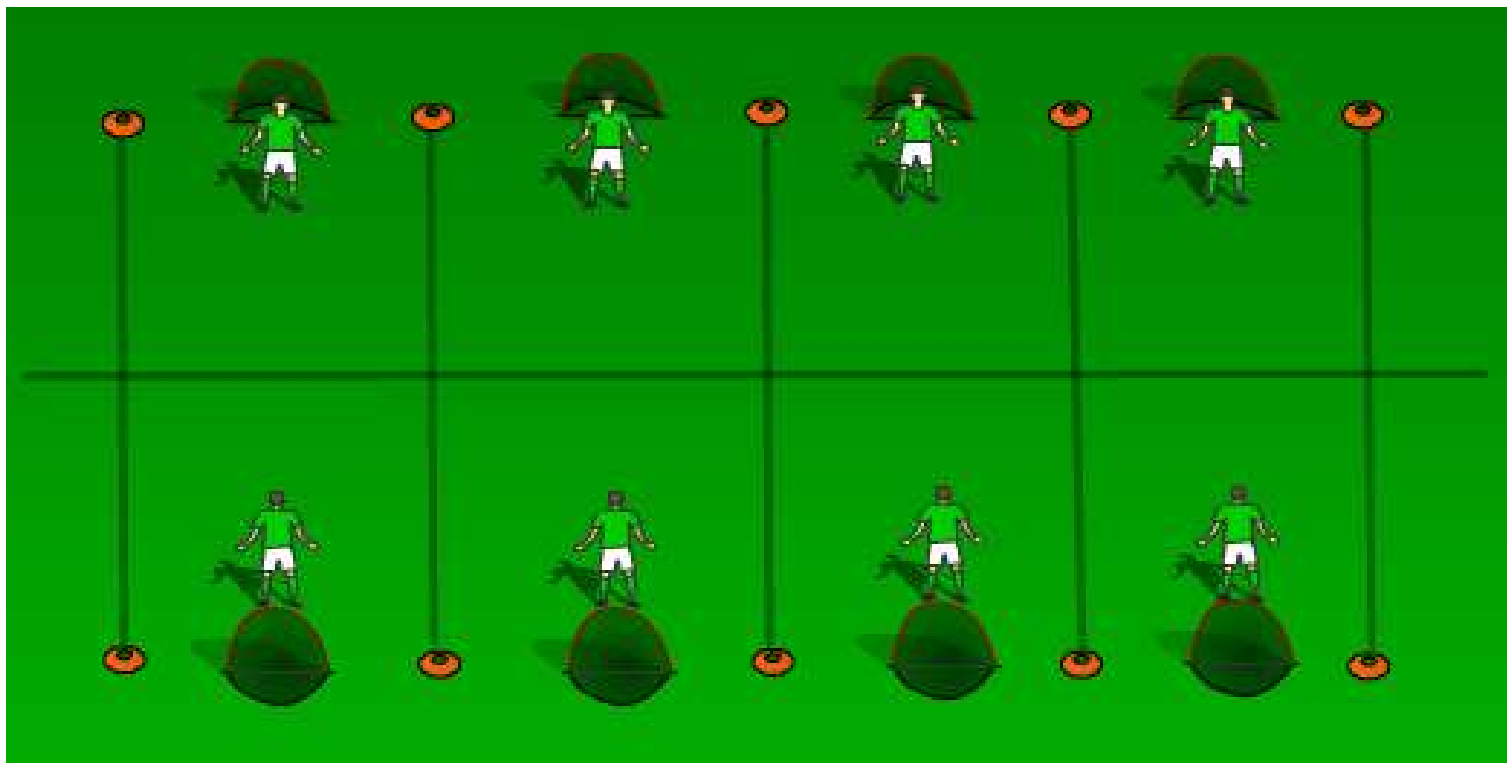
- The game is set up with two goals (or two cones 8 yards apart) which are set 10 yards apart. The coach is situated between the two goals with all of the balls.
- The group is split into teams; one half located at cone 1 and the other half at cone 2.
- The players at cone 1 are the GK's and the players at cone 2 are the shooters.
- On the coach's command, the goal keeper leaves his cone and side steps into the first goal. At the same time, the player on cone 2 leaves their cone, and runs around cone 3 to take a short shot from the coach's pass.
- Once the player either scores, misses, or the shot is saved, the GK must recover and side step into the second goal, while the shooter will run around cone 4, to take a long shot.
- Once both shots have been made, the player's recover any balls that missed and switch lines.
- Points can be scored by either making a save, or scoring a goal. An individual running score is kept to see who scored the most points at the end.
- This is a game to help footwork, handling and diving.

Week 3 Goalkeeper Development Program – Diving (Part 2)
Warm-up – 10 minutes  Setup: Two small goals (5 yard in width) opposite each other 6 yards apart. Split the group into pairs, one ball between two. Each GK starts on their knees on their goal line, opposite their partner. • Aim of the warm-up is to reinforce the diving and handling techniques. • GK's must take it in turn to roll the ball in view of scoring a goal past their partner. • GK must be balanced before diving to make a save as the serving GK can send the ball either way. • After a timed period, switch partners to mix up the group. • Advance– Now have the GK's throw a ball in the air so the GK can make a save off the floor. If the GK drops the ball, the other GK also scores a point, but if the serving GK misses the goal, the working GK gets a point. • Advance – Now the serving GK must bounce the ball into their partner to make the save even harder. The same point scoring applies.
Core Skills – 30 minutes  Setup: Either place or create a goal 8 yards apart, and set up cones ½ yard apart as shown. Place two balls 5 yards apart to the side of the goal, also shown. Diving: • This practice aims to help the GK lift the own body weight over and over again, whilst re-visiting the technique of diving. • Facing forwards, the GK must side step over the cones with two feet in each space and then the coach makes a short pass for the GK to make dive. • The GK must then get up as quickly as possible and make two more dives, keeping the balls there they are. • Once the GK has finished the side steps and dive, the next person can start their turn. The GK's return to the line by going around the back of the goal. The practice keeps flowing. • Flip the setup to the other side so GK's get a chance to practice diving both ways. • Add in variations.

Week 3 **Goalkeeper Development Program – Diving (Part 2)**

Diving Group Game – 20 minutes

Promotion and Relegation



Setup:

Enough fields for GK's to be in pairs, 20x15 (this can be increased or decreased depending on the age) next to each other. Place a goal at each end 8 yards in width. Set on end field as the 'Champions Field'.

Game:

- The idea is in an allotted time to for the GK's to continuously shoot back and forth from within their own half, in view of scoring past their partner.
- The GK with the most goals after the allotted time with the winner, and will move up onto the next field towards the 'Champions Field'.
- The GK that concedes the most goals will then move down away from the 'Champions Field'.
- GK's needs to focus on their diving technique in order to be successful.
- Coach can challenge those GK's that are being successful to push them further, by increasing the distance they must shoot from.

Week 4 **Goalkeeper Development Program – High Catching**

Breakdown of Skills

Taking a high catch

Arms – Extended as far vertically as possible.

Back – Arched slightly backwards to take the speed off the ball.

Leg – Fully extended and tensed as this is the part of the body that determines strength and control upon landing.



Hands – In W-shape, wrists tensed and fingers relaxed. Ball is caught at the highest possible point above the head.

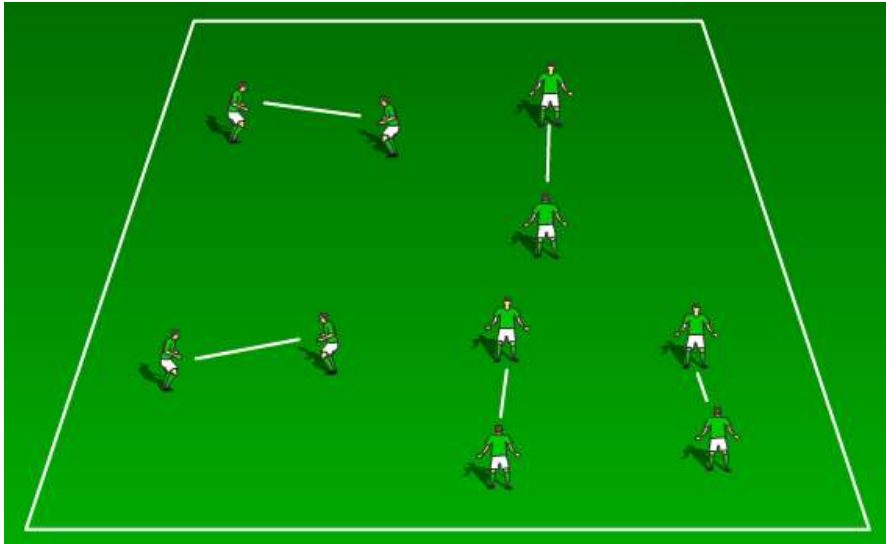
Voice – Loud shout of 'KEEPERS' prior to catching the ball to let players know of presence. Call made before the catch, not as the ball is caught.

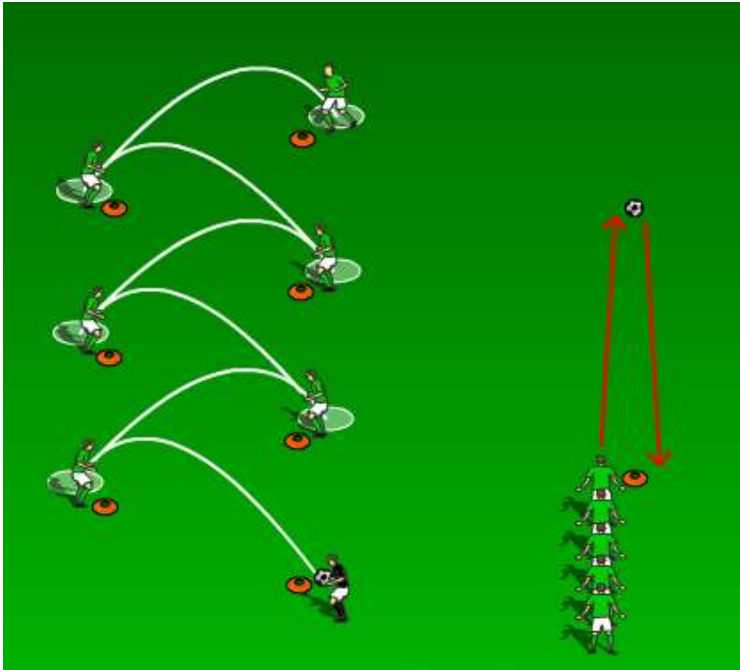
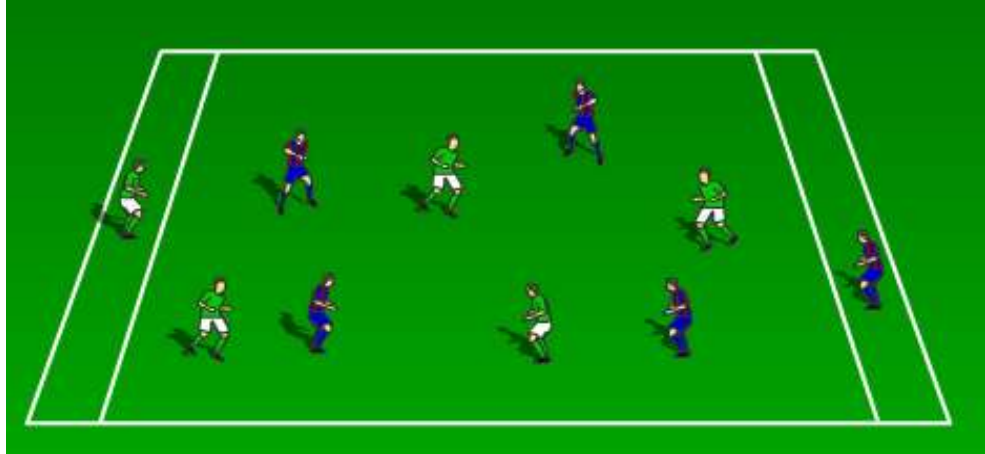
Knee – One knee is brought up to an almost 90° angle to drive the body as high as possible and protect the GK.

Foot – Foot must be fully extended during take-off and flight, and then land on the ball of the foot.

Punching a high ball

- Same body position as above, but instead of the arms being extended fully, they start with the elbows at the chest.
- Arms are then fully extended at the point of contact with the ball.
- Fists are clenched and knuckles come together.
- Aim of punching the ball high, long and wide.
- GK's should aim to catch if possible, and if not they should punch the ball instead.

Week 4 Goalkeeper Development Program – High Catching	
Warm-up – 10 minutes	Core Skills-Part 1 – 10 minutes
 Setup: Split into two teams, one ball per team. Line up one behind the other.	 Setup: 20x20 grid, half of the GK's start with a ball in their hands.
Introduction to high catching – Over & Under • Aim of the game is to get the ball over the head and through the legs alternatively over and over again between a set distance. • Once a GK either passes over their head or through their legs, they must run and join the back of the line. • If the ball is dropped, the whole team must start again from the beginning. • Focus is on the GK receiving the ball from over the head performing the correct technique using the W-shape and extended arms. • Those GK's receiving the ball from under the legs can also perform the scoop catch as a rehearsal of the skill. • Make into a competition between two or three teams depending on the size of the group. • Introduce two balls to make the harder and faster paced.	High Catching • In pairs, the GK's move around the grid by side stepping, covering the most amount of space but keeping approx. 2 yards apart. • On the coaches command of 'GO!', one GK must serve a high ball to their partner for them to catch above their head. • The GK without the ball must then go and find a new partner to receive a high catch from. Additional Ideas: • See which GK can call 'KEEPERS!' the loudest each time. • Add a time period whereby they have to take as many high catches as possible. • Run as a competition. • Add in extra tasks like clapping, sitting down and spinning around.

Week 4 Goalkeeper Development Program – High Catching	
Core Skills-Part 2 – 20 minutes	Group Game – 20 minutes
	 Setup: 20x30 grid with a 5 yard end zone at each end. One GK stays in the end zone while the other GK's are in the game area.
Game: • Divide the group into two teams, one half to be the catchers, and one half to be the divers. • Set up zig-zagged cones 5 yards apart and have one GK on the catching team start at each cone. The coach starts the game each time by making the first throw. The game finishes when the coach gets the ball back. • On the other side of the playing area set up two cones ten yards apart, with all diving GK's at one end. They must run to the other cone, dive on the ball, (leaving it there) and run back. • The idea is for the GK catching team to make ten successful underarm throws and high catches before the other team can make a dive and get back. • If the ball is dropped, the GK that dropped the ball must carry on until the catch is successful. If the divers lose control of the ball, they must do it again. • This can be made easier or harder for both teams by increasing the number of catches or dives they have to do each time. • Switch after each completed cycle, and keep a running score.	Game: • Aim of the game is to get the ball to the respective teams GK in the end zone. • When a GK receives the ball, they can only pivot on one foot and cannot take steps. Game starts by a high ball thrown up by the coach. • Each pass must be received with a high catch above the head by each GK and GK in the end zone. Passes can be intercepted. • When the GK in the end zone successfully gets the ball, a point is scored for the team. The opposing team restarts from the opposing end zone line. Additional ideas: • Reduce the end zone to a small box to make point scoring more difficult.

Week 5

Goalkeeper Development Program – Throwing & Rolling

Breakdown of Skills

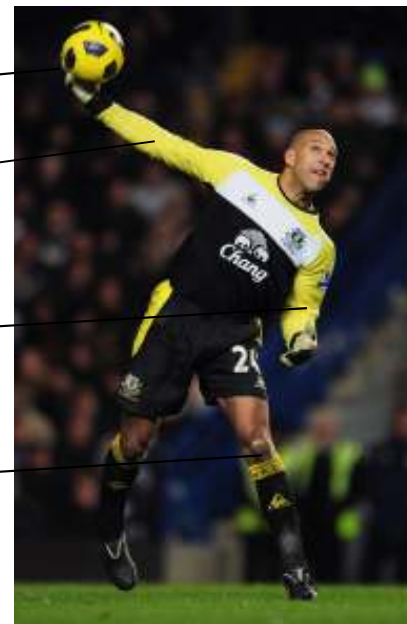
THROWING

Throwing hand – Palm faces up and the ball sits in the palm. Fingers flick the ball as it is released to gain power and spin.

Arm – Straight at all times - elbow should not bend.

Front arm – Facing where the ball is intended on going. The arm starts high and is pulled down as throwing arm comes up to gain the power on the ball.

Front leg – Just before release, this is lifted off the floor and also comes down as the throwing arm is lifted to help power and keep balanced.



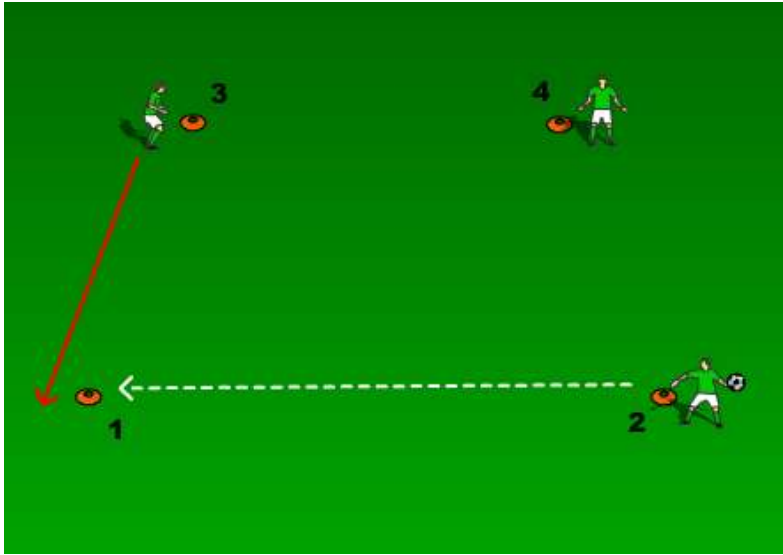
ROLLING

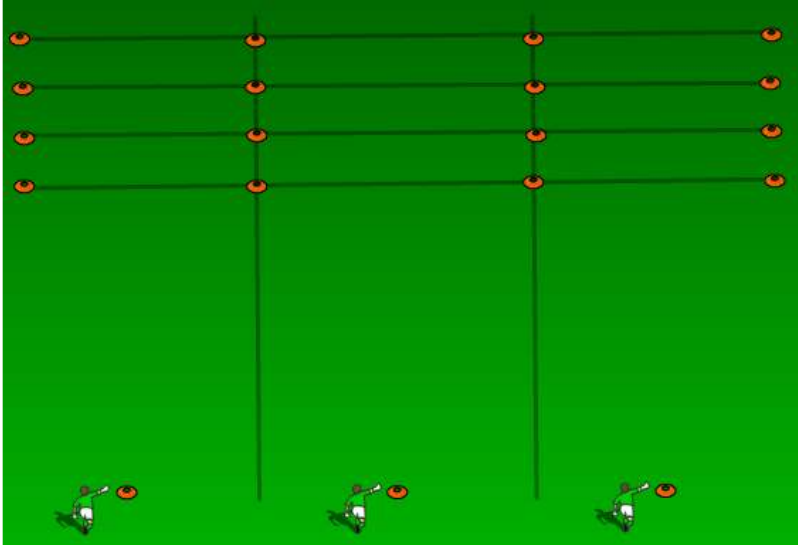
Head – Kept in line with the intended target at all times.

Knee opposite rolling arm – bends at a 90° angle.

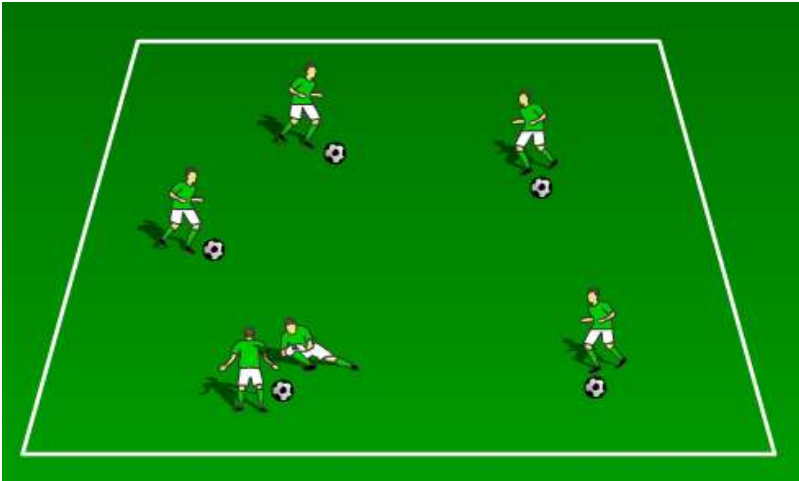
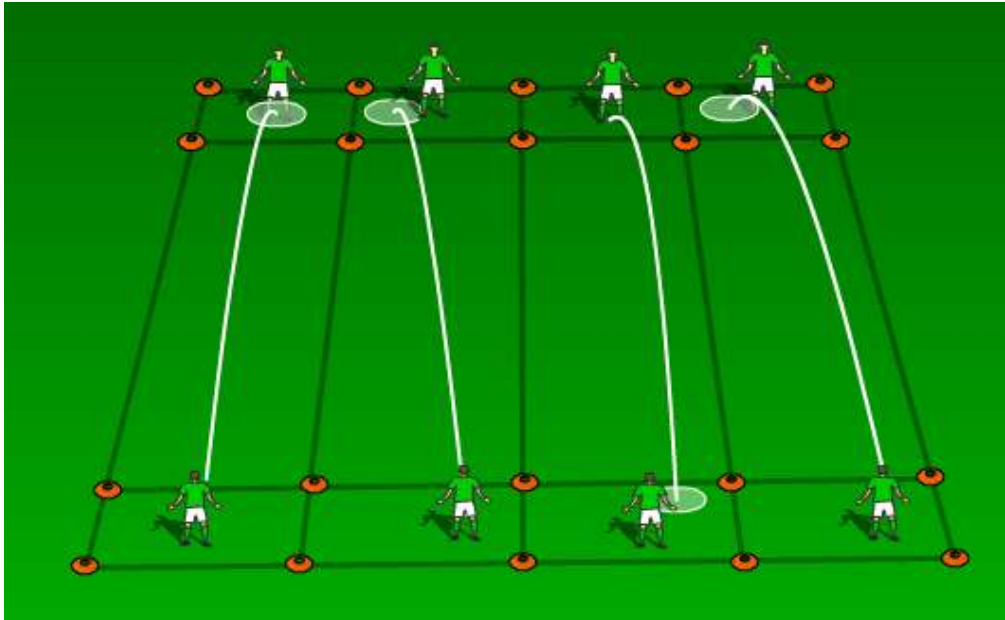
Back knee – bends down to the floor at a 90° angle for balance.

Rolling hand/arm – Arm shouldn't be pulled back too far up behind the GK before release - power is generated through follow through. Arm is extended and hand guides ball in required direction.

Week 5 Goalkeeper Development Program – Throwing & Rolling	
Warm-up – 10 minutes	Core Skills – 30 minutes (Rolling/Throwing 15 minutes each)
 Setup: 10x10 grid, in groups of three. Start with one GK at three of the four corners. One ball between then group.	 Setup: GK's will need to start in pairs. Place a ball on cone in the middle, and either side at 5 yard intervals place a cone. Set up enough of these for each pair. Each pair needs one ball.
Rolling & Throwing - This practice gets the GK's used to rolling and throwing the ball overarm with the correct technique, and also helps their catching and movement. - The GK starting with the ball will roll the ball directly to the free cone; the GK that is next to the free cone on the other side will aim to side-step down the line, and make a scoop catch. - The GK that has the ball now will do the same for the third GK who will move down the line to make a catch. - This just keeps going and rotating so all GK's get plenty of practice. - The rolling GK must try and time the throw so it reaches the cone as the catching GK arrives. - Make this into a team competition to see how many rolls and catches they can make without spilling the ball, or in a time period. - Advance to overarm throwing to the cone, and W-shape catching.	- The aim of the game is to knock the ball off the cone from each of the three cones, by rolling the ball. - Once they knock it off from their first cone, they must then move back to the second cone, and then the third. The increased distance should make it more difficult each time. - The GK's take it in turns to knock the ball off the cone – if they knock it off they must replace the ball. - Once they succeed at the third cone, they must then return to the first cone and do the same with their weaker hand. - For those that excel, increase the distance between each cone, and for those that are struggling, make the distance smaller. - Switch partners for a change in competition. - Advance to throwing the ball overarm, and move the cones back to 10 yards apart (this can increase further for older GK's)

Week 5 Goalkeeper Development Program – Throwing & Rolling	
Group Games – 20 minutes	
Option 1	Option 2
 Setup: Set three target zones 10 yards from a starting cone. Each end zone is 5 yards wide. Split the group into three or four teams, one ball per team.	 Setup: Set 5 cones a yard apart, and place a ball on the end two and middle cone. In line with the middle cone, place a cone 10 yards away. Split group into three or four teams depending on group size. Repeat the cone setup for each group.
Game: - The aim of the game using the overarm throwing technique is to land the ball in the target zones. - Offer increased points for each target zone that is further away (1, 2, 3 or 5, 10, 15 for example) and have the GK's compete against the other GK's in their team. - Set a time period that they have to take as many throws each as possible to score as many points as they can. - After the time period, switch-up the groups so that each GK competes against a mixture of opposition. - Depending on the level of success, make it more difficult by having them use their weaker hand, or by making the targets further away. - This game can also be used for rolling the ball as well as throwing.	Game: - Split the group into three or four teams, with each group having one ball. - Aim of the game is to roll the ball from the start cone at the balls on the target cones, to knock one of them off. - If a ball is knocked off, the GK must go and collect that ball and put it on a free cone on one of the other teams target cones. - The GK must then collect their team ball and run back to their group and tag the next GK to go. - The winning team is the first team to knock all the balls off their target cones. - If a GK knocks two balls off at a time, they must place both balls on the other team's cones, or split them between two teams. - To make the game easier or harder, move the starting cone closer or further away from the target cones. - For more advanced GK's, try the game with their weaker hand also.

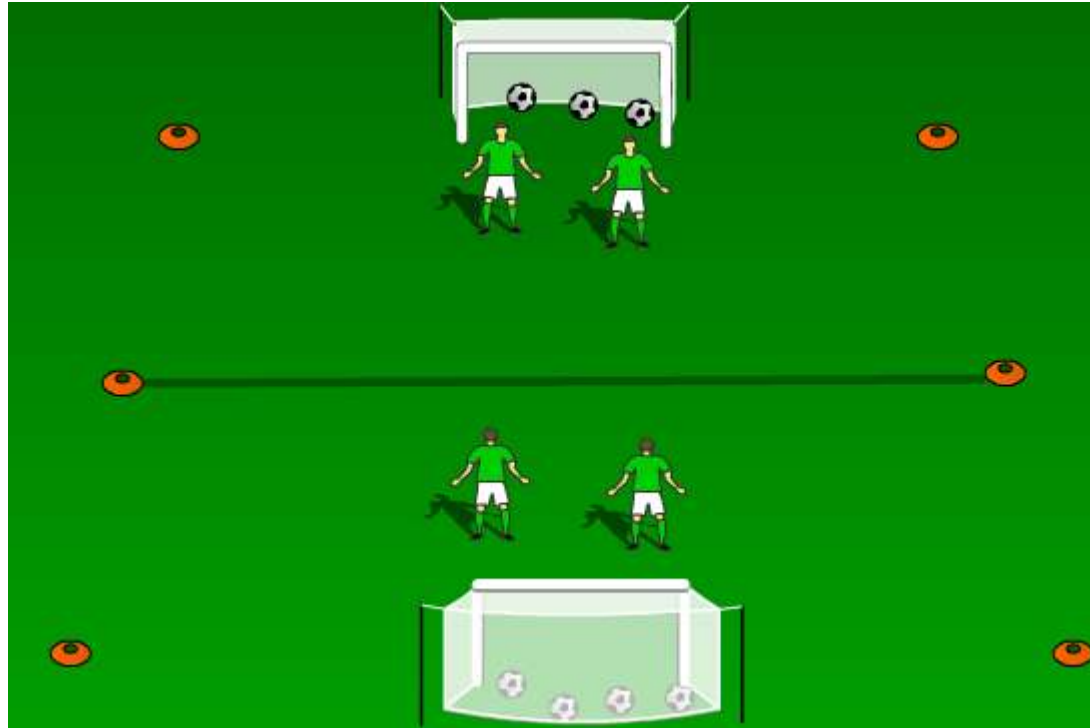
Week 6 Goalkeeper Development Program – Punting & Kicking	
Breakdown of Skills	
Punting	Kicking Off The Floor
Approach Head/Eyes – Glimpse intended target, then comes down onto the ball. Body – Facing the intended target, leaning slightly forward. Hand – Ball in the opposite hand to the kicking foot, kept low in palm to drop ball onto foot. Arms – Arm opposite to the hand with the ball in is stretched out horizontally to enhance balance. Legs – Take a few big steps as a run up. Too many steps loses control, too few doesn't maximize power. Distribution Head/Eyes – Looking at the ball. Body – Facing the intended target, leans back to direct kicking foot onto bottom of the ball. Hand – Releases ball from palm with a slight lift to drop down onto the kicking foot. Arms – Arm opposite to the hand with the ball comes horizontally across the body to maintain balance. Legs – Non-kicking leg takes a big stride and is planted in front of the body. Kicking leg takes a big swing back and comes through the ball. Foot – Non-kicking foot points towards target. Kicking foot strikes the bottom of the ball with the laces. Follow through Head/Eyes – Looks up to lean body back. Body – Leans back and retains control and balance Arms – Maintain bodies balance. Legs – Kicking leg follows all the way through to aid direction and power. Foot – Toes should end up pointing to the sky!	Approach – at an angle to the ball Head/Eyes – Glimpse intended target, then comes down onto the ball. Body – Shoulders/hips facing the intended target, leaning slightly forward. Arms – Arm should be out to the side of the body to help body maintain balance and control Legs – Take a few big steps as a run up. Too many steps loses control, too few doesn't maximize power. Distribution Head/Eyes – Looking at the ball. Body – Shoulder and hips facing the intended target, leans back to direct kicking foot onto underside of ball. Arms – Arm opposite to the hand with the ball comes horizontally across the body to maintain balance and aid the swing/power. Legs – Non-kicking leg takes a big stride and is planted in front of the body next to the ball (approx. 1 foot from the ball). Kicking leg takes a big swing back and comes through the ball. Foot – Non-kicking foot points towards target. Kicking foot strikes just below the center of the ball with the top of the big toe. Follow through Head/Eyes – Looks up to lean body back. Body – Leans back and retains control and balance Arms – Maintain bodies balance. Legs – Kicking leg follows all the way through to aid direction and power. Foot – Toes should be pointed the direction off the intended target.

Week 6	Goalkeeper Development – Punting & Kicking
Warm-up – 10 minutes	Core Skills – 30 minutes (Punting/Kicking 15 minutes each)
 Setup: Two 10x10 (this can increase with age) grids, and separate into two groups, one in each grid. All GK's except one has a ball. The one without is the GK working.	 Setup: Two boxes 5x2 yards, placed 10 yards apart. GK's in pairs, one in each box opposite their partner.
• This practice aims to help the GK gain confidence diving at a players feet. • GK's with the ball must aim to keep the ball in the grid away from the working GK. The working GK must try and dive onto a ball at one of the GK's feet. • Once they get a ball, the GK they took it off now becomes the working GK who must try and dive onto a ball. The game keeps rolling. Note: Depending on numbers, have two GK's without a ball.	Punting/Kicking: • Aim of the practice is to focus on the punting/kicking techniques, rather than distance to start with. • GK's must punt back and forth with their partner, aiming to land the ball in their partner's box, for them to catch. • As the GK's get better and more accurate, the boxes can be moved further away to increase the distance. • Similarly, the boxes can be moved closer for the weaker GK's in the group. • The practice can be turned into a game, and each completed punt and catch in the box counts as a point. • To advance the competition further, each time the pair both complete a punt and catch, they must move their boxes back 2 yards to increase the distance to punt. • Have any strong GK's use their weaker foot. • Advance the same drill to kicking off the floor.

Week 6 **Goalkeeper Development Program – Goalkeeping Games**

Group Game – 20 minutes

Goalie Wars



Setup:

Mark a field up 30x30 with a goal at each end (preferably a full size goal, but cones work if not available). Mark a halfway line and put balls in the goals.

Game:

- Group split into two teams, and within the teams, the GK's select a partner to work with.
- The game starts with one pair from each team starting together in the goals. They are both the GK's and can save the ball. Both teams take it in turns to shoot against the opposing GK's from their own half, switching which GK takes the shot each time.
- Once a team scores two goals against their opposing GK's, they knock that team out, and they are replaced by a new pair that are waiting behind the goal.
- Each time a GK misses the goal on a shot, they have to run to get the ball as quick as they can, and giving the opposing team an advantage momentarily. The game continues even if both GK's have missed and are retrieving their balls.
- Once a team win two games in a row, they come out and a new pair come in.

Goalkeeper Development Program (GDP) – Ages 10-13 Years

6 Week Program

6 Week Breakdown

Week 1 – Handling & Footwork

Week 2 – Diving (Part 1)

Week 3 – Diving (Part 2) / Diving At Feet

Week 4 – High Catching

Week 5 – Throwing & Rolling

Week 6 – Punting & Kicking

1 hour session



10 minutes – Warm-Up Activity

- Use goalkeeping skills within warm-up to prepare the body for the session.

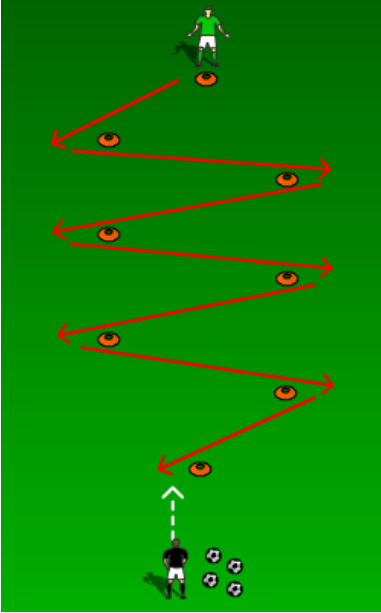
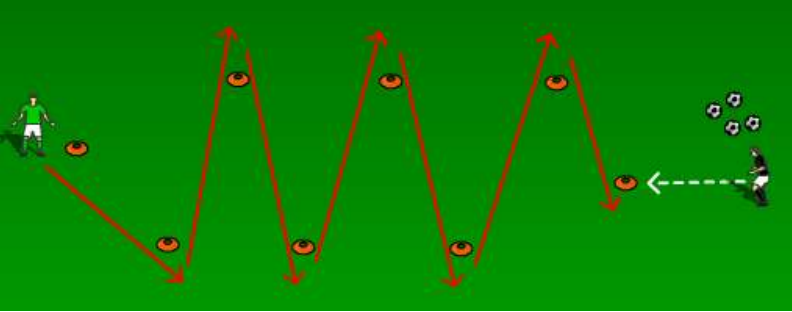
30 minutes – Core Skills

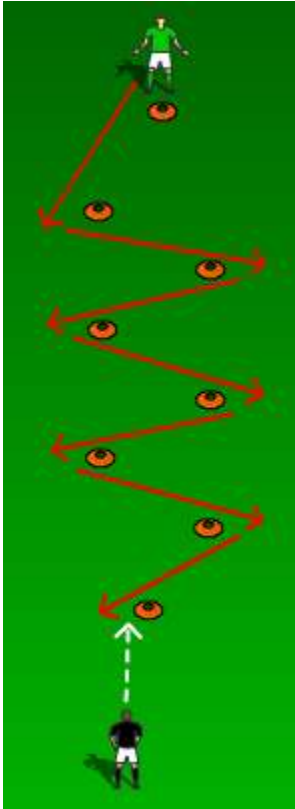
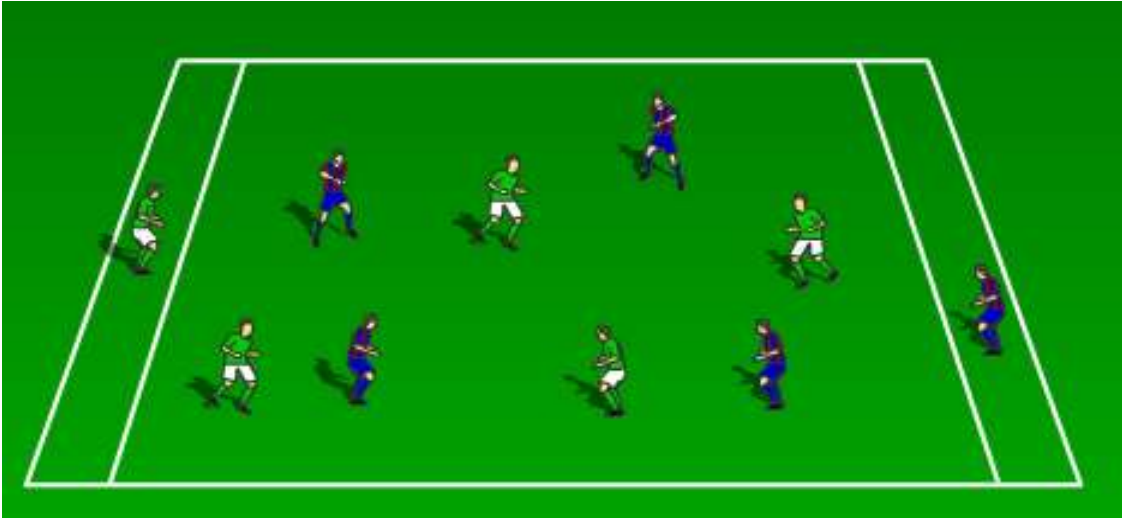
- Focus on skills for the daily topics.
- Re-visiting skills from previous weeks to reinforce coaching points and techniques.

20 minutes – Group Game/Advanced Skills

- Allows goalkeepers to be involved in a group game session.
- Games that allow goalkeepers to demonstrate learned drills throughout the session

Week 1	Goalkeeper Development Program – Handling & Footwork
Breakdown of Skills	
Starting Position Head – Kept still and facing forwards with chin up. Eyes – On the ball at all times. Shoulders – Balanced and facing forwards. Hands – In front of the chest, thumbs touching and palms facing forwards. Upper Body – Leaning slightly forward so weight is going towards the ball. Knees – Slightly bent. Feet – On the balls of the toes, shoulder width apart.	Side Stepping The body starts in the Starting Position, and remains in that shape throughout the movement. The GK side steps keeping this body shape, and when stepping to the side the feet will touch/‘click’ in the middle and move back out into the regular body position. GK’s should imagine they are side stepping through shallow water, and should aim to make the least amount of ‘splashes’ possible when touching the floor.
W-shape Catch (ball coming into chest region and above) Head, Eyes, Shoulders, Upper Body, Knees, Feet – In starting position. Hands – In line with the ball, with the palms forming a W-shape with the thumbs touching. Wrists should be tensed and fingers relaxed.	
Bucket Catch (ball coming into lower chest/stomach region) Body – All except arms and hands in starting position. One catch is performed, upper body leans forward over the ball and head comes down. Arms – Cupped together with elbows pointing downwards and touching stomach. Hands – Palms facing the body, with one hand in front of the other.	
Scoop Catch (ball coming knee region and down/ball rolling on the floor) Pre Scoop Catch Head, Eyes, Shoulders, Upper Body – In starting position. Arms – Extended down to the floor with elbows at waist height. Hands – Fingers extended down to the floor and palms facing the ball. Hands are touching at the little fingers. Legs – One knee comes down to the floor where the ball is approaching the body, and this leg is then extended horizontally to create a barrier. The heel of the opposite foot meets this knee to shut out any gaps. Post Scoop Catch Arms, Hands – Ball is taken into the bucket catch position so ball is secure in the stomach region.	

Week 1	Goalkeeper Development Program – Handling & Footwork
Warm-up – 10 minutes	Core Skills-Part 1 – 20 minutes
 Setup: 20x20 grid, each GK starts with a ball in their hands. Gates 2 yards wide.	1.  2.  Setup: Cones setup in a zig zag formation, 4 yards apart on the side and 5 yards apart across. Place a cone at the starting end and have the GK's start here. Coach is at the other end serving the balls.
Side Stepping and Catching: - In pairs, GK's must perform six (three each) Basket Catch at each gate by throwing the ball underarm to each other, and then move on together to a new gate. - If the ball is dropped, the pair must start their six catches at that gate again. - GK's must both side step between the gates. - Advance to the GK's using the W-shape catch instead of the basket catch, and perform the same drill. - Advance to the GK's using the Scoop Catch instead of the W-shape catch, and perform the same drill. Additional ideas: - Add in competition to see which pair can score the most gates in a timed period. - Note: When the ball is dropped or spilled, the pair keeps their total score and just has to start over at that gate.	Handling & Footwork 1 - The aim of the drill is to practice the correct footwork with sideways and forward motion, and completing this with a catch. - One GK goes at a time, and must side step around the cones facing forward – emphasize on moving in the starting position. - GK's must go around each cone as quick as possible with a controlled movement. Remind the GK's about the idea of reducing the number of 'splashes' they make with their feet. - Once they get to the end cone they must set themselves for a thrown or volleyed catch – start with the Bucket catch. - Once the first GK has got to the third cone, the next GK can go, and so on. Once they have had their turn, they must get back behind the line as quick as possible to keep the practice going. - Advance the catch to the W-shape catch, and then advance again to the Scoop catch (roll ball on the floor or pass with inside of foot). 2 – The GK now faces sideways and moves in the forward and backwards motion. The side of the GK's body will face the coach, and repeat the steps above. - Once they get to the end cone, they must then turn and set themselves in the starting position to catch.

Week 1	Goalkeeper Development Program – Handling & Footwork
Core Skills-Part 2 – 10 minutes	Group Game – 20 minutes
 Setup: Split group in half, one grid per group. Cones setup in a zig zag formation, 2 yards apart on the side and 3 yards apart across. Place a cone at the starting end and have the GK's start here. One GK from each team is at the other end serving the balls.	 Setup: 20x30 grid with a 5 yard end zone at each end. One GK stays in the end zone while the other GK's are in the game area.
Handling & Footwork - Similar to the Part 1, but this time the coach isn't serving. The GK move in a smaller grid for quicker footwork and race against the other team. - Once on GK has worked and is served by the GK at the end, they replace the serving GK who returns to the end of the line. - If the ball is dropped at any point, the GK must stay and do the catch again until they catch it properly. - Use all of the three catches and also have the GK's turn sideways, as in Part 1, if there is enough time. - Each GK must go three times and the team must be seated first in line to win.	Game: - Aim of the game is to get the ball to the respective teams GK in the end zone. - When a GK receives the ball, they can only pivot on one foot and cannot take steps. Game starts by a high ball thrown up by the coach. - Each pass must be received by a Bucket, W-shape or Scoop catch by each GK and GK in the end zone. Passes can be intercepted. - When the GK in the end zone successfully gets the ball, a point is scored for the team. The opposing team restarts from the opposing end zone line. Additional ideas: - Reduce the end zone to a small box to make point scoring more difficult.

Week 2

Goalkeeper Development Program – Diving (Part 1)

Breakdown of Skills

DIVING POSITION

Head/Eyes – Head still and eyes on the ball at all times.

Shoulders – Square and facing the ball at all times

Hands – In the W-shape with the thumbs together, and behind the ball.

Top leg – This leg extends and springs the body towards the ball.

Bottom leg – This is the first part of the body to collapse towards the ground. GK lands on the side of the upper leg.

KEY COCHING POINT: The GK must dive at a forward angle to the ball, which maintains strength and control and also attacks the ball to prevent an opponent getting there first.



END POSITION

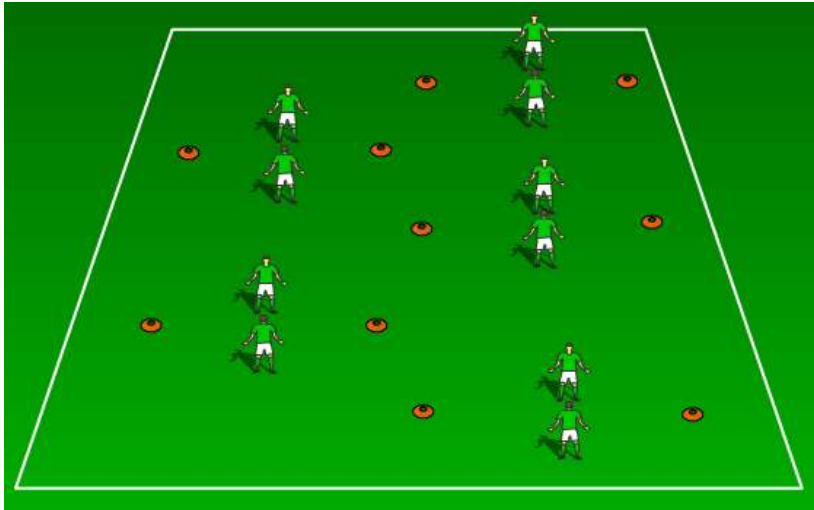
Top leg – This leg is brought up to an almost 90° angle to help the GK transfer their body weight to get up again quickly if needed.

Bottom leg – This leg is kept as low to the ground as possible so the GK's body weight doesn't transfer all the way into the dive, making it more difficult to get back up.

Head/Eyes – Head still and eyes on the ball at all times.

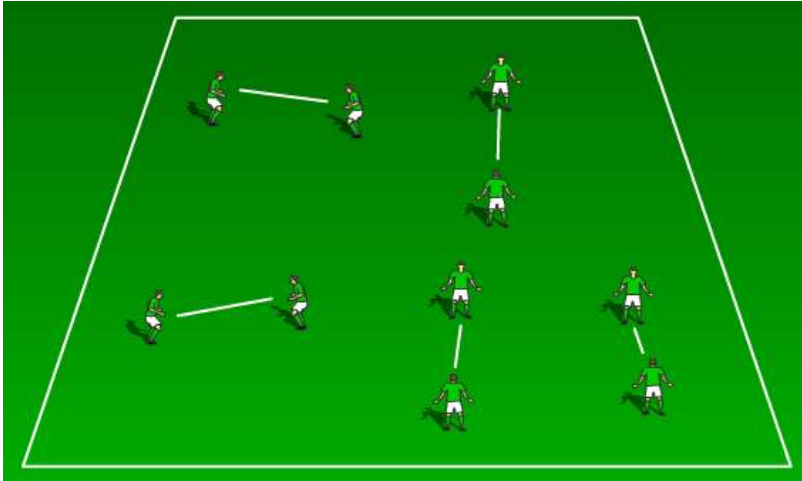
Hands – In the W-shape with the thumbs together. The hand lowest to the ground comes behind the ball and the other hand comes on top.



Week 2		Goalkeeper Development Program – Diving (Part 1)	
Warm-up – 10 minutes			
5 minutes		5 minutes	
			
Setup: Cones 8 yards apart, as shown. Each GK starts in the middle of the two cones, 1 yard out from the mid line, no balls.		Part 1 Setup: Cones 8 yards apart, as shown. Each GK starts in the middle of the two cones, 1 yard out from the mid line, no balls. Part 2 Setup: Cones 8 yards apart, as shown. Each GK starts in the middle of the two cones, 1 yard out from the mid line, each GK starts with a ball in their hands.	
Revisiting side-stepping: • The idea of the exercise is to mirror the partner’s movement as quickly as possible. • One GK starts by taking the lead and must try to side step to one of the cones and touch with their hand, while the other GK mirrors their movements at the same time. • The lead GK must try and fake the mirroring GK out by moving quickly side to side before making a move to one of the cones. • GK’s takes three turns at leading, and then switches. Repeat two or three times. • Focus on keeping the body in the starting position and hands up. • Reinforce the idea of reducing the amount of ‘splashes’ the GK’s make with their feet (see in handling & footwork session) • This can be run as a competition.		Introduction to diving • Part 1 setup – The same idea of mirroring the lead GK applies, but this time the lead GK will make a dive to one cone or the other. • The GK’s must focus on using the correct diving technique when making their dive to the cones. Starting without a ball means they will be able to do this and not focus on the ball. • Part 2 setup – The exercise will now be performed with a ball, which means more emphasis on the technique so the GK’s do not lose control of the ball. • The GK must keep control of their body and the ball and finish in the end position. • This can be run as a competition. Emphasise on the leading their dive with the hands/ball first to the cone so they dive in a forward motion.	

Week 2 **Goalkeeper Development Program – Diving (Part 1)**

Core Skills – 30 minutes



Setup:
20x20 grid, each GK starts with a ball in their hands.



Setup:
20x20 grid, each GK starts with a ball in their hands. Scatter cones an equal distance apart across the grid.

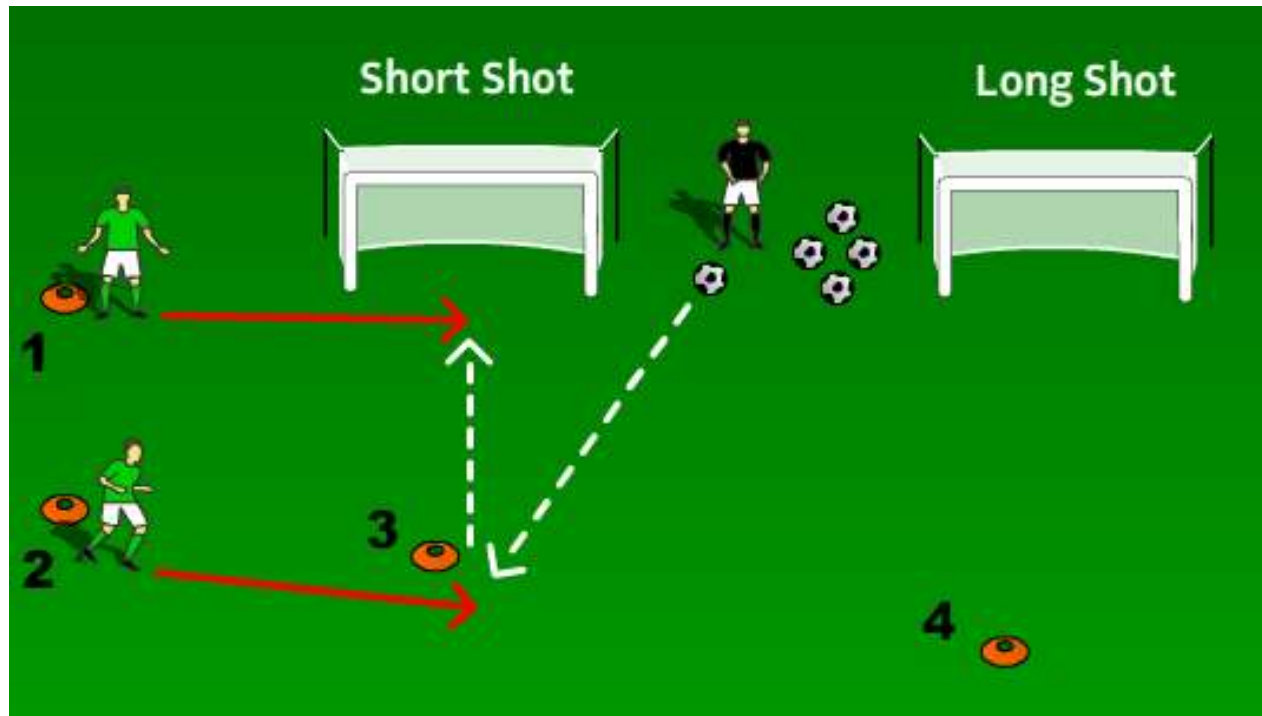
- In pairs, the GK's move around the grid by side stepping, covering the most amount of space, with the aim of keeping as much distance between the partners as possible.
- On the coaches command of 'GO!', the GK's must place the ball down on the floor with two hands, and as quickly as possible go and dive onto their partner's ball with the correct diving technique.
- GK's must finish in the end position.
- The key is to keep their own on their partner so they know where they are at all times, and also to keep aware of their surroundings when they are going to the ball.
- Introduce a competition to see which partner can get to their partner's ball quickest each time.
- Advance – one the GK has got to their partner's ball, have them hold in the end position until the second command of 'GO!', at which point they must leave the ball and go back to their own and dive on the other side of the body to the first dive. This can be repeated more times over.

- The same principal applies as the initial practice, except this time the GK must now place the ball down with two hand, touch a cone and then go and dive on their partner's ball.
- This can be progressed to touching two or three cones.
- The GK must then do a complete rotation around a cone in the side stepping position, before they go and dive on their partners balls.
- This can be progressed to two or three cones.
- Advance - one the GK has got to their partner's ball, have them hold in the end position until the second command of 'GO!', at which point they must leave the ball and go back to their own and dive on the other side of the body to the first dive. A second rotation around a cone can also be added on the before the second dive.
- This can either be run with or without competition.

Week 2 **Goalkeeper Development Program – Diving (Part 1)**

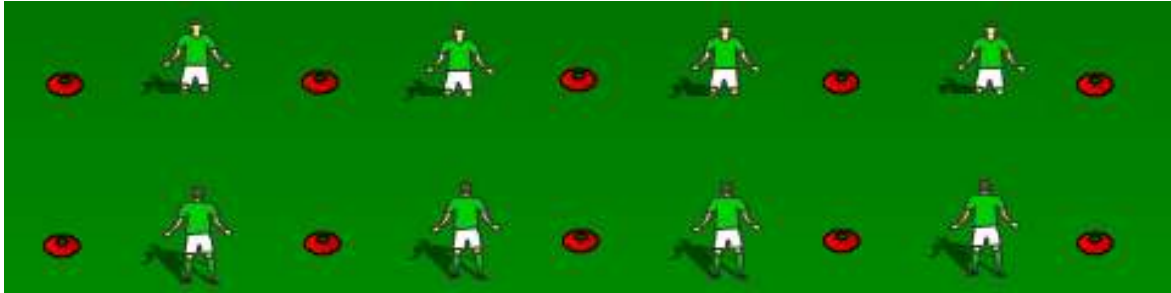
Group Game – 20 minutes

Short Shot, Long Shot



Game:

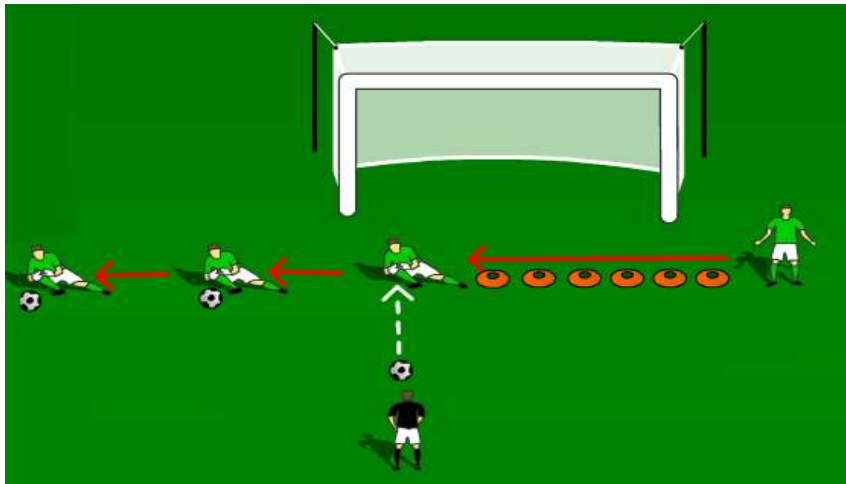
- The game is set up with two goals (or two cones 8 yards apart) which are set 10 yards apart. The coach is situated between the two goals with all of the balls.
- The group is split into teams; one half located at cone 1 and the other half at cone 2.
- The players at cone 1 are the GK's and the players at cone 2 are the shooters.
- On the coach's command, the goal keeper leaves his cone and side steps into the first goal. At the same time, the player on cone 2 leaves their cone, and runs around cone 3 to take a short shot from the coach's pass.
- Once the player either scores, misses, or the shot is saved, the GK must recover and side step into the second goal, while the shooter will run around cone 4, to take a long shot.
- Once both shots have been made, the player's recover any balls that missed and switch lines.
- Points can be scored by either making a save, or scoring a goal. An individual running score is kept to see who scored the most points at the end.
- This is a game to help footwork, handling and diving.

Week 3**Goalkeeper Development Program – Diving (Part 2)****Warm-up – 10 minutes****Setup:**

Two small goals (5 yard in width) opposite each other 6 yards apart. Split the group into pairs, one ball between two.

Each GK starts on their knees on their goal line, opposite their partner.

- Aim of the warm-up is to reinforce the diving and handling techniques.
- GK's must take it in turn to roll the ball in view of scoring a goal past their partner.
- GK must be balanced before diving to make a save as the serving GK can send the ball either way.
- After a timed period, switch partners to mix up the group.
- Advance– Now have the GK's throw a ball in the air so the GK can make a save off the floor. If the GK drops the ball, the other GK also scores a point, but if the serving GK misses the goal, the working GK gets a point.
- Advance – Now the serving GK must bounce the ball into their partner to make the save even harder. The same point scoring applies.

Diving (Part 2) Core Skills-Part 1 – 15 minutes**Setup:**

Either place or create a goal 8 yards apart, and set up cones ½ yard apart as shown. Place two balls 5 yards apart to the side of the goal, also shown.

Diving:

- This practice aims to help the GK lift the own body weight over and over again, whilst re-visiting the technique of diving.
- Facing forwards, the GK must side step over the cones with two feet in each space and then the coach makes a short pass for the GK to make dive.
- The GK must then get up as quickly as possible and make two more dives, keeping the balls there they are.
- Once the GK has finished the side steps and dive, the next person can start their turn. The GK's return to the line by going around the back of the goal. The practice keeps flowing.
- Flip the setup to the other side so GK's get a chance to practice diving both ways.
- Add in variations.

Week 3 Goalkeeper Development Program – Diving (Part 2)	
Core Skills-Part 2 – 15 minutes	Group Game – 20 minutes
Setup: One cone in the middle of the goal, one yard off the line. Another cone is placed a further ten yards out, and then a third cone another ten yards out. At the middle of the three cones, a ball is placed and GK's start facing each other either side of the ball, touching palms of hands to start.	Setup: Small field 20x15, make the ends with the goals the shorter side. Make a goal at each end 5 yards wide and mark a halfway line. GK's in pairs, one of each pair starts the game, while the other waits behind the goal. Make enough fields to accommodate number of players. Game can be played in groups of three also.
Diving At Feet: • The GK on the side of the goal is the working GK, and the other is the shooter. • On the call of 'GO!' from the coach, the GK's must retreat backwards around the cone behind them. The working GK aims to come and dive on the ball before the shooter gets to the ball to score. • If the GK doesn't get around the cone quick enough to dive on the ball first, the shooter must then try and score a goal. Shooter has to take at least one touch before shooting, or going around the GK. • Switch GK's each time with a new pair.	Game: • This is a 1v1 game, and the ball starts with one of the GK's. • The aim is to score past the opposing GK – goals must be scored from within opposition half. • The opposing GK must attempt win the ball from the shooting GK by diving at their feet or making a close range save. • Once a goal is scored or a save is made, that GK then becomes the shooter, and will try and score past the GK at the other end who has taken the place of their partner from behind the goal. • The game keeps rolling in this pattern. Points are scored for goals only.

Week 4 Goalkeeper Development Program – High Catching

Breakdown of Skills

Taking a high catch

Arms – Extended as far vertically as possible.

Back – Arched slightly backwards to take the speed off the ball.

Leg – Fully extended and tensed as this is the part of the body that determines strength and control upon landing.



Hands – In W-shape, wrists tensed and fingers relaxed. Ball is caught at the highest possible point above the head.

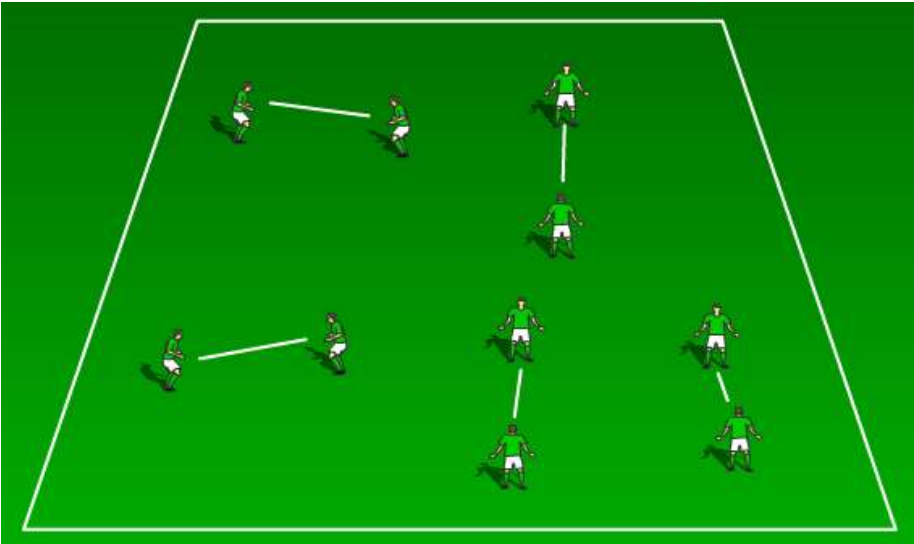
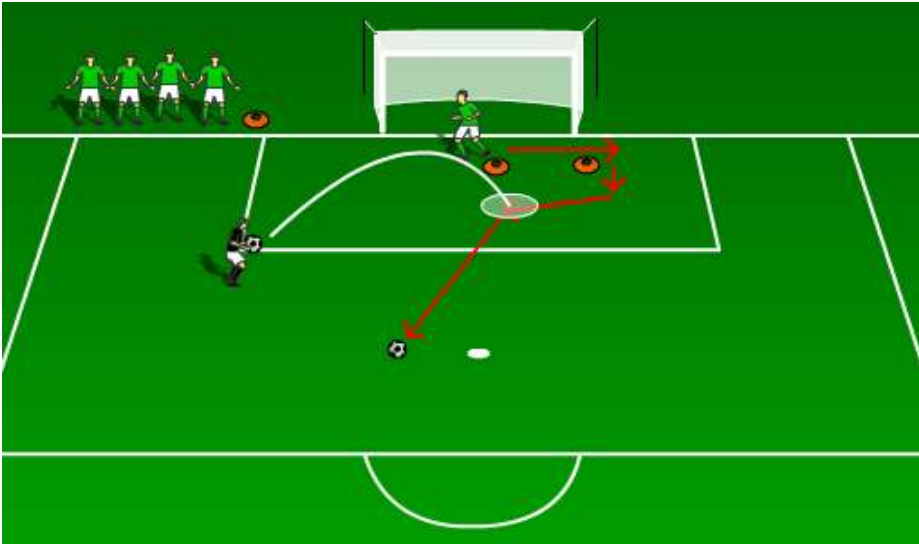
Voice – Loud shout of ‘KEEPERS’ prior to catching the ball to let players know of presence. Call made before the catch, not as the ball is caught.

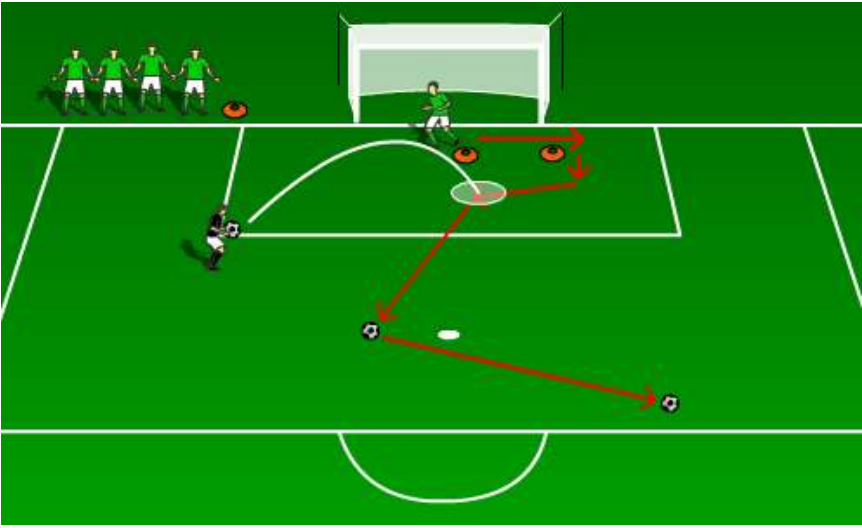
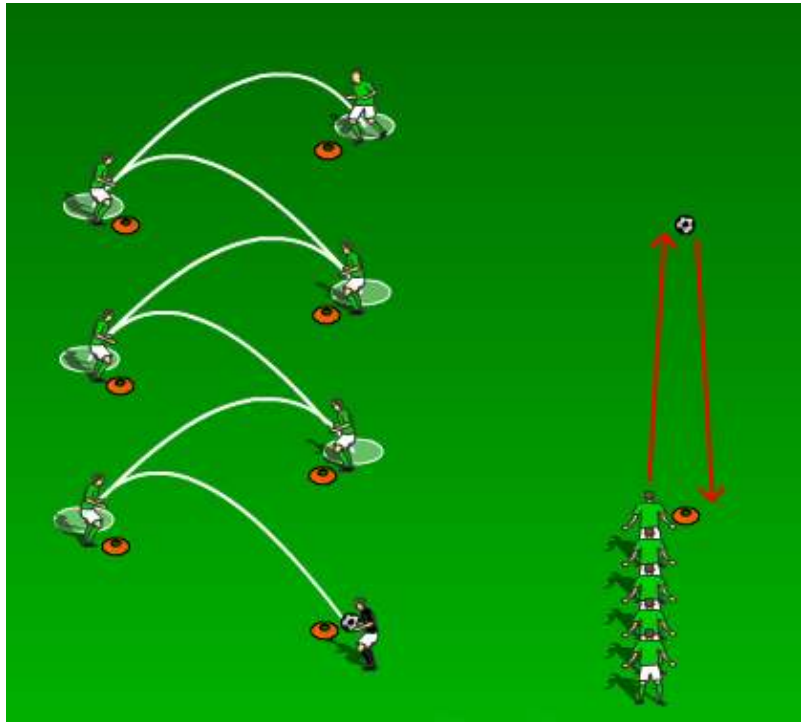
Knee – One knee is brought up to an almost 90° angle to drive the body as high as possible and protect the GK.

Foot – Foot must be fully extended during take-off and flight, and then land on the ball of the foot.

Positioning In The Goal When Catching A High Cross

- Before the cross is made, the GK must be around the middle of the goal, slightly closer to the near post than the back post. This is so they are in a position to make a save should the cross actually become a shot.
- As the player shapes to cross, the GK starts to back pedal further back across the goal so that they can come forward onto the ball to catch. At all times, the GK's body shape must allow them to see the ball and the 18 yard box at the same time – this means they are side turned with their body facing the majority of the field, and their head turns to see the ball.
- As the ball is crossed, the GK should now be coming forward onto the ball and perform the catch as detailed above.

Week 4 Goalkeeper Development Program – High Catching	
Warm-up – 10 minutes	Core Skills-Part 1 – 15 minutes
 Setup: 20x20 grid, half of the GK's start with a ball in their hands.	 Setup: Place a cone just to the side of the middle of the goal in front of the line, and another at the back post. Then place a ball somewhere out in the 18 yard box.
High Catching • In pairs, the GK's move around the grid by side stepping, covering the most amount of space but keeping approx. 2 yards apart. • On the coaches command of 'GO!', one GK must serve a high ball to their partner for them to catch above their head. • The GK without the ball must then go and find a new partner to receive a high catch from. Additional Ideas: • See which GK can call 'KEEPERS!' the loudest each time. • Add a time period whereby they have to take as many high catches as possible. • Run as a competition. • Add in extra tasks like clapping, sitting down and spinning around.	High Catching • The GK starts at the cone in the middle of the goal, and when the coach tells them to 'GO!', they must retreat around the cone at the back post. • The coach will then serve a high, looped ball for the GK to come onto and catch. • They then make a quick throw back to the coach, and then as quick as possible run out and dive on the ball in the 18 yard box. • Once the GK has made the catch, the next GK starts their turn to move around the cone, out and catch, and make the dive. • The drill keeps rolling so all GK's get plenty of turns. • Switch sides halfway through to practice taking off of both feet. • Have GK's shout 'KEEPERS!' at all times when claiming the ball high. • For most advanced GK's, focus on their body position and movement as much as their hand and foot technique.

Week 4	Goalkeeper Development Program – High Catching
Core Skills-Part 1 – 15 minutes	Group Game – 20 minutes
 Setup: Place a cone just to the side of the middle of the goal in front of the line, and another at the back post. Then place a ball somewhere out in the 18 yard box, and another outside the 18 yard box.	
• Setup is very similar to the last drill and is just an extension of the same practice. • This time the coach is further back as serves a long throw into the GK to come out and catch. • They must aim to time their run and catch as if it was a proper cross in the game of soccer. • The aim is to come around the cone and make a decision whether they need to come forward or back pedal further depending on the flight of the ball. • Focus on keeping side turned all the time to see the crosser, ball and the balls they are to dive onto all at the same time with the turn of their head. • Also, they have two balls to dive onto instead of one to make the energy needed and complexity of the session higher.	Game: • Divide the group into two teams, one half to be the catchers, and one half to be the divers. • Set up zig-zagged cones 5 yards apart and have one GK on the catching team start at each cone. The coach starts the game each time by making the first throw. The game finishes when the coach gets the ball back. • On the other side of the playing area set up two cones ten yards apart, with all diving GK's at one end. They must run to the other cone, dive on the ball, (leaving it there) and run back. • The idea is for the GK catching team to make ten successful underarm throws and high catches before the other team can make a dive and get back. • If the ball is dropped, the GK that dropped the ball must carry on until the catch is successful. If the divers lose control of the ball, they must do it again. • This can be made easier or harder for both teams by increasing the number of catches or dives they have to do each time. • Switch after each completed cycle, and keep a running score.

Week 5

Goalkeeper Development Program – Throwing & Rolling

Breakdown of Skills

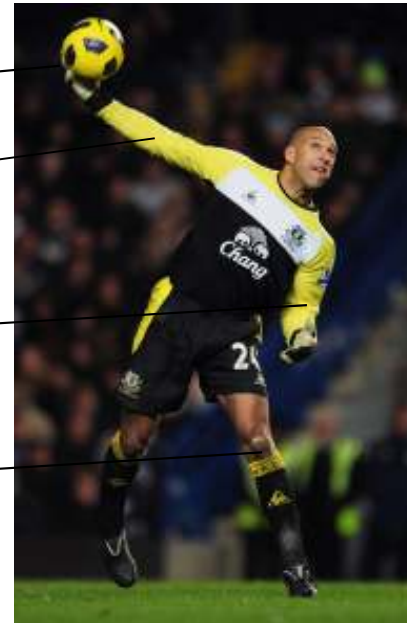
THROWING

Throwing hand – Palm faces up and the ball sits in the palm. Fingers flick the ball as it is released to gain power and spin.

Arm – Straight at all times - elbow should not bend.

Front arm – Facing where the ball is intended on going. The arm starts high and is pulled down as throwing arm comes up to gain the power on the ball.

Front leg – Just before release, this is lifted off the floor and also comes down as the throwing arm is lifted to help power and keep balanced.



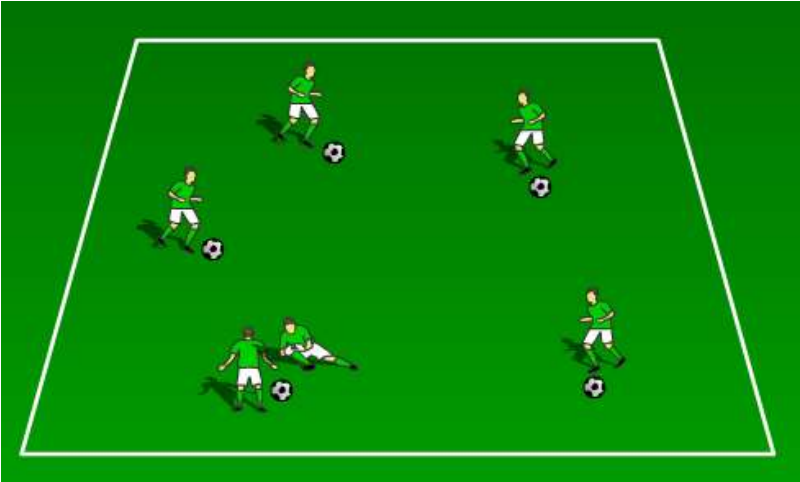
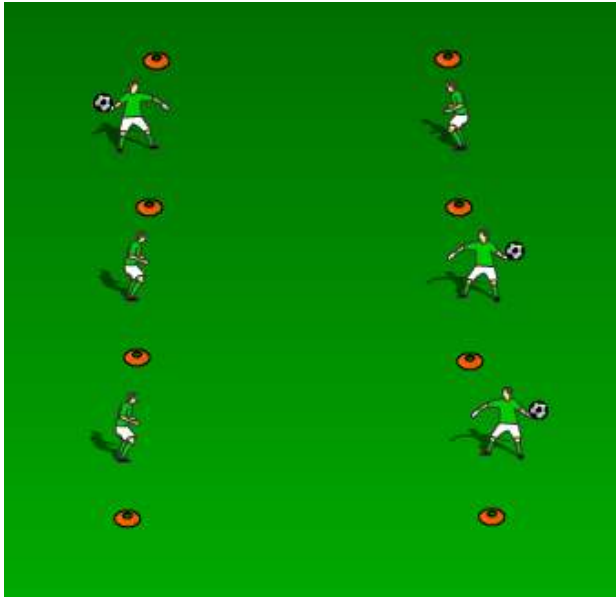
ROLLING

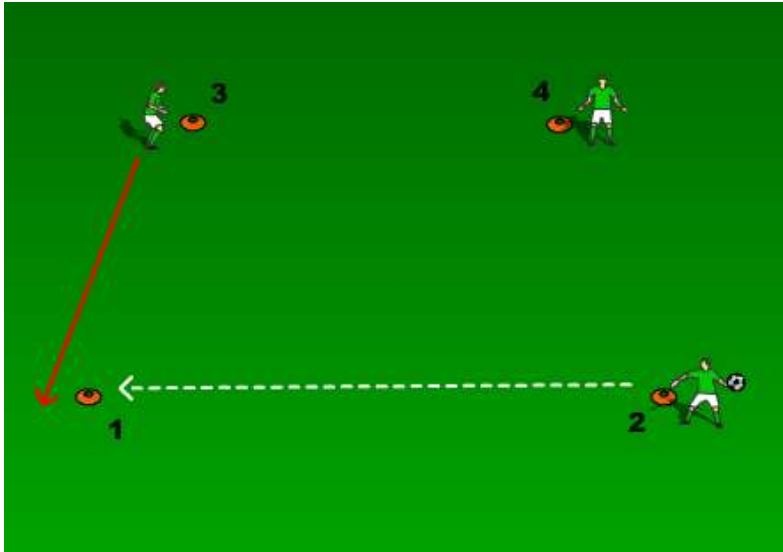
Head – Kept in line with the intended target at all times.

Knee opposite rolling arm – bends at a 90° angle.

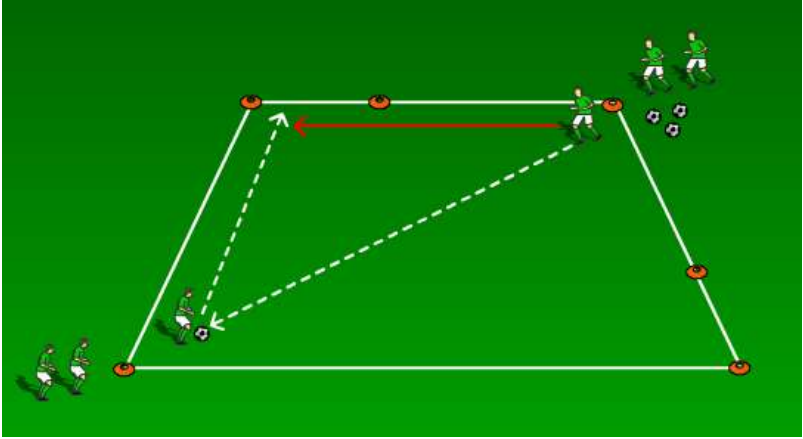
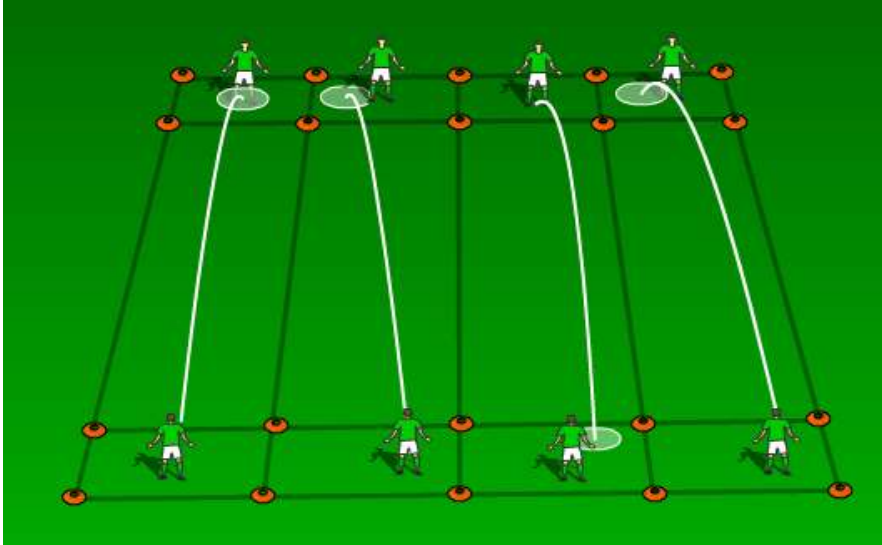
Back knee – bends down to the floor at a 90° angle for balance.

Rolling hand/arm – Arm shouldn't be pulled back too far up behind the GK before release - power is generated through follow through. Arm is extended and hand guides ball in required direction.

Week 5	Goalkeeper Development Program – Throwing & Rolling
Warm-up – 10 minutes	Core Skills-Part 1 – 10 minutes (Rolling/Throwing 5 minutes)
 Setup: Two 10x10 (this can increase with age) grids, and separate into two groups, one in each grid. All GK's except one has a ball. The one without is the GK working.	 Setup: Enough 10x10 grids for GK's to be in pairs. In each grid, GK's start opposite sides.
• This warm-up revisits diving at feet from the previous week. • GK's with the ball must aim to keep the ball in the grid away from the working GK. The working GK must try and dive onto a ball at one of the GK's feet. • Once they get a ball, the GK they took it off now becomes the working GK who must try and dive onto a ball. The game keeps rolling. Note: Depending on numbers, have two GK's without a ball.	Technique Correction • This short practice is just rolling and throwing back and forth to get the correct technique for both types of distribution. • Have the GK's focus on all the different techniques and the coach will move around the group and offer help to individual GK's

Week 5 Goalkeeper Development Program – Throwing & Rolling	
Core Skills-Part 2 – 20 minutes (Rolling/Throwing 10 minutes)	Group Game – 20 minutes
 Setup: 10x10 grid, in groups of three. Start with one GK at three of the four corners. One ball between then group.	 Setup: Set 5 cones a yard apart, and place a ball on the end two and middle cone. In line with the middle cone, place a cone 10 yards away. Split group into three or four teams depending on group size. Repeat the cone setup for each group.
Rolling & Throwing - This practice gets the GK's used to rolling and throwing the ball overarm with the correct technique, and also helps their catching and movement. - The GK starting with the ball will roll the ball directly to the free cone; the GK that is next to the free cone on the other side will aim to side-step down the line, and make a scoop catch. - The GK that has the ball now will do the same for the third GK who will move down the line to make a catch. - This just keeps going and rotating so all GK's get plenty of practice. - The rolling GK must try and time the throw so it reaches the cone as the catching GK arrives. - Make this into a team competition to see how many rolls and catches they can make without spilling the ball, or in a time period. Advance to throwing to the cone with W-shape and Basket catching.	Game: - Split the group into three or four teams, with each group having one ball. - Aim of the game is to roll the ball from the start cone at the balls on the target cones, to knock one of them off. - If a ball is knocked off, the GK must go and collect that ball and put it on a free cone on one of the other teams target cones. - The GK must then collect their team ball and run back to their group and tag the next GK to go. - The winning team is the first team to knock all the balls off their target cones. - If a GK knocks two balls off at a time, they must place both balls on the other team's cones, or split them between two teams. - To make the game easier or harder, move the starting cone closer or further away from the target cones. - Advance by increasing distance and playing the game with overarm throws.

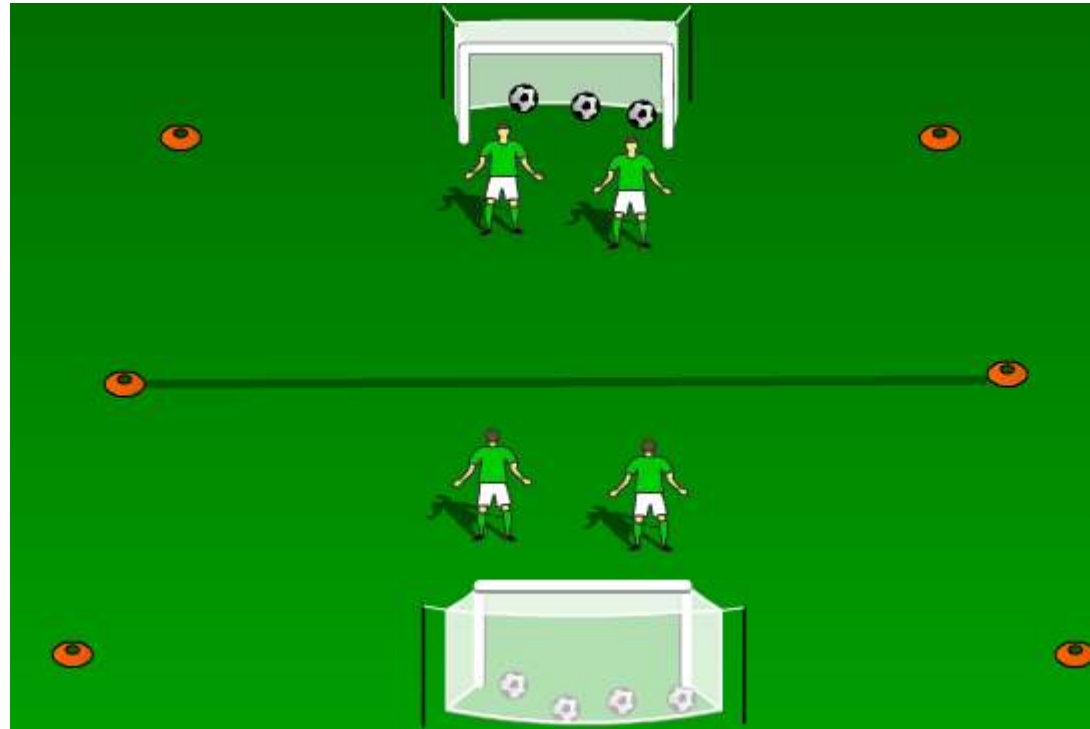
Week 6 Goalkeeper Development Program – Punting & Kicking	
Breakdown of Skills	
Punting	Kicking Off The Floor
Approach Head/Eyes – Glimpse intended target, then comes down onto the ball. Body – Facing the intended target, leaning slightly forward. Hand – Ball in the opposite hand to the kicking foot, kept low in palm to drop ball onto foot. Arms – Arm opposite to the hand with the ball in is stretched out horizontally to enhance balance. Legs – Take a few big steps as a run up. Too many steps loses control, too few doesn't maximize power. Distribution Head/Eyes – Looking at the ball. Body – Facing the intended target, leans back to direct kicking foot onto bottom of the ball. Hand – Releases ball from palm with a slight lift to drop down onto the kicking foot. Arms – Arm opposite to the hand with the ball comes horizontally across the body to maintain balance. Legs – Non-kicking leg takes a big stride and is planted in front of the body. Kicking leg takes a big swing back and comes through the ball. Foot – Non-kicking foot points towards target. Kicking foot strikes the bottom of the ball with the laces. Follow through Head/Eyes – Looks up to lean body back. Body – Leans back and retains control and balance Arms – Maintain bodies balance. Legs – Kicking leg follows all the way through to aid direction and power. Foot – Toes should end up pointing to the sky!	Approach – at an angle to the ball Head/Eyes – Glimpse intended target, then comes down onto the ball. Body – Shoulders/hips facing the intended target, leaning slightly forward. Arms – Arm should be out to the side of the body to help body maintain balance and control Legs – Take a few big steps as a run up. Too many steps loses control, too few doesn't maximize power. Distribution Head/Eyes – Looking at the ball. Body – Shoulder and hips facing the intended target, leans back to direct kicking foot onto underside of ball. Arms – Arm opposite to the hand with the ball comes horizontally across the body to maintain balance and aid the swing/power. Legs – Non-kicking leg takes a big stride and is planted in front of the body next to the ball (approx. 1 foot from the ball). Kicking leg takes a big swing back and comes through the ball. Foot – Non-kicking foot points towards target. Kicking foot strikes just below the center of the ball with the top of the big toe. Follow through Head/Eyes – Looks up to lean body back. Body – Leans back and retains control and balance Arms – Maintain bodies balance. Legs – Kicking leg follows all the way through to aid direction and power. Foot – Toes should be pointed the direction off the intended target.

Week 6	Goalkeeper Development – Punting & Kicking
Warm-up – 10 minutes	Core Skills – 30 minutes (Punting/Kicking 15 minutes each)
 Setup: 15x15 grid, two 5 yard goals in opposite corners as shown. Group split in half, starting at opposite corners.	 Setup: Two boxes 5x2 yards, placed 10 yards apart. GK's in pairs, one in each box opposite their partner.
- GK's starting with the ball are the working GK's, the opposite group are the attackers. - The working GK plays a pass across, and then the GK receiving the ball must then attack one of the goals as if they were an attacker. - The attacker must make a one time pass into one of the goals, and the working GK comes across to make a diving save on the ground. Session is very passive. - Advance - The working GK must now come across and try and block a goal by diving at their feet – attackers must dribble over the line to score. - Once they begin to attack one of the goals, they can only score in that goal and not turn to the other.	Punting/Kicking: - Aim of the practice is to focus on the punting/kicking techniques, rather than distance to start with. - GK's must punt back and forth with their partner, aiming to land the ball in their partner's box, for them to catch. - As the GK's get better and more accurate, the boxes can be moved further away to increase the distance. - Similarly, the boxes can be moved closer for the weaker GK's in the group. - The practice can be turned into a game, and each completed punt and catch in the box counts as a point. - To advance the competition further, each time the pair both complete a punt and catch, they must move their boxes back 2 yards to increase the distance to punt. - Have any strong GK's use their weaker foot. - Advance the same drill to kicking off the floor.

Week 6 **Goalkeeper Development Program – Goalkeeping Games**

Group Game – 20 minutes

Goalie Wars



Setup:

Mark a field up 30x30 with a goal at each end (preferably a full size goal, but cones work if not available). Mark a halfway line and put balls in the goals.

Game:

- Group split into two teams, and within the teams, the GK's select a partner to work with.
- The game starts with one pair from each team starting together in the goals. They are both the GK's and can save the ball. Both teams take it in turns to shoot against the opposing GK's from their own half, switching which GK takes the shot each time.
- Once a team scores two goals against their opposing GK's, they knock that team out, and they are replaced by a new pair that are waiting behind the goal.
- Each time a GK misses the goal on a shot, they have to run to get the ball as quick as they can, and giving the opposing team an advantage momentarily. The game continues even if both GK's have missed and are retrieving their balls.
- Once a team wins two games in a row, they come out and a new pair comes in.

Goalkeeper Development Program (GDP) – Ages 14-18 Years

6 Week Program

6 Week Breakdown

Week 1 – Handling, Footwork & Diving

Week 2 – Diving At Feet

Week 3 – Reflexes & Reaction Saves

Week 4 – High Catching and Crosses

Week 5 – Diving Saves

Week 6 – Positioning & Communication

1 hour session



10 minutes – Warm-Up Activity

- Use goalkeeping skills within warm-up to prepare the body for the session.

35 minutes – Core Skills

- Focus on skills for the daily topics.
- Re-visiting skills from previous weeks to reinforce coaching points and techniques.

15 minutes – Group Game/Advanced Skills

- Allows goalkeepers to be involved in a group game session.
- Games that allow goalkeepers to demonstrate learned drills throughout the session

Week 1	Goalkeeper Development Program – Handling & Footwork
Breakdown of Skills	
Starting Position Head – Kept still and facing forwards with chin up. Eyes – On the ball at all times. Shoulders – Balanced and facing forwards. Hands – In front of the chest, thumbs touching and palms facing forwards. Upper Body – Leaning slightly forward so weight is going towards the ball. Knees – Slightly bent. Feet – On the balls of the toes, shoulder width apart.	Side Stepping The body starts in the Starting Position, and remains in that shape throughout the movement. The GK side steps keeping this body shape, and when stepping to the side the feet will touch/‘click’ in the middle and move back out into the regular body position. GK’s should imagine they are side stepping through shallow water, and should aim to make the least amount of ‘splashes’ possible when touching the floor.
W-shape Catch (ball coming into chest region and above) Head, Eyes, Shoulders, Upper Body, Knees, Feet – In starting position. Hands – In line with the ball, with the palms forming a W-shape with the thumbs touching. Wrists should be tensed and fingers relaxed.	
Bucket Catch (ball coming into lower chest/stomach region) Body – All except arms and hands in starting position. One catch is performed, upper body leans forward over the ball and head comes down. Arms – Cupped together with elbows pointing downwards and touching stomach. Hands – Palms facing the body, with one hand in front of the other.	
Scoop Catch (ball coming knee region and down/ball rolling on the floor) Pre Scoop Catch Head, Eyes, Shoulders, Upper Body – In starting position. Arms – Extended down to the floor with elbows at waist height. Hands – Fingers extended down to the floor and palms facing the ball. Hands are touching at the little fingers. Legs – One knee comes down to the floor where the ball is approaching the body, and this leg is then extended horizontally to create a barrier. The heel of the opposite foot meets this knee to shut out any gaps. Post Scoop Catch Arms, Hands – Ball is taken into the bucket catch position so ball is secure in the stomach region.	

Week 1

Goalkeeper Development Program – Diving

Breakdown of Skills

DIVING POSITION

Head/Eyes – Head still and eyes on the ball at all times.

Shoulders – Square and facing the ball at all times

Hands – In the W-shape with the thumbs together, and behind the ball.

Top leg – This leg extends and springs the body towards the ball.

Bottom leg – This is the first part of the body to collapse towards the ground. GK lands on the side of the upper leg.

KEY COCHING POINT: The GK must dive at a forward angle to the ball, which maintains strength and control and also attacks the ball to prevent an opponent getting there first.



END POSITION

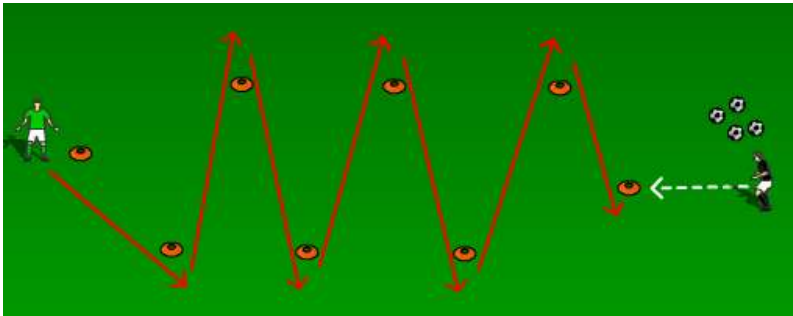
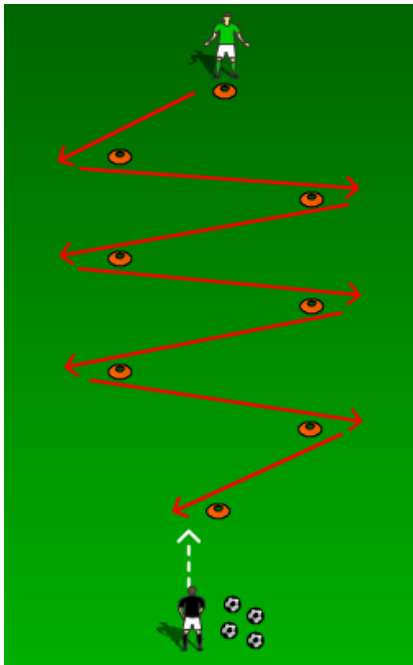
Top leg – This leg is brought up to an almost 90° angle to help the GK transfer their body weight to get up again quickly if needed.

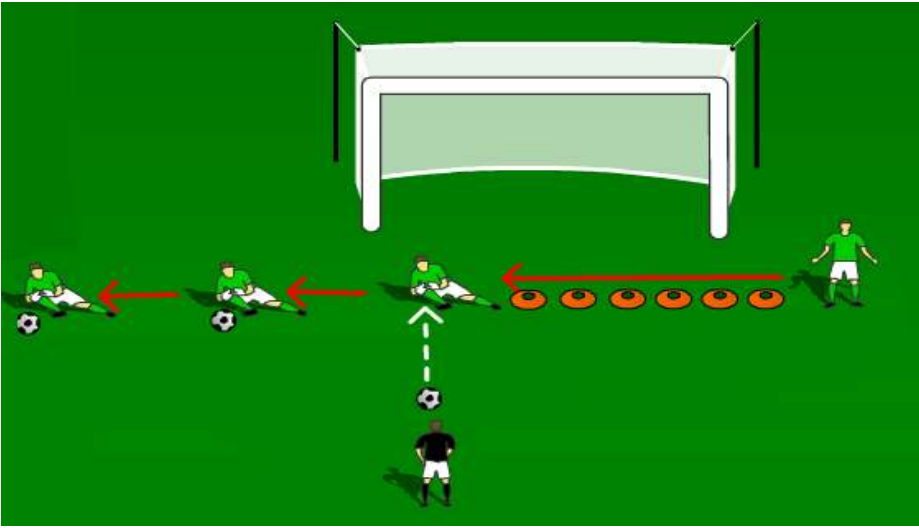
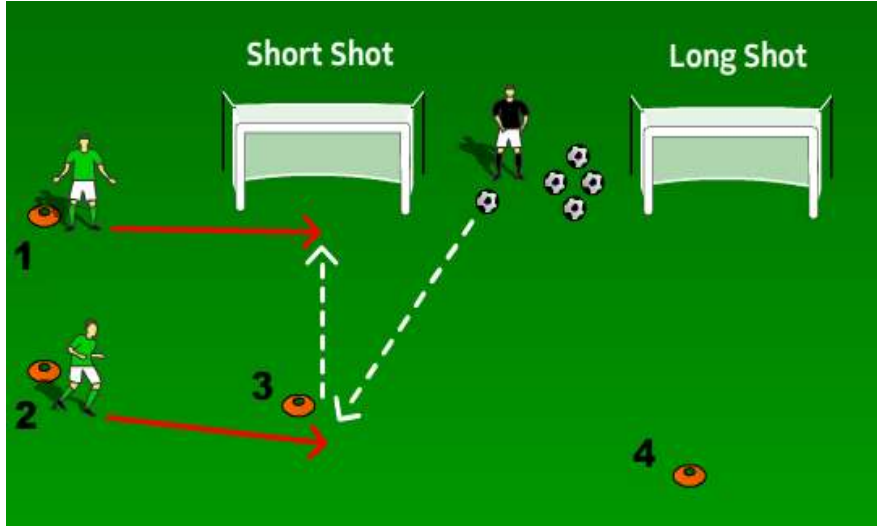
Bottom leg – This leg is kept as low to the ground as possible so the GK's body weight doesn't transfer all the way into the dive, making it more difficult to get back up.

Head/Eyes – Head still and eyes on the ball at all times.

Hands – In the W-shape with the thumbs together. The hand lowest to the ground comes behind the ball and the other hand comes on top.



Week 1		Goalkeeper Development Program – Handling, Footwork & Diving	
Warm-up – 10 minutes		Core Skills-Part 1 – 10 minutes	
Setup: Cones setup in a zig zag formation, 4 yards apart on the side and 5 yards apart across. Place a cone at the starting end and have the GK's start here. Coach is at the other end serving the balls. 2. 		1. 	
Handling & Footwork 1 - The aim of the drill is to practice the correct footwork with sideways and forward motion, and completing this with a catch. - One GK goes at a time, and must side step around the cones facing forward – emphasize on moving in the starting position. - GK's must go around each cone as quick as possible with a controlled movement. Remind the GK's about the idea of reducing the number of 'splashes' they make with their feet. - Once they get to the end cone they must set themselves for a thrown or volleyed catch – start with the Bucket catch. - Once the first GK has got to the third cone, the next GK can go, and so on. Once they have had their turn, they must get back behind the line as quick as possible to keep the practice going. - Advance the catch to the W-shape catch, and then advance again to the Scoop catch (roll ball on the floor or pass with inside of foot). 2 – The GK now faces sideways and moves in the forward and backwards motion. The side of the GK's body will face the coach, and repeat the steps above. Once they get to the end cone, they must then turn and set themselves in the starting position to catch.		Diving - The idea of the exercise is to mirror the partner's movement as quickly as possible. - One GK starts by taking the lead and must try to side step and dive to one of the cones, while the other GK mirrors their movements at the same time. - The lead GK must try and fake the mirroring GK out by moving quickly side to side before making a dive to one of the cones. - GK's takes three turns at leading, and then switches. Repeat two or three times. - Advance – start the GK's in the end diving position at one cone, the coach then calls 'GO!', and they must both get up and side step to the other cone before and dive before their partner as a race. This can be repeated three, four or five times to work on technique and fitness.	

Week 1	Goalkeeper Development Program – Handling, Footwork & Diving
Core Skills-Part 2 – 25 minutes	Group Game – 15 minutes
 Setup: Either place or create a goal 8 yards apart, and set up cones ½ yard apart as shown. Place two balls 5 yards apart to the side of the goal, also shown. Diving: • This practice aims to help the GK lift the own body weight over and over again, whilst demonstrating the technique of diving. • Facing forwards, the GK must side step over the cones with two feet in each space and then the coach makes a short pass for the GK to make dive. • The GK must then get up as quickly as possible and make two more quick diving saves on the balls, keeping them where they are. • Once the GK has finished the side steps and dive, the next person can start their turn. The GK's return to the line by going around the back of the goal. The practice keeps flowing. • Flip the setup to the other side so GK's get a chance to practice diving both ways. • Advance – use two of the GK's to serve the additional two dives, rather than diving on the balls on the floor. The coach keeps their serve on the floor, which then means the GK has to get up to make the last two higher diving saves.	 Game: • The game is set up with two goals (or two cones 8 yards apart) which are set 10 yards apart. The coach is situated between the two goals with all of the balls. • The group is split into teams; one half located at cone 1 and the other half at cone 2. • The players at cone 1 are the GK's and the players at cone 2 are the shooters. • One the coach's command, the goal keeper leaves his cone and side steps into the first goal. At the same time, the player on cone 2 leaves their cone, and runs around cone 3 to take a short shot from the coach's pass. • Once the player either scores, misses, or the shot is saved, the GK must recover and side step into the second goal, while the shooter will run around cone 4, to take a long shot. • Once both shots have been made, the player's recover any balls that missed and switch lines. • Points can be scored by either making a save, or scoring a goal. An individual running score is kept to see who scored the most points at the end. • This is a game to help footwork, handling and diving.

Week 2**Goalkeeper Development Program – Diving At Feet****Breakdown of Skills****DIVING AT FEET**

Diving at an attackers feet is a different skill and technique to a regular dive. The goalkeeper will be coming in a forward movement onto the ball, and will need to approach with a more attacking and aggressive mentality.

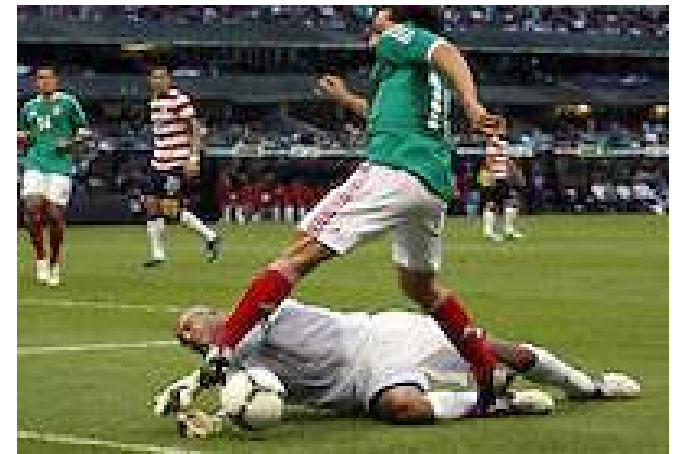
Head – Eyes must be on the ball at all times. The goalkeeper must make sure they are not focused on the attacker's feet. The head must be protected by the hands getting to the ball first.

Body – This must be behind the line of the ball as quickly as possible. This might be difficult when coming from an angle, but in order to make the save successful, the body will play a big part in stopping and securing the ball

Hands/Arms – The hands as the most important part of this save. They must be the first thing that gets to the ball, whether the goalkeeper keeps hold of the ball or not. The hands and arms lead the dive, and although the goalkeeper still lands on the side of their upper arm, and the side of their thigh, the hands must get down to the ball first. The danger is that because the goalkeeper leads with their hands and arms that their head will also be nearby. It is paramount they keep their eye on the ball and make sure their hands are in their line of vision to make sure that they don't miss and end up with their head near the attackers feet unprotected!

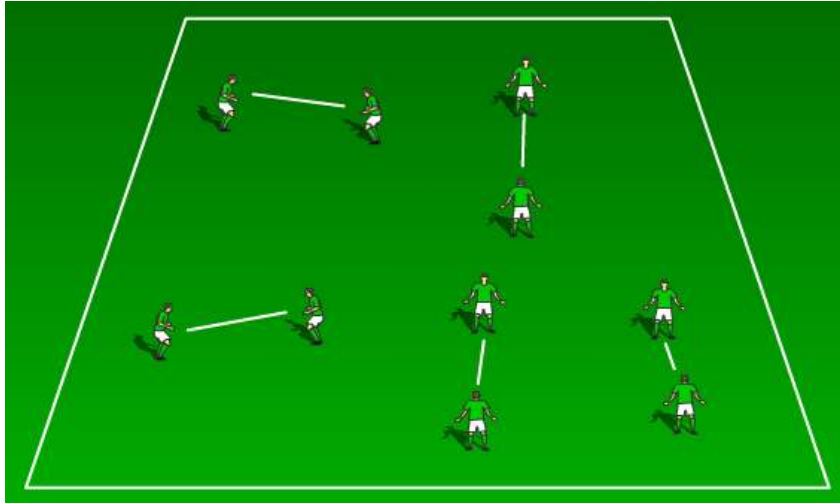
Legs – For less experienced goalkeepers, it is natural for them to lead with their legs as they may be used to tackling this way, or just not have the confidence and bravery to lead with their hands and arms just yet. This technique and mentality must be stopped and changed quickly, as leading with the legs means conceding goals or giving away penalty kicks. The legs should follow the hands, arms, head, and body down, and once the ball had been saved by the goalkeeper, the legs follow around to protect the ball.

This whole movement will happen very quickly, although the breakdown seems to portray the goalkeeper going down in stages. The goalkeeper needs to mentally be prepared to dive with their hands and head/body first, rather than using their legs to slide and gather the ball. If they go with their legs, it means the hands are further away from the ball, which gives the attacker more time and distance to get to the ball first.



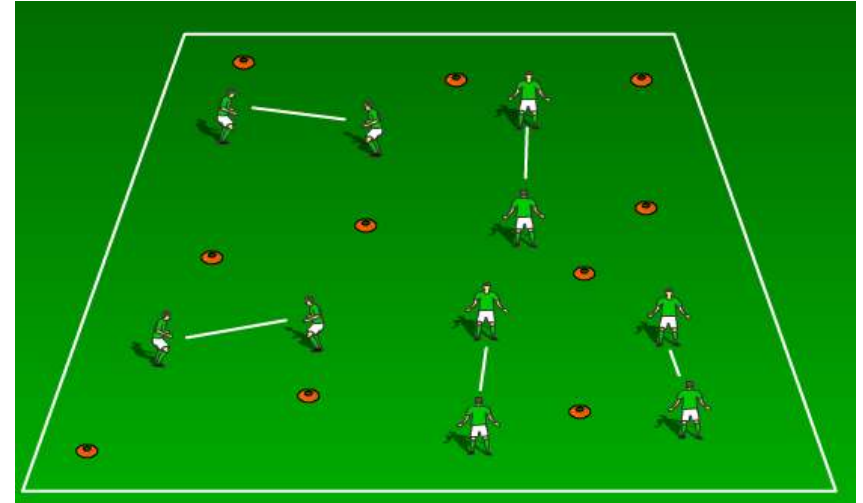
Week 2 **Goalkeeper Development Program – Diving At Feet**

Warm-up – 10 minutes



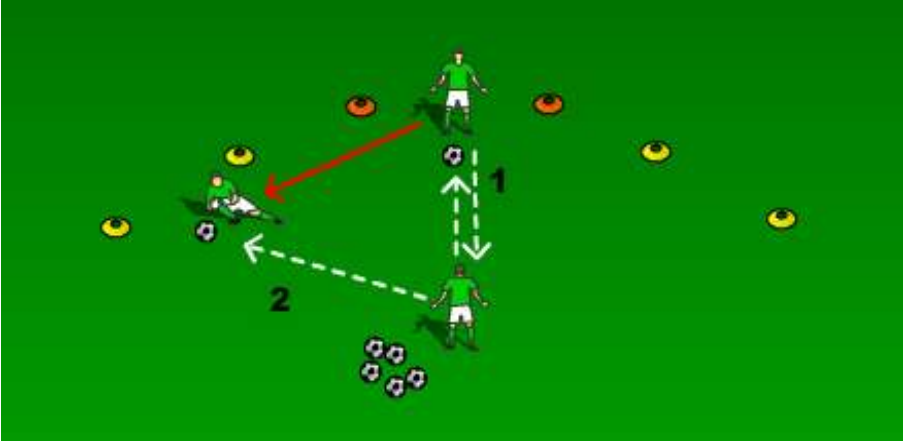
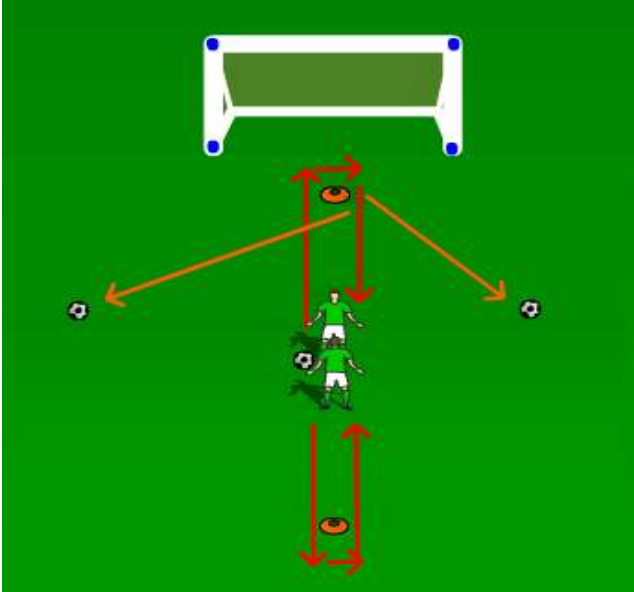
Setup:
20x20 grid, each GK starts with a ball in their hands.

- In pairs, the GK's move around the grid by side stepping, covering the most amount of space, with the aim of keeping as much distance between the partners as possible.
- On the coaches command of 'GO!', the GK's must place the ball down on the floor with two hands, and as quickly as possible go and dive onto their partner's ball with the correct diving at feet technique.
- GK's must finish in the end position.
- The key is to keep their eye on their partner so they know where they are at all times, and also to keep aware of their surroundings when they are going to the ball.
- Introduce a competition to see which partner can get to their partner's ball quickest each time.
- Advance – once the GK has got to their partner's ball, have them hold in the end position until the second command of 'GO!', at which point they must leave the ball and go back to their own and dive on the other side of the body to the first dive. This can be repeated more times over.



Setup:
Same setup, but also scatter cones an equal distance apart across the grid.

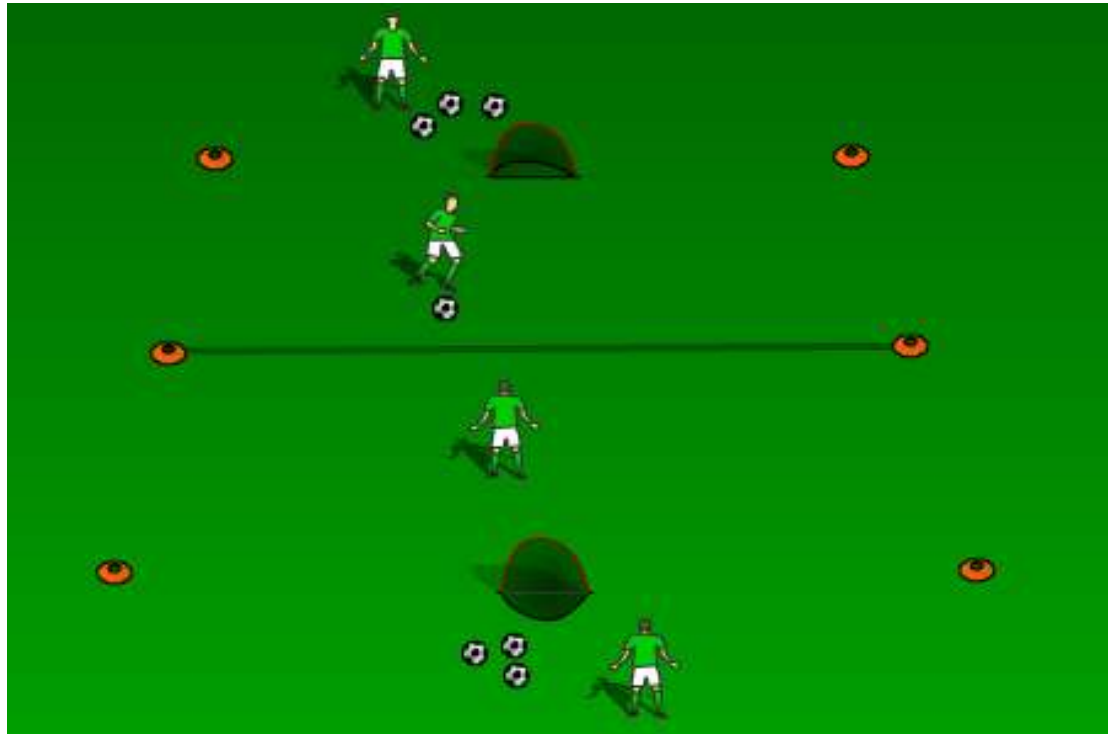
- The same principal applies as the initial practice, except this time the GK must now place the ball down with two hand, touch a cone and then go and dive on their partner's ball.
- This can be progressed to touching two or three cones.
- The GK must then do a complete rotation around a cone in the side stepping position, before they go and dive on their partners balls.
- This can be progressed to two or three cones.
- Advance - once the GK has got to their partner's ball, have them hold in the end position until the second command of 'GO!', at which point they must leave the ball and go back to their own and dive on the other side of the body to the first dive. A second rotation around a cone can also be added on the before the second dive.

Week 2	Goalkeeper Development Program – Diving At Feet
Core Skills – 35 minutes	
15 minutes	20 minutes
 Setup: One goal 6 yards apart and then two additional goals on an angle 4 yards apart, as shown. GK's in pairs or three's one is working GK, one is serving (a third can rest and collect balls)	 Setup: One cone in the middle of the goal, one yard off the line. Another cone is placed 20 yards out. A ball is placed ten yards between the two cones, and then two additional balls 10 yards out at an angle. GK's start at middle ball touching palms.
Diving At Feet: - This practice is all about quick reactions and getting to the ball as fast as possible. 1 - The serving GK standing 6 yards from the working GK who is in the goal, and they will repeatedly pass back and forth with their feet with one ball. 2 - The serving GK will then randomly, whenever they want, pass the ball at one of the other goals. The intention is not to score, but to make the GK get to the ball as quick as possible before it crosses the line. The pass should be of the intention to work the GK. - The GK must be on their toes and balanced, ready to go either way to make the save. - Advance - The serving GK now also has the option to make a side-footed shot at the goal the working GK already in. - Switch every five turns each.	Diving At Feet: - The GK on the side of the goal is the working GK, and the other is the shooter. - On the call of 'GO!' from the coach, the GK's must retreat backwards around the cone behind them. The working GK aims to come and dive on the ball before the shooter gets to the ball to score. - If the GK doesn't get around the cone quick enough to dive on the ball first, the shooter must then try and score a goal. Shooter has to take at least one touch before shooting, or going around the GK. - Start with the shooter just being able to go to the middle ball to get used to the practice, then allow them to choose either of the three. - Switch GK's each time with a new pair.

Week 2

Goalkeeper Development Program – Diving At Feet

Group Game – 15 minutes



Setup:

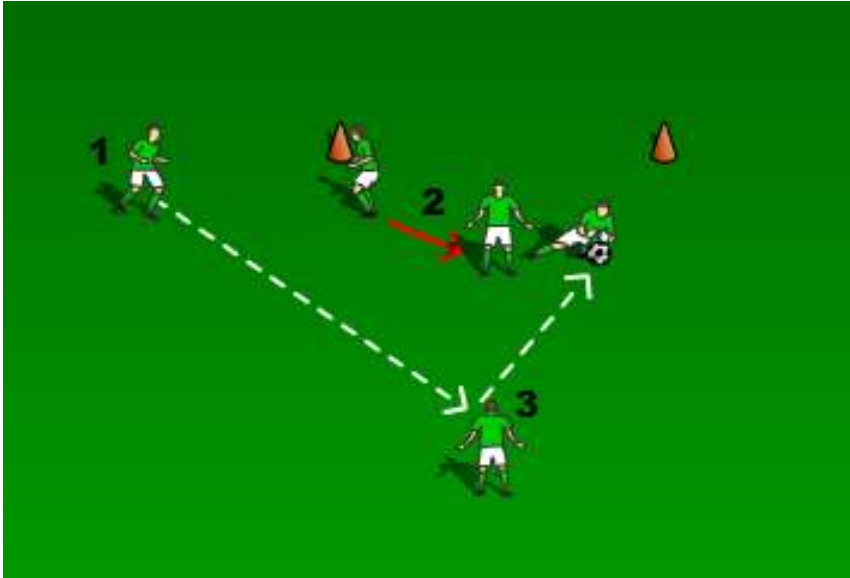
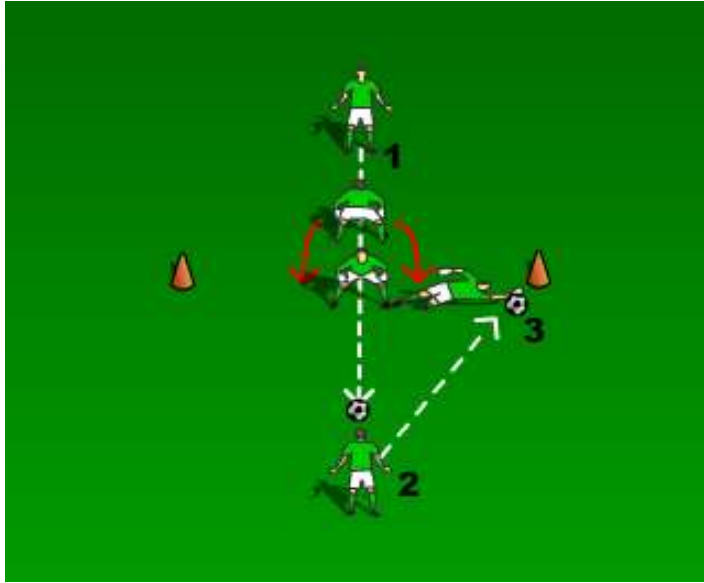
Field 25x20, make the ends with the goals the shorter side. Make a goal at each end 5 yards wide and mark a halfway line. GK's in pairs, one of each pair starts the game, while the other waits behind the goal.

Make enough fields to accommodate number of players. Game can be played in groups of three also.

Game:

- This is a 1v1 game, and the ball starts with one of the GK's.
- The aim is to score past the opposing GK – goals must be scored from within opposition half.
- The opposing GK must attempt win the ball from the shooting GK by diving at their feet or making a close range save.
- Once a goal is scored or a save is made, that GK then becomes the shooter, and will try and score past the GK at the other end who has taken the place of their partner from behind the goal.
- The game keeps rolling in this pattern. Points are scored for goals only.

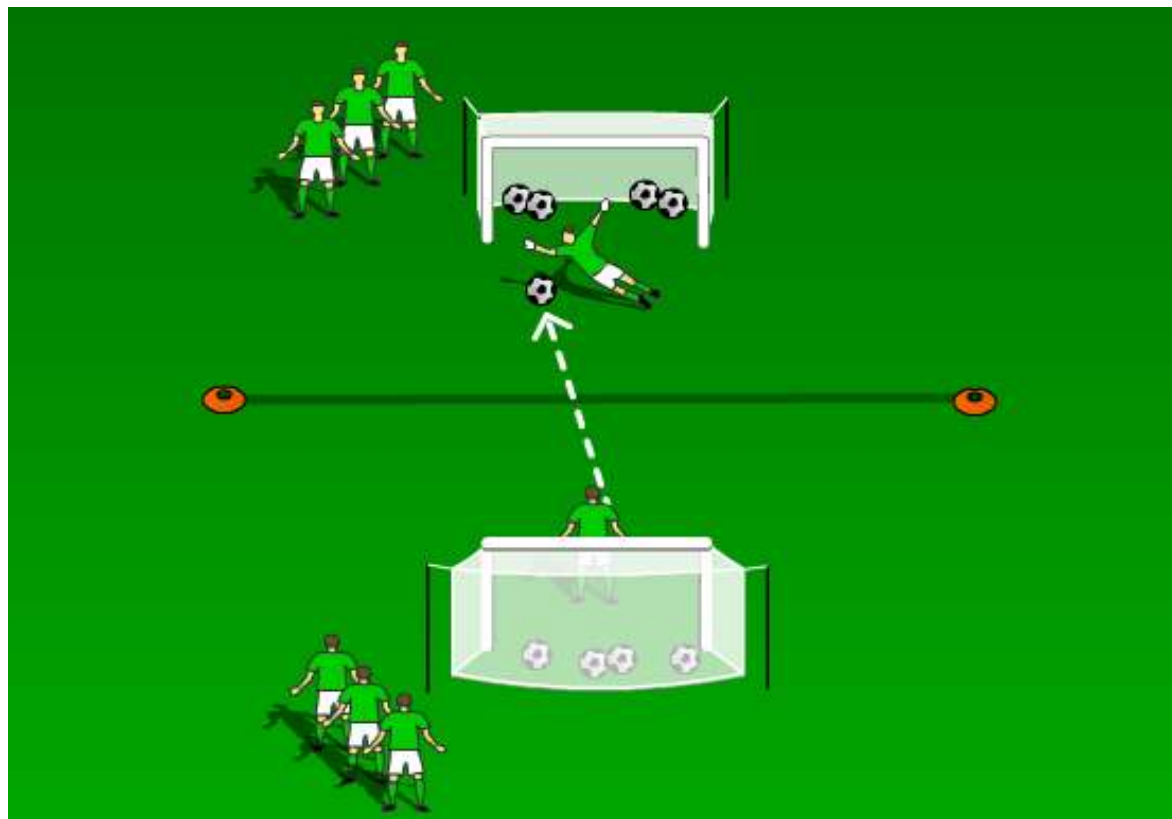
Week 3	Goalkeeper Development Program – Reflexes & Reaction Saves
Warm-up – 10 minutes	Core Skills-Part 1 – 10 minutes
 Setup: Two small goals (5 yard in width) opposite each other 6 yards apart. Split the group into pairs, one ball between two. Each GK starts on their knees on their goal line, opposite their partner.	 Setup: One goal 6 yards apart, GK's in pairs with a ball each.
Diving save warm-up • Aim of the warm-up is to reinforce the diving and handling techniques. • GK's must take it in turn to roll the ball in view of making their partner make a diving save. • GK must be balanced before diving to make a save, as the serving GK can send the ball either way. • After a timed period, switch partners to mix up the group. • Advance– Now have the GK's throw a ball in the air so the GK can make a save off the floor. • Advance – Now the serving GK must bounce the ball into their partner to so that the working GK must watch the ball closely and time their save.	Reflexes • This drill aims to keep the GK switched on at all times, and help improve their reflexes when making a save. • 1 - Working GK starts in the goal, and the serving GK is 2 yards away. • They must coordinate throwing the ball under arm with two hands to each other repeatedly at waist height, as quick as they can. • 2 - The serving GK chooses when they will serve the ball towards one of the cones for the working GK to make a reflex save. • The save doesn't have to be a catch and can be a palmed save wide of the cone. • The idea is for the serving GK to make the working GK stay balanced so they can make the save going wither way. • Switch working and serving GK every three turns.

Week 3	Goalkeeper Development Program – Reflexes & Reaction Saves
Skills-Part 2 – 10 minutes	Core Skills-Part 3 – 15 minutes
 Setup: Place a goal 5 yards apart in width. GK's need to be in groups of three, three balls per group.	 Setup: Place a goal 5 yards in width. GK's need to be in groups of three, with three balls per group.
Reflexes • One GK starts in the goal and is the working GK. The second GK is the server and the third GK in the shooter. • 1 – The serving GK makes a pass out to the shooting GK. The serving GK is three yards from the post. • 2 – The working GK then turns from the post where they are facing the serving GK, and sidesteps to take a shot from the shooting GK. • 3 – The shooting GK makes a side-footed shot towards either bottom corner from six yards out, for the working GK to make a reaction save. • Each three turns, the GK's switch. The drill keeps rolling. • Advance – have the GK's work from the other post. • Advance – have the shooter hit a lace shot instead of a side footed shot. In this instance, it is better to bring them back a few steps.	Reflexes • 1 - One GK starts in the goal and is the working GK. The second GK faces the working GK and is one yard away, and will make a pass through the working GK's legs. • 2 - The third GK will be the shooter, that is four yards away the other side. When the pass is played between the working GK's legs, the shooting GK must take a one time shot with the inside of the foot. • As soon as the ball has been played between the working GK's legs, they must turn to face the shot from the shooting GK. • 3 - This will require a reaction save as there will be a very short window between turning and seeing the ball to make the save. • Each three turns, the GK's switch. The drill keeps rolling. • Note: make sure the shooting GK's are working the working GK, and not just trying to score past them each time.

Week 3

Goalkeeper Development Program – Reflexes & Reaction Saves

Group Game – 15 minutes



Setup:

Place two goals 20 yards apart, and put in a halfway line in at 10 yards. Split the group into two equal teams, one team at each end. Make sure there are enough balls in each goal at the start to keep the game going.

Game:

- The game is a 1v1 reflex and reaction save game. The game starts with one GK in each goal, and they must take it in turns to shoot from their own half to try and score.
- If a GK scores, they knock out the opposing GK, and the next GK in that team comes in. If a GK misses the goal, then they are also out. If a save is made both GK's stay in and continue playing until a goal is scored or a GK misses the goal.
- Each team gets a point when they score a goal past their opponents.
- Advance – now the GK facing the shot has to start facing their own goal, and on the call of 'GO!' from the coach, the GK must turn to face the shot. This increases the need for a reflex and reaction save.

Week 4 **Goalkeeper Development Program – High Catching**

Breakdown of Skills

Taking a high catch

Arms – Extended as far vertically as possible.

Back – Arched slightly backwards to take the speed off the ball.

Leg – Fully extended and tensed as this is the part of the body that determines strength and control upon landing.



Hands – In W-shape, wrists tensed and fingers relaxed. Ball is caught at the highest possible point above the head.

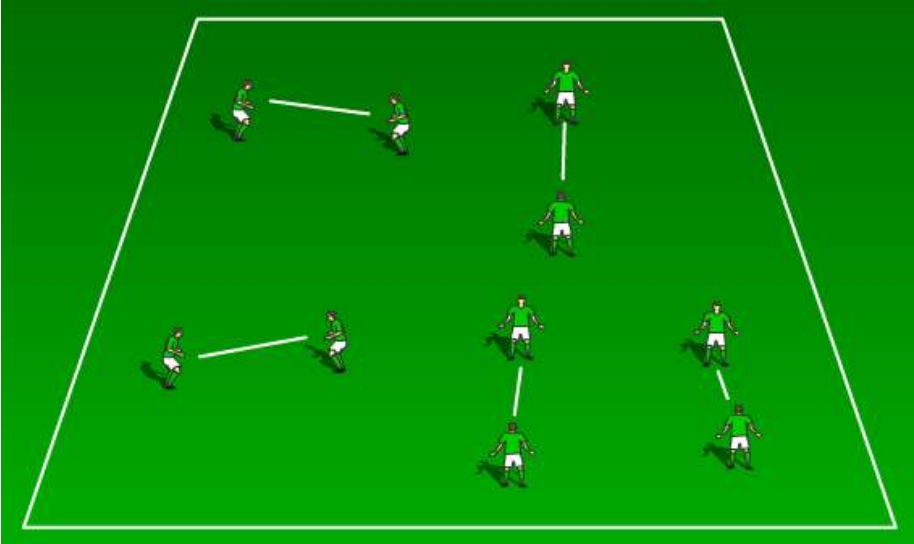
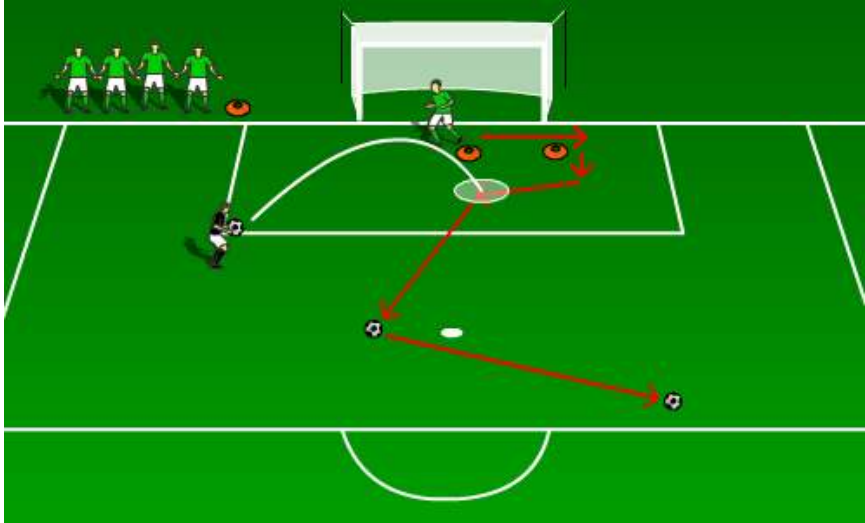
Voice – Loud shout of ‘KEEPERS’ prior to catching the ball to let players know of presence. Call made before the catch, not as the ball is caught.

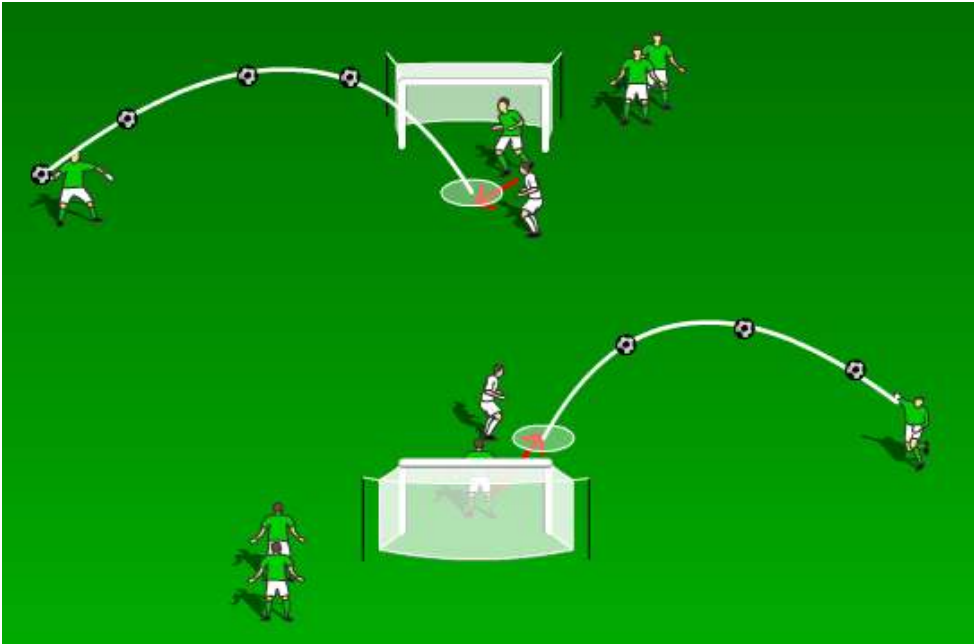
Knee – One knee is brought up to an almost 90° angle to drive the body as high as possible and protect the GK.

Foot – Foot must be fully extended during take-off and flight, and then land on the ball of the foot.

Positioning In The Goal When Catching A High Cross

- Before the cross is made, the GK must be around the middle of the goal, slightly closer to the near post than the back post. This is so they are in a position to make a save should the cross actually become a shot.
- As the player shapes to cross, the GK starts to back pedal further back across the goal so that they can come forward onto the ball to catch. At all times, the GK’s body shape must allow them to see the ball and the 18 yard box at the same time – this means they are side turned with their body facing the majority of the field, and their head turns to see the ball.
- As the ball is crossed, the GK should now be coming forward onto the ball and perform the catch as detailed above.

Week 4 Goalkeeper Development Program – High Catching	
Warm-up – 10 minutes	Core Skills-Part 1 – 15 minutes
 Setup: 20x20 grid, half of the GK's start with a ball in their hands.	 Setup: Place a cone just to the side of the middle of the goal in front of the line, and another at the back post. Then place a ball somewhere out in the 18 yard box, and another outside the 18 yard box.
High Catching • In pairs, the GK's move around the grid by side stepping, covering the most amount of space but keeping approx. 2 yards apart. • On the coaches command of 'GO!', one GK must serve a high ball to their partner for them to catch above their head. • The GK without the ball must then go and find a new partner to receive a high catch from. Additional Ideas: • See which GK can call 'KEEPERS!' the loudest each time. • Add a time period whereby they have to take as many high catches as possible. • Run as a competition. • Add in extra tasks like clapping, sitting down and spinning around.	High Catching • The GK starts at the cone in the middle of the goal, and when the coach tells them to 'GO!', they must retreat around the cone at the back post. • The coach will then serve a high, looped ball for the GK to come onto and catch. • They then make a quick throw back to the coach, and then as quick as possible run out and dive on the ball in the 18 yard box, then onto the second ball. • Once the GK has made the catch, the next GK starts their turn to move around the cone, out and catch, and make the dive. • The drill keeps rolling so all GK's get plenty of turns. • Switch sides halfway through to practice taking off of both feet. • Have GK's shouts 'KEEPERS!' at all times when claiming the ball high. • For most advanced GK's, focus on their body position and movement as much as their hand and foot technique.

Week 4 Goalkeeper Development Program – High Catching	
Core Skills-Part 2 – 20 minutes	Group Game – 20 minutes
 Setup: Split the group in two, with one goal per group and several balls. One GK is the working one, one is the serving GK, one is the pressure GK.	 Setup: 30x40 grid with a 5 yard end zone at each end. One GK stays in the end zone while the other GK's are in the game area.
Catching Crosses • The serving GK will make an overarm thrown cross from wide (depending on ability to throw, move them out further or closer – aim for edge of 18 yard line). • The working GK must use the position learned previously, and come out and make a high catch from the cross. • The pressure GK is passive to start and must jump with the working GK, but not try and win the ball. • Switch after three turns each • Advance – have the pressure GK actually try and win the ball. • Advance – depending on ability, have the serving GK cross the ball with their feet. Coach can also assist with crossing the ball.	Game: • Aim of the game is to get the ball to the respective teams GK in the end zone. • When a GK receives the ball, they can only pivot on one foot and cannot take steps. Game starts by a high ball thrown up by the coach. • Each pass must be received with a high catch above the head by each GK and GK in the end zone. Passes can be intercepted. • When the GK in the end zone successfully gets the ball, a point is scored for the team. The opposing team restarts from the opposing end zone line. Additional ideas: • Reduce the end zone to a small box to make point scoring more difficult.

Week 5**Goalkeeper Development Program – Diving Saves****Breakdown of Skills****One-Handed Extension Dive**

A one-handed extension dive should be made when a goalkeeper knows they cannot catch the ball and the ball is at a goalkeeper's furthest reach. They must save and push the ball away.

Head and Eyes – on the ball at all times, until hand makes contact.

Body – fully extended and back arches so that goalkeeper can make sure they get a full hand behind the ball.

Arm – extended fully and elbow locked.

Saving Hand – extended fully, with wrist tensed to prevent bending backwards. Finger loose so that they can adjust their position to push ball in required direction.

Legs – Take off of the leg on the side of the diving hand. Legs and feet fully extended.

Aim Of Save – push the ball over or wide of the goal, or as far away from the goal as possible.

**Two-Handed Extension Dive**

A two-handed extension dive should be made if the ball is nearer in the goalkeeper's reach. It is safer to use two hands, and means the ball can be caught.

Head and Eyes – on the ball at all times, until the hands make contact.

Body – fully extended – the back won't arch so much as the goalkeeper need to make sure their hands coming towards to ball if they intend to catch.

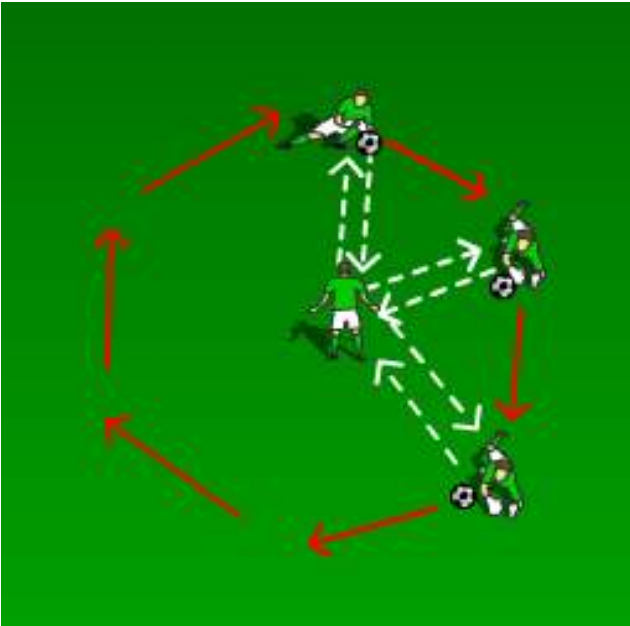
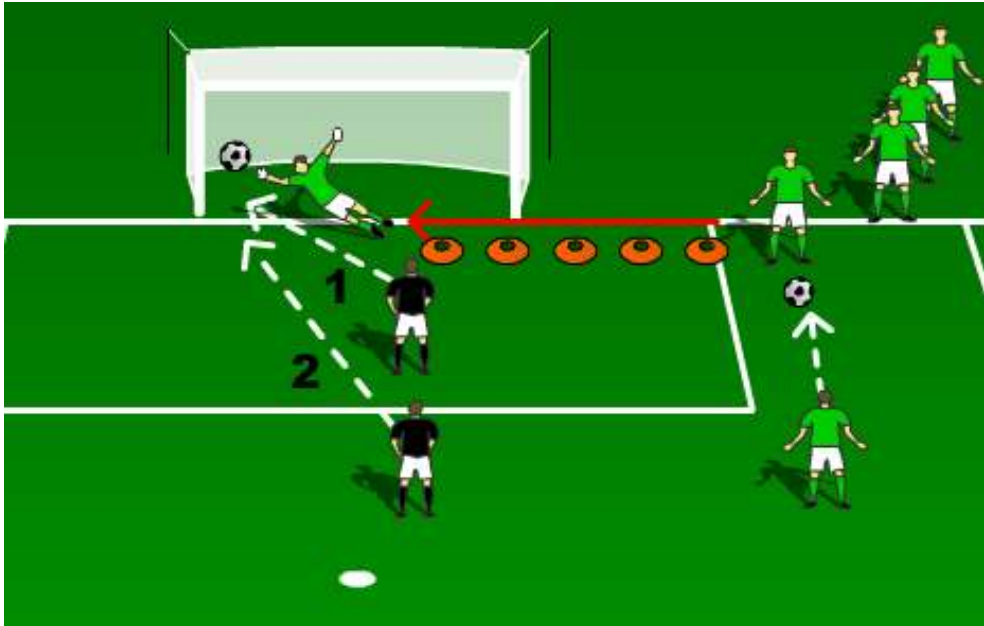
Arms – extended fully and elbow locked.

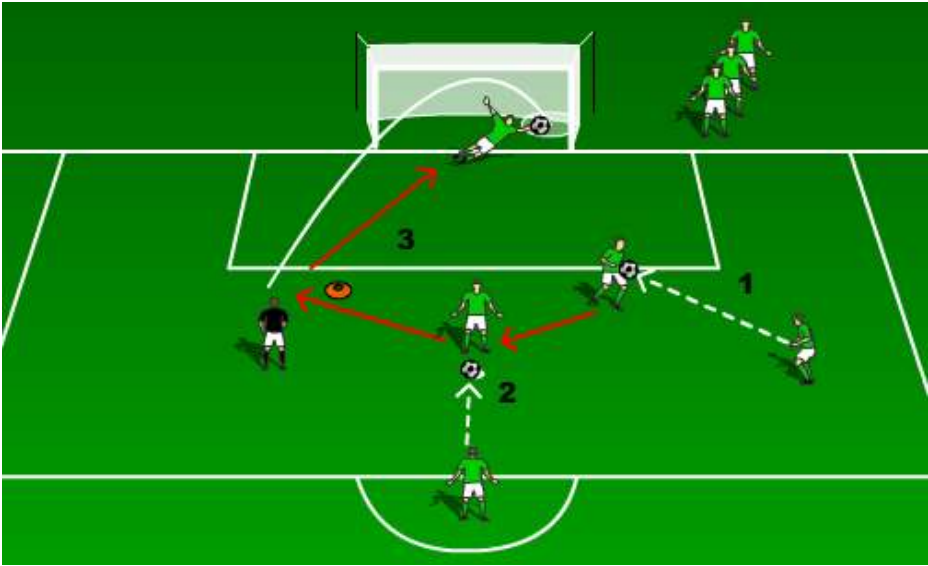
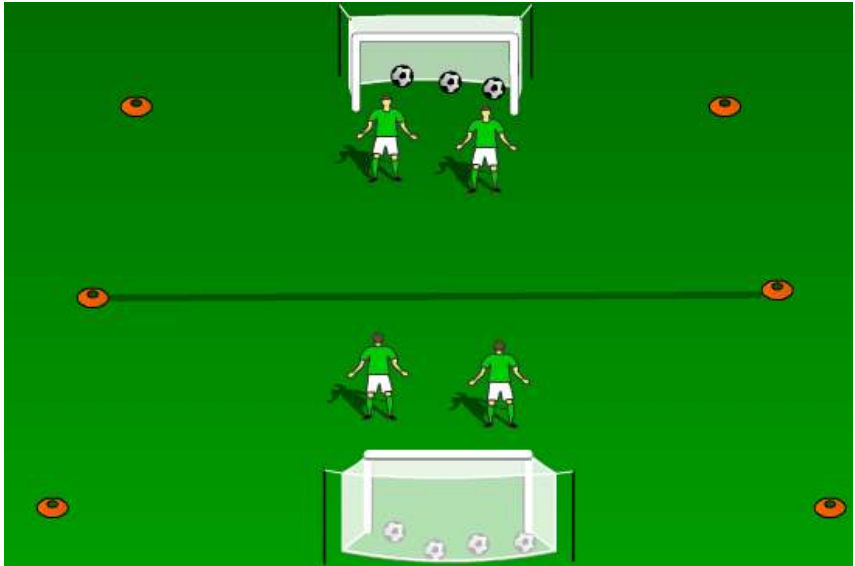
Hand – extended fully, with wrist tensed to prevent bending backwards. Fingers loose and in W-Shape to take the speed off the ball. If the goalkeeper doesn't intend to catch, fingers extended to maximize body length.

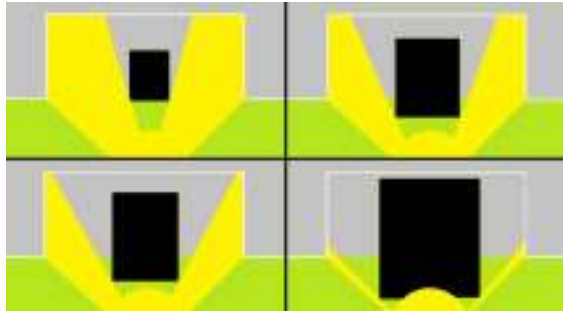
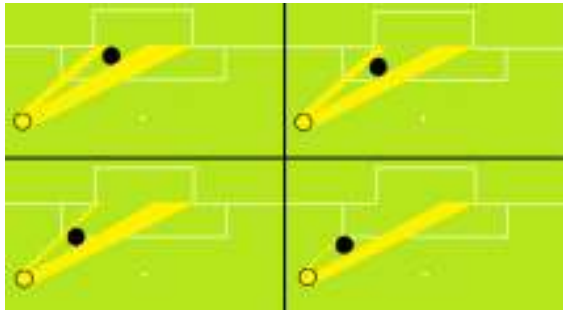
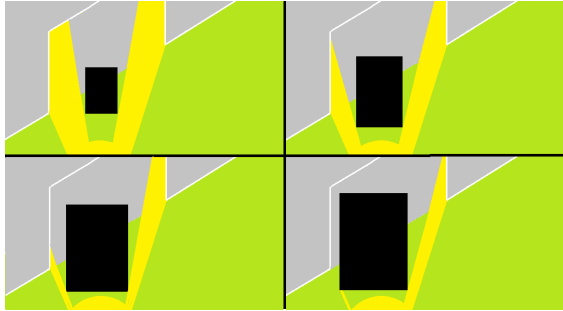
Legs – Take off of the leg on the side of the diving hand. Legs and feet fully extended.

Aim Of Save – push the ball over or wide of the goal, or as far away from the goal as possible, or ideally make a catch mid-air and land without the ball spilling.



Week 5	Goalkeeper Development Program – Diving Saves
Warm-up – 10 minutes	Core Skills-Part 1 – 15 minutes
 Setup: GK's in pairs, one ball between them. They need to give themselves enough room for a circle with a 10 yard radius.	 Setup: One GK working at a time. Place 5 cones as shown, and then have one serving GK, with the coach serving the second ball.
- One GK will start with the ball and is serving for the working GK who works in a circle shape with a five yard radius. - The serving GK will stay in the same position, and just turn their body in a circle. - The working GK will make 6-7 dives in a circle, and once they complete their turn is over and GK's switch. - The serving GK will roll the ball on the floor so the working GK can do a ground dive. The working GK will then return the ball from the floor with a two-handed throw. - Advance – one both GK's have had three goes, the serving GK will then throw for an mid-level air dive for the working GK to make and return. - Advance – the serving GK can now serve for a higher air-dive.	Diving Saves - The working GK will start by taking a volley from the serving GK into the hands. They will throw back and then sidestep over the cones, facing forward and balanced. 1 - When they get to the end cone, the coach will serve a ball into the top corner with a two handed, underarm throw, which the working GK must dive and save. - GK's encouraged to make a catching save if they can, but if not push it around the post or wide. - If the ball stays in play, they must get up and go and dive on top on the ball. - When the working GK makes their save, the next GK can go. - Once each GK has had one turn, switch the serving GK and keep the drill going until all GK's have served. - Switch sides so that they are diving both ways. 2 – The coach retreats back and makes an overarm serve or a volley depending on ability.

Week 5 Goalkeeper Development Program – Diving Saves	
Core Skills-Part 2 – 15 minutes	Group Game – 15 minutes
 Setup: One GK working at a time. Two serving GK's placed as shown, and then the coach is the third server.	 Setup: Mark a field up 30x30 with a goal at each end (preferably a full size goal, but cones work if not available). Mark a halfway line and put balls in the goals.
Diving Saves: 1 – The working GK starts by taking a volley or half-volley from the first serving GK. 2 – The working GK then sidesteps to the next serving GK for a second volley or half-volley serve. 3 – The working GK then retreats around the cone and must back pedal to make a diving save that the coach serves two handed over their head. - The aim of the dive is to make a catch, but if needed the GK must make a one of two hand diving save and push the ball away. - If the ball stays in play, they must get up and go and dive on top of the ball. - Once the coach makes their serve, the next GK in line can take their turn. - After each GK has had a turn, switch the servers and carry on the drill. - Advance – The coach can take a lofted shot, depending on ability level.	Game: - Group split into two teams, and within the teams, the GK's select a partner to work with. - The game starts with one pair from each team starting together in the goals. They are both the GK's and can save the ball. Both teams take it in turns to shoot against the opposing GK's from their own half, switching which GK takes the shot each time. - Once a team scores two goals against their opposing GK's, they knock that team out, and they are replaced by a new pair that are waiting behind the goal. - Each time a GK misses the goal on a shot, they have to run to get the ball as quick as they can, and giving the opposing team an advantage momentarily. The game continues even if both GK's have missed and are retrieving their balls. - Once a team wins two games in a row, they come out and a new pair comes in.

Week 6	Goalkeeper Development Program – Positioning
Breakdown of Skills	
Cutting Off The Angle - The Torch Effect (Middle of the goal)	Cutting Off The Angle - The Torch Effect (On an angle)
Goalkeepers and goalkeeper coaches will often talk about ‘narrowing the angle’, but what does this actually mean or achieve? The answer can be demonstrated using the diagrams below: Imagine the yellow circle is a torch, and the black circle is a solid post, on a soccer field in front of a goal. The torch represents a player shooting at goal with a ball, and the post represents the goalkeeper. The yellow blocks are the paths of light that the torch can shine on the goal, which represents the parts of the goal the players can shoot the ball into. The further the post is away from the goal i.e. the further the goalkeeper ‘narrows the angle’, the space in the goal the ball can go into is decreased. Birds-Eye View  Shooter’s View 	AM I COVERING MY NEAR POST? The most important aspect of a goalkeepers positioning when taking a shot from a wide angle is not to concede at their near-post. This is how the angle a goalkeeper approaches the player is determined, and the distance from the goal they should start descending out to make a save. The key here is the judgment between covering the near post, and allowing themselves enough diving space to cover the far post at the same time. Relating this to the diagrams below, the further a goalkeeper comes off their goal line towards to shooting player, reduces both the available space to score at both near and far post. As a goalkeeper approaches the player, they must expand their body to the largest area, in order to further reduce the shoring chances. Birds-Eye View  Shooter’s View 

Week 6 Goalkeeper Development Program – Positioning

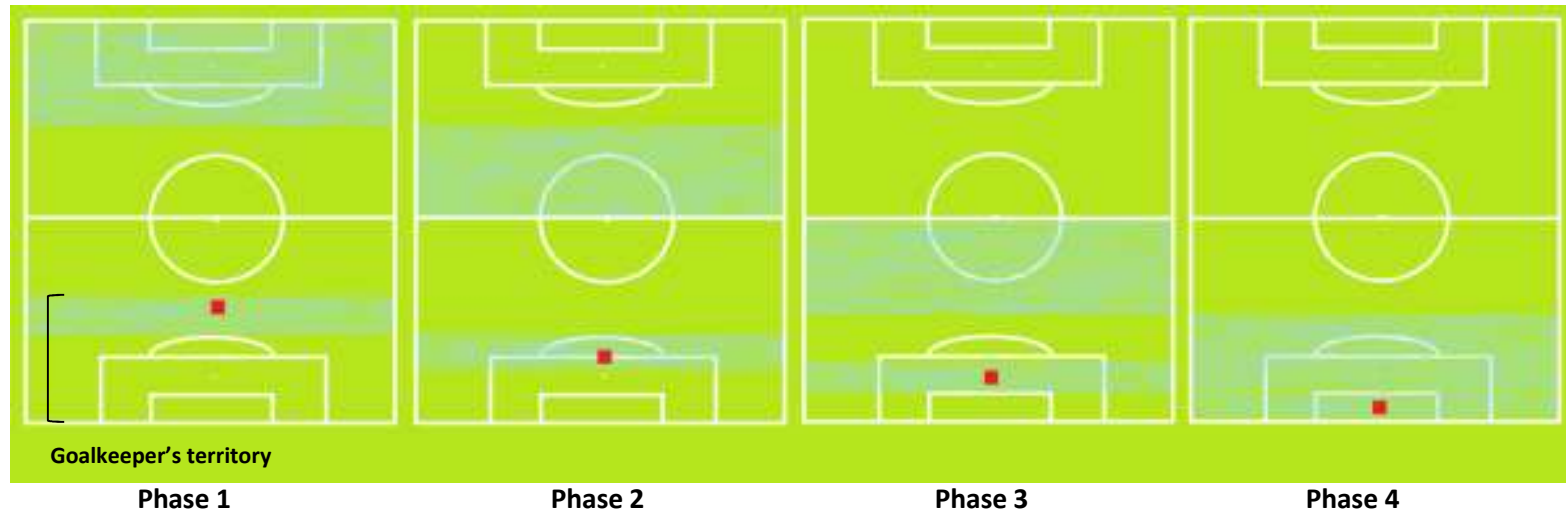
Breakdown of Skills

Positioning On The Field

Field Positioning and Presence

A goalkeeper's starting position determines how much of the game they can be involved in and the presence they can create for themselves with both their team and the opposing team. Having a goalkeeping presence is everything to becoming a successful goalkeeper – if this is something a goalkeeper can create both on and off the field, and they install confidence in their team before they even step on the field. Players need to know that a goalkeeper is engaged in the game, and they can do this through their position on the field, whether the ball is in their territory or not.

The way a goalkeeper can determine their position on the field can be demonstrated below. The field can be split into quarters as shown across the four situations, and then the bottom third of the field split again into quarters which can be called the 'goalkeepers territory'.

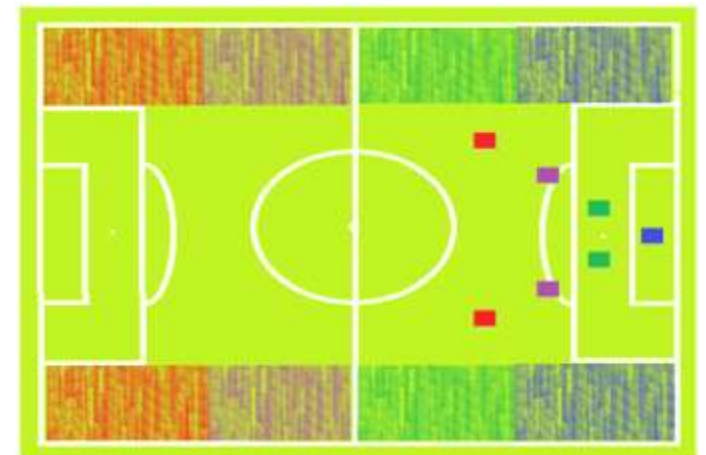


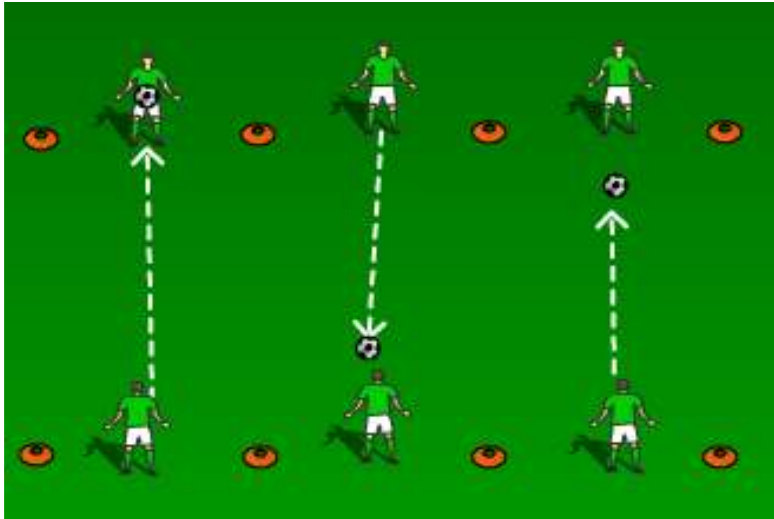
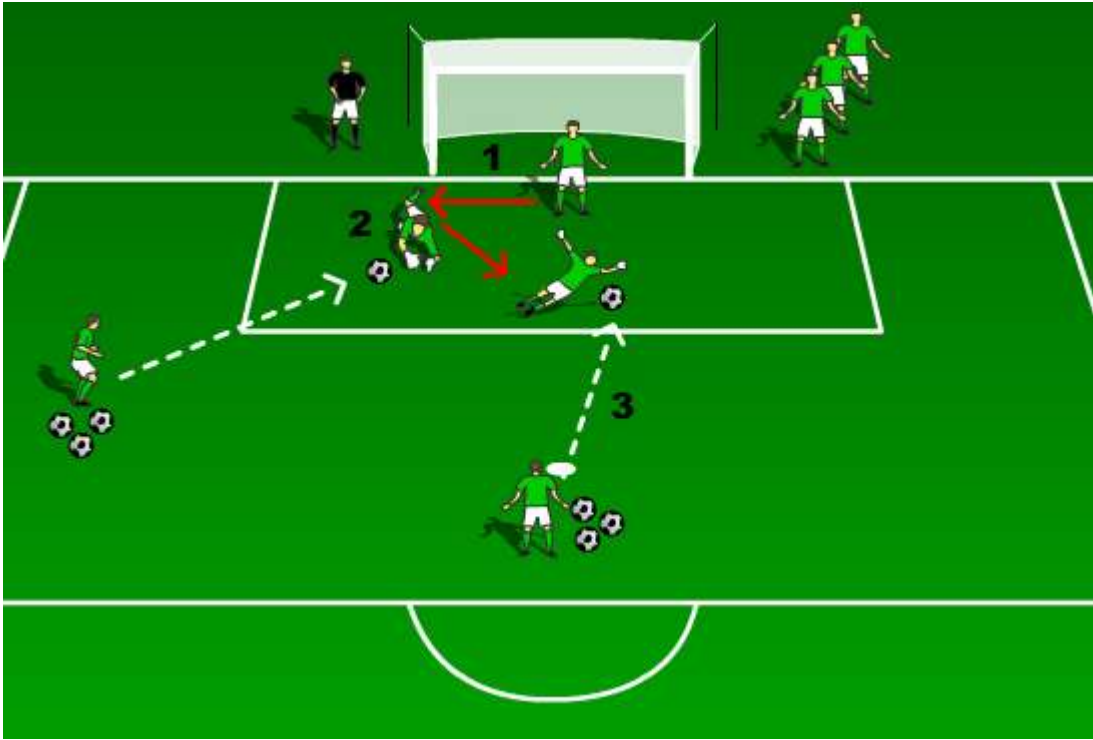
The same applies when the ball is out wide in relation to a goalkeeper's position and starting point on the field. The diagram to the right demonstrates this -

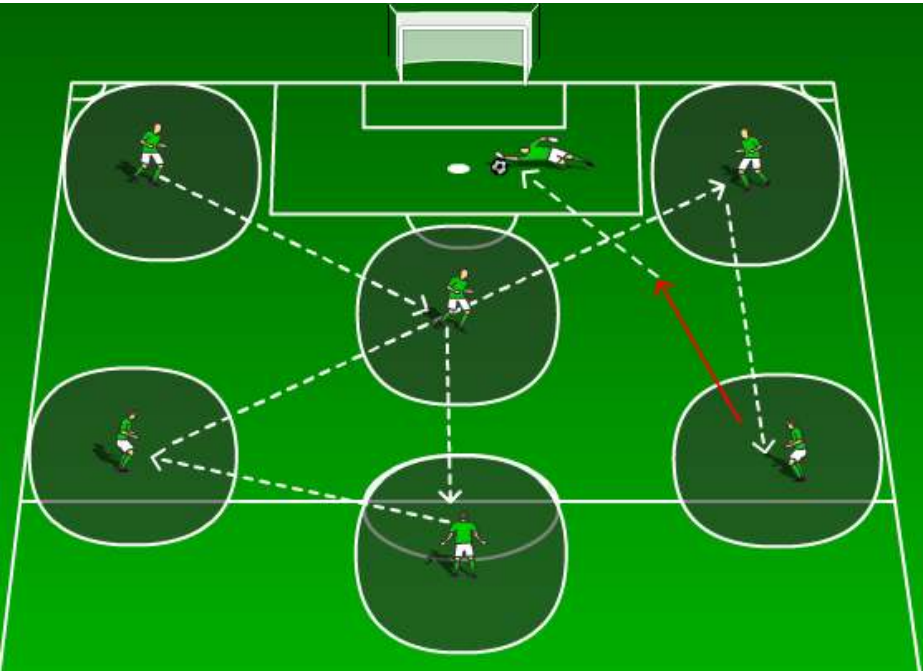
The colors of the phases of play relate to the position the goalkeeper should take up on the field.

What is paramount is taking up a position that doesn't leave the goalkeeper and ultimately the goal exposed on an opposition breakaway, but allows a goalkeeper to act as the sweeper-keeper and come and clear any danger in front of them.

In this sweeper-keeper position, the goalkeeper can also become a pivotal player in switching the play between the central and wide defenders, pulling the opposition from one side to the other. This is what a coach would expect from a sweeper, so the same would apply to the goalkeeper also.



Week 6	Goalkeeper Development – Positioning
Warm-up – 10 minutes	Core Skills-Part 1 – 15 minutes
 Setup: In pairs, GK's 8 yards apart with a ball per pair.	 Setup: One GK working in the goal. Second GK is on an angle 10 yards out and the third in at the penalty spot.
• A simple war up, GK's just start by one-handed underarm throw back and forth, practicing the W-Shape and Bucket catches. • This can then be progressed to vollying the ball back and forth. • Further progression on half-volleys back and forth. • Advance – Now the pairs aim to make each other dive with a laced shot off the floor into the GK's chest, or just to the side of the to force a diving save. • Focus on technique and catching the ball consistently.	Narrowing The Angle • 1 - The working GK starts in the middle on the goal. On the coaches command, they must sidestep out to the post and come out and take a save at an angle from the first shooting GK. • 2 – The first shooting GK must take a laced shot at goal – this can vary from near post to far post. The GK must be balanced to make a save in either direction. • 3 – The working GK must then lift their body, and sidestep across to the second shooting GK, and make a save from a front on position. Aim is to have the working GK keeping a narrowed angle at all times. • Switch the working GK after three turns, and then also the shooting GK's so each GK gets equal turns working. Also, switch sides of the goal so they work from both posts.

Week 6	Goalkeeper Development Program – Positioning
Core Skills-Part 2 – 20 minutes	Group Game – 15 minutes
 Setup: One GK working in the goal (facing the goal), while the other GK's take their place at the cones marked. Two balls per GK's at the cones.	 Setup: One GK in the goal working. The other GK's must space themselves around the field in selective areas, up to and just over the halfway line.
Narrowing The Angle: • Each GK at the cones gets a number (doesn't have to be in order) • The working GK faces the goal, and the coach will hold up his hand showing a number from 1-5. The coach will then call 'GO!' and the working GK will turn and see the GK at the cone take a first touch and strike the ball for goal. • The working GK must get in a position to make a save. • The shooting GK cannot shoot until they the GK has turned, and they have taken a touch to allow the working GK to move and set himself. • Each GK get ten shots (two per shooting GK), and will then switch.	Game: • This game focuses on the continued movement of the working GK during field movement and transition. • The GK's in the field must either pass the ball to another GK or dribble to their area, and follow the pass or dribble. The working GK must take up a position to follow the movement. • Once each GK has touched the ball, the coach at any time can shout 'GO!', and the GK with the ball must attack the goal and either shoot to score or try and take it past the working GK. • The shooting GK will then take up the place as the working GK, and the previous working GK will fill the gap on the field. • GK's are encouraged to play lofted passes in the field.