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

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<tr>
<th>Age Range</th>
<th>U6-U8</th>
<th>U8-U10</th>
<th>U10-U12</th>
<th>U12-U14</th>
<th>U14-U18</th>
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<td>Diving</td>
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<td>Diving, Deflecting, back to bar</td>
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<td>Breakaways</td>
<td>Shot stopping</td>
<td>Shot stopping situations</td>
<td>Match Analysis</td>
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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?