Program: a planned, coordinated, group of activities with a specific purpose or set of objectives.
Creating a Club Goalkeeping Program
Trends In Goalkeeping

- Manuel Neuer, World Cup Champion 2014, Gold Glove
- Hope Solo, World Cup Champion 2015, Gold Glove
- Tim Howard, US MNT 2002-16, 108 caps, 3 World Cups, 2 X Round of 16
Trends in Goalkeeping

- Neuer: Full-time goalkeeper at 16.
- Solo: 109 goals for Richland HS (WA). Full-time goalkeeper at 17.
- Howard: center midfield for North Brunswick Township (NJ). Full-time goalkeeper at 17.
- Scurry: Full-time goalkeeper at 16.
Trends in Goalkeeper Development

- Dan Gaspar: Portugal 1993  Rise of the goalkeeping specialist
- Youth: early specialization (who? why? effects?)
- By 2000-many clubs have goalkeeping specialists
- Specialist role: hourly pay, separate from team, accountability to club
- Implications for training environment and development
- January 2010: “By and large, American goalkeepers are as good as any in the world in shot-stopping. Where they are significantly deficient is in the other 96% of the game”  -Bruce Arena, speaking to US Soccer GK license course.
Trends in Goalkeeping

- US Soccer designates 1-4-3-3 playing system
- Changing role of the goalkeeper: technical/tactical/physical/psych demands
- Player Development initiatives@ 10U: (build out lines/no punting)
- Player Development initiatives@11U: (no heading-implications)
Long-term objectives & methodology

▪ Goalkeepers who are able to independently solve the problems of the game in all phases:
  ▪ Availability to support (angle/distance/timing) in distribution and possession?
  ▪ Cues to play off line or recover? (footwork-technique)
  ▪ Anticipation of danger moments in game (maintaining tactical awareness/cues?)
  ▪ Organization and communication-coaching the defenders
  ▪ Decisions to handle or deflect-techniques
Implications for training model

- All technical and tactical decisions are effective relative to the goalkeeper’s anticipation level & understanding of game
- What percentage of goalkeeping in match play is shot handling?
- Training of technique and positioning (tactics) must take place in context-it must look like the real game to be effective
- Attacking/defending players
- Transition
- Off-side/realistic distances-spaces (stay-go decisions)
Integration in real life

**Typical:**
- Repetition of technique across the face of the goal.

**Desired:**
- GK controlling low shots into body

**TRAINING CONCEPT:**
- The Coach (C) serves the ball from central position
- GK saves then sprints to defend the serve from #1, then #2
- Variation: Alter the sequence of serves

**ORGANIZATION (Physical Environment / Equipment / Players):**
- 2 GKs, 2 teams of 3+2 balls. Space is 44W X 36 L, with 2 full size goals.
- Arrows are 14 yds from goal. Shots must come from outside the arc.
- Each team has a ball, circulates on 1 or 2 touch, plays ground balls shot type to GK, then goes in other direction after GK distribution.

**COACHING POINTS / KEY CONCEPTS:**
- Ground ball handling:
  - Wrist, pinkies, elbows together, fingertips slightly under base of ball
  - Receive ball with hands/elbows inside knees-forward motion in save
  - Starting position-hands in front of body, head/chest over toes, knees/hips flexed
  - Starting position-timing based on ball proximity to shooter

**II. SMALL-SIDED ACTIVITY**
- Duration: 20 min
- Intensity: HIGH
- Recovery Time: 2 min

**ORGANIZATION (Physical Environment / Equipment / Players):**
- 2v2, 2v2 +2, 3v2, 3v2 +2, 36L X 44W
- Shots must be taken from outside the arc-ball must be on ground to score
- Neutrals (#10, #8) may score in either goal
- 4-6 balls in each goal

**COACHING POINTS / KEY CONCEPTS:**
- GK starting position (hands in front of body, knees bent, head/chest over toes)
- GK starting position (timing, cue)
- Handling ground balls-pinkies/wrists/elbows together
- Handling ground balls-fingertips under base of ball, fwd motion
- Move feet to get behind ball and square to line of ball's approach
- Distance between shoulder and knees should remain small (don't open up) when moving laterally
Integration - target audiences

Layers:

▪ Organizational: budget/schedule/staffing/philosophy
▪ Directors: implementation/support/integration
▪ Team coaching staff (minimum standards/expectations)
▪ Teams/players
▪ Parents
Organizational Considerations:

- Size/level of club
- Number of Goalkeepers in club (guidelines)
- Staffing budget
- Club playing and player development philosophy
- Dedicated field space/training areas (accessibility?)
- Training schedule (frequency/duration/format/accessibility)
- Video: match/training
- Classroom/meeting space
- Equipment
Goalkeeper Trainer:
- Conducts technical training in small groups
- Focus on competitive teams/players
- Conducts some individual or private training
- Primarily interacts with parents
- Infrequently interacts with club staff or Directors
- Independent contractor

Goalkeeper Coach:
- Creates seasonal plan for all age groups with specific objectives for technical, tactical, physical, and psychological development based on club playing system/philosophy
- Develops/communicates guidelines on playing time based on age and level of play
- Communicates plan/objectives with club staff/parents/Directors
- Conducts/directs technical training in various settings
- Observes matches with feedback to players/coaches
- Develops/provides written player evaluation and schedule for delivery
- Develops and implements club-wide pre-game warmup routine
- Provides/demonstrates activities integrating team and goalkeeper for club staff
- Demonstrates ability to effectively coach & train teams at all levels
- Develops identification system for recreational program/provides basic instruction plan
- Routinely participates in professional development activities (ODP, US Training Centers, etc) and provides current information on trends in goalkeeping/goalkeeping development to club staff
- Has or obtains appropriate professional accreditation (US Soccer GK License, NSCAA Level III GK Diploma or higher). Playing experience at collegiate/senior youth level or beyond.
Foundations

4 Age groupings: 10U, 12U, 15U, 19U

10U:
- basic agility/body control
- Starting/set position
- Hand shape (contour/fingertips) in handling
- Handling ground, basket, mid-range
- Hand distribution-bowling
- Communication: “Keeper/Away”
Foundations

12U:

- Starting/set position (timing/quality)
- Footwork/agility (change of direction)
- Jumping-basic technique
- Handling technique (ground/basket/mid-range/high)
- Positioning (angle play/ball line)
- Distribution-bowl/overhand/feet (instep)
15U:

- All previous topics with consistency at match speed
- Physical: beginning of strength training (PHV-body wt+)
- Diving-foundations for extension diving
- Crosses/high balls-starting position/catch, box, deflect
- Breakaways/1v1: cues to anticipate/technique to win ball safely
- Organization-back 4/awareness of weakside defender/restarts (corners)
- Psychological: dealing with adversity. Focus over 70 minutes.
Foundations

19U:
- Physical-power (plyometrics)
- Footwork-range, explosiveness, change of direction
- Diving-extending range for collapse dive, extension diving, deflection
- Crosses/high balls-extended range in penalty area, catch-box-deflect
- Through balls/breakaways: solutions for 3 versions
- Organization of team to prevent through balls. Dealing with restarts.
- Distribution: playing with both feet, choices based on game cues, range of kicking/throwing
- Psychological: Leadership/presence in match play and training. Focus over 90 minutes.
Creating a Club Goalkeeping Program

Further Reading/Resources:

- Richard Chisolm  execdirector@floridahawksfc.com
- US Youth Soccer:  www.usyouthsoccer.org/aboutus/DownloadCenter/
- NSCAA:  www.nscaa.com/web/Education/web/Education/Coaching_Courses.aspx