

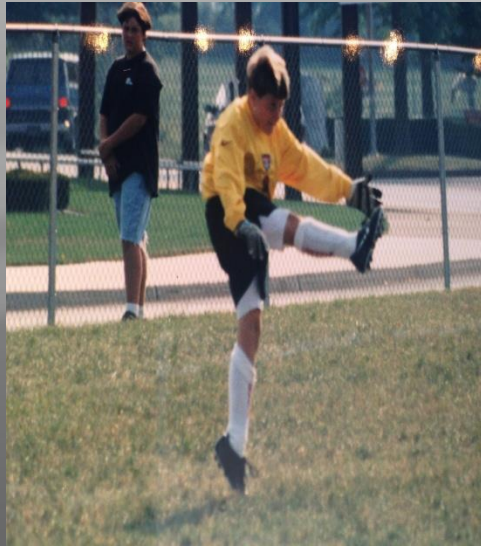
goal-keep-er *noun*

A player assigned to protect the goal in various sports. Also called goalie, goaltender, netkeeper, netminder, or keeper



Development of a Goalkeeper:

The progression from a beginning goalkeeper to a college goalkeeper



Introduction of Goalkeeping: U6-U8

- FUN activities using the ball (playing catch, bouncing balls, hot potato, ball tag)
- FUN games – (bowling, dodge ball)
- Balance and Agility games
- Eye hand coordination 2nd nature
- Nothings really different than other positions

Characteristics U6 – U8

- Timid
- Quiet
- Scared
- Unsure
- Nervous
- Uninterested

Beginning stage of development: U8-U10

- All team members play goalkeeper
- Coolness in playing (gloves, jersey, hands)
- Team training involves everyone learning position (2 times a month do GK practice)
- Getting Parents to understand importance
- Continue to make it exciting and FUN!

Characteristics U8 – U10

- Quiet
- Agility increases
- Eye hand develops
- Less fear and nervousness
- Some show more aggressive play
- More interest starts

Identifying a Goalkeeper: U10-U12

- Athletic – finding a player with athletic ability
- Player who may not make it as a field player
- Players who show more interest
- Player identifies more playing time as a GK
- Multi sport player (Basketball, baseball)
- Player who is; aggressive, fearless, a leader, talkative
- Analytical and inquisitive
- Calm, Cool, and Collective (Not too emotional!!)

Characteristics U10 – U12

- Structured and Individual training interest
- More Vocal
- Leadership qualities developing
- Understanding positional duties and responsibilities
- Hard on self
- Agility, athletic ability, knowledge, and desire increase
- Full time keepers may evolve

Your Goalkeeper: U12-U14

- Full time Keeper (or two!)
- Ingrate your training around your keeper at least once a week
- Continue field playing and foot skill training with keeper
- Extra work needed (before or after team practice)
- Develop a team leader or captain
- Give responsibility and require GK to increase their knowledge
- Educating vs. Training
- Situational Training for Team and Goalkeeper

Characteristics U12 – U14

- Motivated, dedicated, and committed to being better
- Multiple abilities increased
- Dealing with pressure increases
- Desire to be PERFECT.



The Advanced Goalkeeper: U14-U18



- Development of advanced theory increasing
- Quality training sessions at practice need to be specific
- Decision making needs increased through repetition
- Organization ability and involvement
- What skills are needed to advance further

Training Your Goalkeeper

- Who is training your keeper?
- Do you do weekly training for your keeper?
- Do you involve the GK in pre game, half time, or post game talks?
- What situational training do you do?
- Do you evaluate your keeper regularly?
- What do you know about goalkeeping?



Coaching Your Goalkeeper

- Understanding the pressures of a goalkeeper
- Coach / Goalkeeper relationship
- Developing your 'On the Field' coach
- Recognizing emotional situations and comforting
- Move ON!!!



Preparing Your Goalkeeper for the next level

- Training to work on abilities needing the extra attention
- Emphasis on Grades
- Profile building
- Marketing – Video highlights vs. Game tapes
- Picking a school to fit ability and interest
- Contacting coaches - How and what to say
- Being seen



Training Topics by Age

U6-U8	U8-U10	U10-U12	U12-U14	U14-U18	College
Balance	Intro to Footwork	Footwork	Advanced Footwork	Advanced Footwork	Footwork
Agility	Basic Handling	Handling	Handling	Advanced Handling	Catching
Single Task	Distribution	Diving	Advanced Diving Introduced	Diving, Deflecting, back to bar	Game Situations
Fun	Communication	Breakaways	Shot stopping	Shot stopping situations	Match Analysis
Confidence	Confidence	Positional Play	Reading the game	Reading the game	Fitness
	Agility/Balance	Distribution	Techniques	Distribution	Shot Stopping
	Fun games	Communication	Tactics	Back Pass	Field Playing
			Field Playing	Crosses under Pressure	Crosses
			Crosses	Organization	Speed / Agility
			Set Pieces	Set Pieces	
			Situational	Breakaways	
			Breakaways	Communication	
			Repetition Training	Fitness	
				3 Dimension Training	

Coaching Fears

- I Know nothing about goalkeeping
- Terminology
- Training not appropriate
- Keeper knows more than I do..!
- How to run a training session best for my keeper



Coaching Education

- NSCAA Goalkeeping Level 1 and Level 2 Courses
- NSCAA, USYSA, and USSF Training Sessions
- State and Club Educators
- Books, Videos, and other forms of media



At the End of the Day...

If your keeper makes the save, do you really care how good it looks or how they did it?

