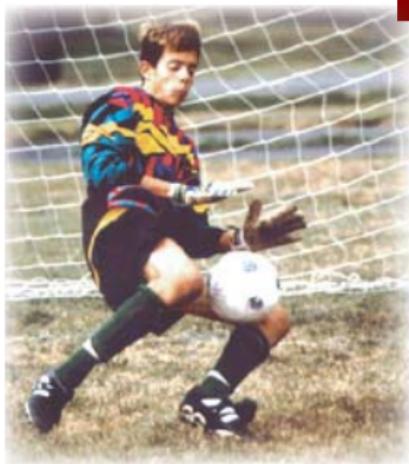




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **Goalkeeper**



### SESSION 2

NASC, Inc.

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# STANDARD STRETCHING INTRODUCTION

## Warm Up



### Purpose

To warm up players' muscles and increase blood flow.

### Organization

Have the players pair up and form 2 lines.

### Game Objective

Players jog around the area following the coach's commands, then stretch.

### Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

### Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



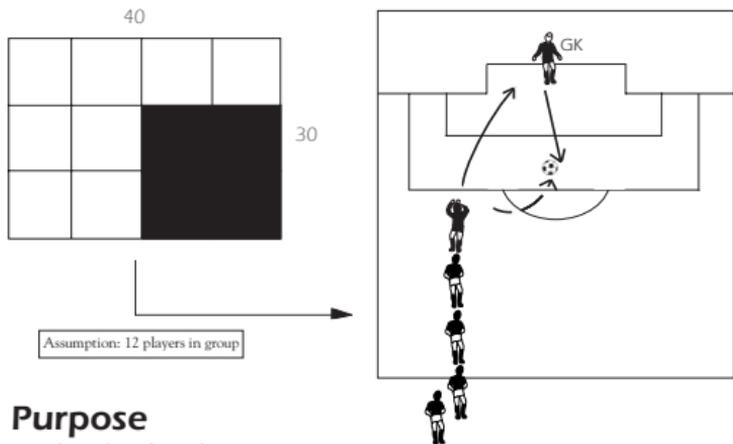
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## SESSION 2 - Week 8

1 hr. 15 min. practices, 2 recommended practices per week



Assumption: 12 players in group

## Purpose

To develop breakaway saves.

## Organization

Set out a 20 x 20 yard area. Groups of 6, consisting of 5 servers and 1 goal-keeper. Each server has a ball. Repeat in another area for a total of 12 players.

## Game Objective

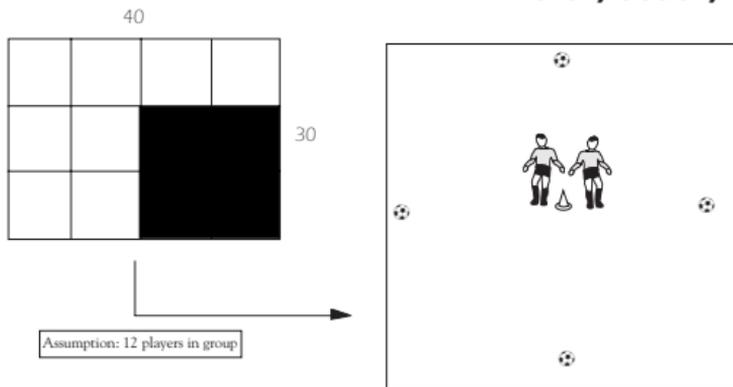
The servers take turns to throw or bowl the ball to the goalkeeper stationed in the goal. This keeper must save and secure the ball. Once the ball is secured, the keeper rolls out towards the edge of the area. The original server then runs on to the ball and attempts a first time shot at goal. Repeat and rotate.

## Progressions

The servers must attempt to score by dribbling past the goalkeeper. Keep score of how many saves are made.

## Coaching Points

1. Watch the ball, not the player.
2. Stand up and be patient.
3. Come down the line, then set for the shot.
4. On the dribble, make a big step, then swoop to save.
5. If you do go to ground, get hands low and in front.

**North, South, East, West****Purpose**

To develop movement and change of direction.

**Organization**

Set out a 20 x 20 yard area. Place a disc in the center of the area. Place a ball eight-yards away from the disc in each direction (as you would for the four points of the compass, North, South, East and West). Organize in groups of fours with two working and two resting keepers. Repeat in another two areas for a total of 12 players.

**Game Objective**

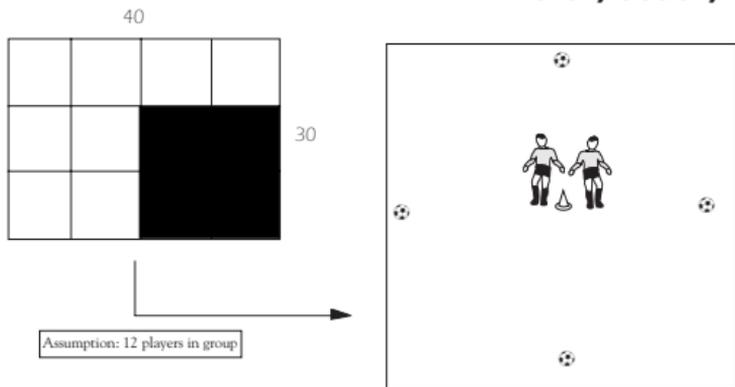
The first two goalkeepers go in to the center of the area and stand back to back. The coach calls out a direction, i.e. 'North'. Both keepers run to the ball that is positioned in front of them. What is north for one keeper will be south for the other keeper etc. First keeper to dive on the ball gets a point. First keeper to three points wins. Rotate goalkeepers so that each keeper plays against every other keeper in their group.

**Progressions**

1. Call out a change of direction before the keepers' reach the first ball.

**Key Coaching Points**

1. Accelerate to reach the ball.
2. Dive on the ball using correct technique.
3. Sharp change of direction.

**North, South, East, West****Purpose**

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Set out a 20 x 20 yard area. Place a disc in the center of the area. Place a ball eight-yards away from the disc in each direction (as you would for the four points of the compass, North, South, East and West). Organize in groups of fours with two working and two resting keepers. Repeat in another two areas for a total of 12 players.

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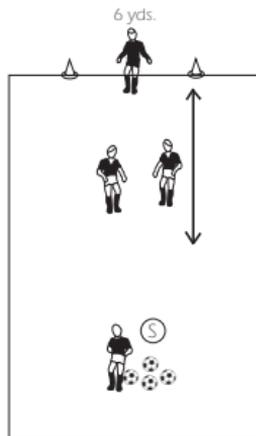
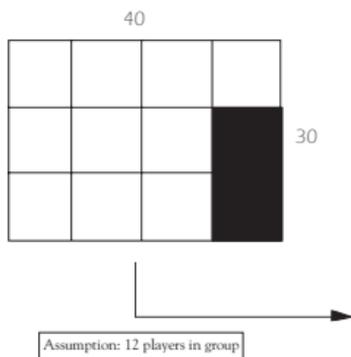
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**Progressions**

1. Call out a change of direction before the keepers' reach the first ball.

**Key Coaching Points**

1. Accelerate to reach the ball.
2. Dive on the ball using correct technique.
3. Sharp change of direction.



## Purpose

To develop shot stopping reflexes.

## Organization

Set out a 10 x 20 yard area. Groups of 4, consisting of 1 server, 2 attackers and 1 goalkeeper. Server has a supply of balls. Repeat in 2 other areas for a total of 12 players.

## Game Objective

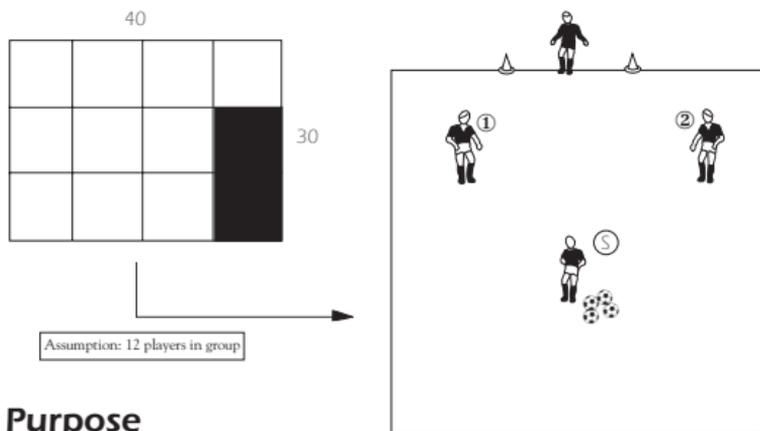
The server strikes the ball directly at the 2 outfield players who form a wall in front of the goal. At the last second, they part to let the ball through. The goalkeeper must attempt to save the ball, anticipating the direction and trajectory of the ball as the outfield players break. Repeat and rotate.

## Progressions

Follow in for rebounds. Play 3 goals and change over.

## Coaching Points

1. Body weight up and forward.
2. Be alert and ready.
3. Drive forward and out.
4. Get to any rebounds and smother the 2nd shot.



## Purpose

To develop saves from deflected shots.

## Organization

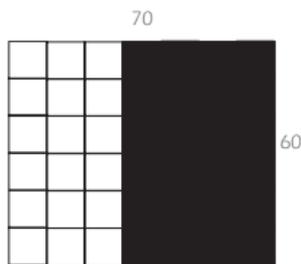
Set out a 10 x 20 yard area. Groups of 4, consisting of 1 server, 1 goalkeeper and 2 attacking players. The server has a supply of balls. Repeat in 2 other areas for a total of 12 players.

## Game Objective

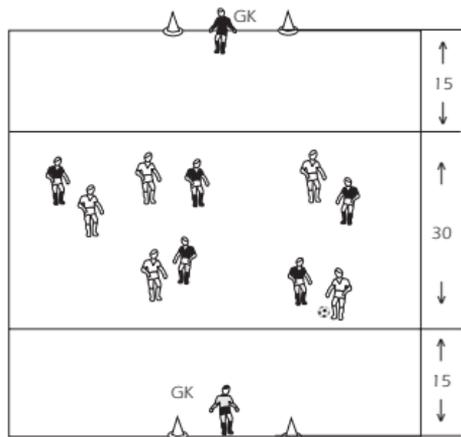
The server is stationed 15 yards from the goal line. The server volleys or throws the ball to either attacking player, who must attempt to deflect the ball in the direction of the goal. The goalkeeper must attempt to save or deflect the ball. Repeat and rotate.

## Coaching Points

1. React—don't anticipate.
2. Don't fall backwards.
3. React, then recover.
4. Get as much of the body as you can behind the ball.
5. Use hard hand deflections.

**Takeaway The Breakaway**

Assumption: 12 players in group

**Purpose**

To develop breakaway saves in a small sided game.

**Organization**

Set out a 40 x 60 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 5 v 5 in the 30 x 40 yard grid.

**Game Objective**

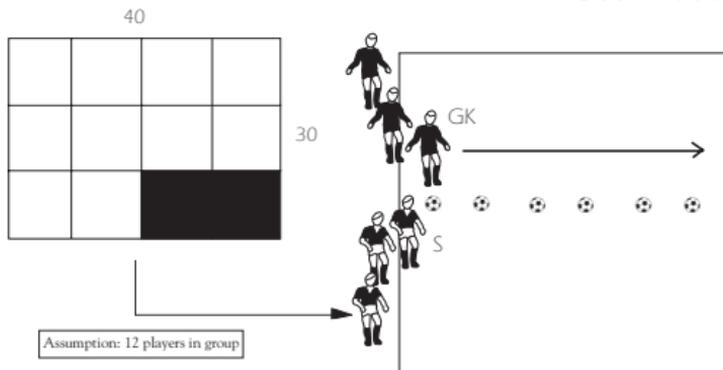
The team in possession plays the ball around the central area. The goal of the game is to penetrate into the attacking area and finish a 1-on-1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line. Once in the attacking area, the striker has only 3 maximum touches.

**Progressions**

Allow a single defender to pursue the attacker to pressure or block the shot.

**Key Coaching Points**

1. Can you stop the shot first?
2. If not, can you smother the target?
3. As a last resort, stand up and as long as possible and save the shot.
4. Hands go low and toward the ball.
5. Make the attacker work hard to score—no easy goals!

**Goalmouth Scramble****Purpose**

To develop confidence in smothering the shot at the attacker's feet.

**Organization**

Set out a 20 x 10 yard area. Groups of 6 in pairs. Position players opposite one another with a line of balls across the area. Repeat in another area for a total of 12 players.

**Game Objective**

The goalkeeper and server move across the area simultaneously. The server attempts to strike the balls as the keeper attempts to smother them. Repeat for all balls across the area. Rotate in the opposite direction. Repeat with other players in the group.

**Progressions**

Move the balls farther apart so the keeper must make a bigger step to the ball and swoop.

**Coaching Points**

1. Make a long barrier.
2. Hands and arms forward and in front of the head.
3. Keep hands and arms low.
4. Absorb the shot with bent elbows.
5. The whole group is involved in encouraging and congratulating.