



EVOLUTION FUTBOL CLUB PLAYER DEVELOPMENT - CURRICULUM



Goal Keeping

PHILOSOPHY – General

The purpose of the club offering this specialized training is to allow the player to increase the amount of time learning and perfecting specialized individual techniques of the GK position. The sessions provided will be aligned with the club curriculum for the appropriate ages. Sessions will be provided for all ages and genders. This training is meant to supplement the player's development and not replace team training.

It is the club goal to maintain less than a 6:1 player/coach ratio at these sessions. It is also the goal of the club to provide 2 separate sessions for 8-10 weeks in both spring & fall.

PHILOSOPHY – Youngers

Our focus will be on the technical aspects of goalkeeping, primarily footwork. We will teach proper footwork, proper angles/positioning, catching, diving, collapsing and timing. We will expect the team to work on playing with their feet, although we will address punting, throwing and bowling distributions. All EFC GK's will be taught our standard communication methods and vocabulary.

Our secondary considerations will be the psychological aspects of being a goalkeeper. Tactical aspects will be addressed appropriately, based on the age level of the keeper. Fitness and conditioning are a natural result of our demanding training sessions, but the keeper will be expected to condition on his own and with his team.

PHILOSOPHY – Olders

In addition to technical training, sessions with the older GK's will emphasize the tactical aspects of the position. Distribution, communication and leadership will be put into context. We will also pay close attention to the psychological reactions of the keeper. We will look at the keeper as a leader of the team.

The physical aspect of the position will be stressed. At the older ages the physical demand of the position are much greater. Strength and agility training are very important. Finally, emphasis must be placed upon proper nutrition and care/prevention of injuries.

Older GK training will include game reviews by either the DOC and/or the Goalkeeper trainer.

BIG/LITTLE, BROTHER/SISTER PROGRAM: U9-U13/U14-U19

Each Keeper will be assigned either a big or little bro/sis. It is expected that each big/little bro/sis support each other at least 2 times in the season. Big bro'/Sis's will be used in training sessions for demonstration and as mentors. Big bro's/sis's are to act as positive role models for their little brother. The little bro/sis will be responsible for supporting his big brother and make him/her the teacher.



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GOALKEEPING VOCABULARY

Who

The goalkeeper is responsible for defensive organization.

What

Effective communication!

Where/When

Effective communication is done by the GK because of their position as the last player. Not only do they have a unique view of the entire field, but they also do not have any marking/tracking responsibilities. The GK should organize the defense as early as possible. This is most easily done when his team is in possession of the ball.

Why

Without question this is the most important role a GK has to perform. Effective defensive organization will result in the greatest reduction in goals scored against.

How

The GK must communicate verbally as most players have their back to him. Additionally, GK must communicate clearly with simple predefined terms. The GK's commands should be obeyed as they have the responsibility for defensive organization. GK's should not cheer or over instruct, so when they speak their voice stands out and what they are saying is important. The GK should speak in 3 parts:

Name – Command - Direction

Name – Specifically identify to whom he is speaking.

Command – A predefined term with a specific greater meaning.

Direction – Identifying a direction or an opponent



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GOALKEEPING VOCABULARY

Commands

- Keeper:** This means the GK has committed themselves to win the ball.
- Away:** This means that the GK is specifying a teammate clear the ball immediately as far away as possible.
- Out:** This means that the GK is specifying a teammate(s) to quickly move up the field. Players may leave their marks.
- Mark:** This means that the GK is specifying a teammate to take up a good defensive position and defend a specific opponent.
- Track:** This means that the GK is specifying a teammate to maintain his good defensive position with a specific opponent regardless of that opponent's position or movements.
- Contain:** This means that the GK is specifying a teammate to take up a good defensive position and defend a specific opponent shepherding him to a specified area and not tackling.
- Delay:** This means that the GK is specifying a teammate to take up a good defensive position, standing-up and slowing down the opposition while the defense organizes.
- Tackle:** This means that the GK is specifying a teammate to win the ball.
- Ball:** This means that the GK is specifying a teammate to play him the ball.
- Wall:** This means that the GK wants a wall and will set the inside post player and the number of players required to the center.
- Step:** This means that the GK wants a specific player(s) to move forward. This is sometimes used when trying to trap an offensive player in an offside position. It is also used when moving the defense forward (step-up).
- Walk:** This means the GK wants the defense to continue moving forward but that we need not rush and expend unnecessary energy.



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Goal Keeping - Training Sessions

Positioning (laterally & vertically) & angles

Footwork, footwork, footwork... "Feet get your hands to the ball"

Shuffle step, Crossover step, Power step, Balance, Body positions

Catching Technique

The M/W or Hershey Kiss

Reduce ball momentum with body softness (fingers, wrists, elbows, arms, shoulders, legs/knees)

Don't lock arms

Below waist hands down (cradle), Above waist hands up

Collapsing

Low shots to side near body

Kick-out ball-side leg, drop

Throw Hands/arms

Diving & catching low/ground & mid height shots

Attack ball

"3 Hands", ball hits ground first

Dive off ball-side leg

Throw high leg for momentum

Diving & perry low/mid height shots

Attack ball

Punch with fist or deflect with palm of low hand

Pull high hand back

Dive off ball-side leg

Throw high leg for momentum, banana body shape

Diving & perry high shots

Attack ball

Punch with fist or deflect with palm of high hand

Pull low hand back

Dive off ball-side leg

Throw high leg for momentum, banana body shape

Forward diving

Hands under ball

Ball to chest



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Goal Keeping – Training Sessions (cont.)

Attacking timing (coming off goal line)

- Angles
- Forward shooting position
- Proper footwork

Attacking/collapsing/Diving

- Getting feet under body
- Slight lean forward position
- Lateral balance

Catching/playing crosses

- Starting position
- Jumping technique (take off 1 foot/land 2 feet)
- Throw non jumping leg
- Protecting body
- Catch/hold technique

Boxing & perry lofted/flighted crosses

- 2 fisted/handed box
- 1 handed punch
- Perry cross in direction of motion
- Tip/push over crossbar

Distribution (Last defender, goal kicks, punts, throws & bowling)

Communication

- Common technique & vocabulary
- Who/when to talk to

Psychology of Goalkeeping

- Handling the pressure
- Field leadership
- You are different & special
- Fire & Ice