

Lifetime Development of a Goalkeeper

- Let's look at the path of goalkeepers in the current scope of soccer from the professional level then move backwards to youth and how we develop them with current trends and coaching philosophies. What is the view from a youth goalkeeper? How do we build sessions with the goalkeepers in the sessions and what traits will make them successful beyond the youth...assuming we did our job as parents, coaches, and teachers on the enjoyment and development of goalkeeping.

Lifetime Development of a Goalkeeper

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Let's Start at the Top

- Who is the best in the world?
- Who is the best in your country?
- How about your region?
- In the league?
- On a local level?

HOW DO YOU MAKE IT TO THE TOP?



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Physical Dimensions

Graph of top GKs

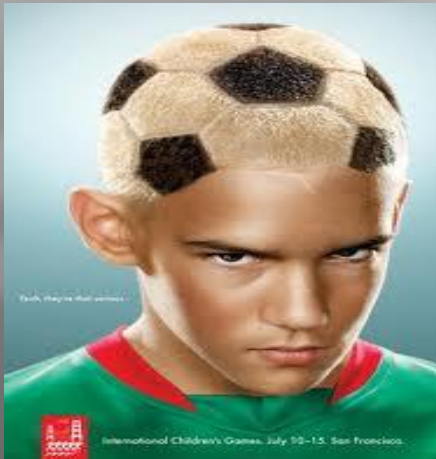


The Youth Goalkeeper



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We can just
give them
water to grow
right?



How do we develop Goalkeepers?

Here is the Position Statement of the 55 State Association technical directors on the position of goalkeeper:

“We believe goalkeepers should not be a feature of play at the U-6 and U-8 age groups. All players in these age groups should be allowed to run around the field and chase the toy – the ball. For teams in the U-10 and older age groups, goalkeepers should become a regular feature of play. However, young players in the U-10, U-12 and U-14 age groups should not begin to specialize in any position at this time in their development.”



Developing GKs by Age

U7	U8-U10	U10-U12	U13-U15
Introduction	Dynamic Stance	Positional Play	Positional Play
ball is toy	Set Position	Angle Arc	Soccer player
balance	Ball line concept	Positioning for flank	identify flank attacks
spacial awareness		Vertical position	early cross
fun		3rd of Field	2-goal situation
confidence			3-goal situation
	Basic Handling	Basic Handling	Basic Handling
	basket catch	side contour	collapse diving
	contour catch	high contour	extension diving
	scoop	collapse diving	point blank saves
		deal with crosses	communication
		breakaway	reading the game
		thrown/kicked service-all heights	breakaway advanced tactics
		thrown or punt services	
	Distribution	Distribution	Distribution
	Bowling	drop kicks	improving for consistent
	playing back pass	sling throw	spins
	volley from hands	push/baseball throw	
	goal kick		

How many play Goalkeeper?

- Everyone on the team
 - Cool gloves and jersey
- Rotate players each half
- *Confidence* to continue
- Enjoy the position
- Positive coaching
- Team position

Who trains the Goalkeeper?

- Quality not quantity??
- One step at a time
- Weekly Goalkeeper in sessions
- Training plans incorporate the goalkeeper
- Weekly Goalkeeper technical sessions
- Go from technical session to tactical team
- Game evaluations

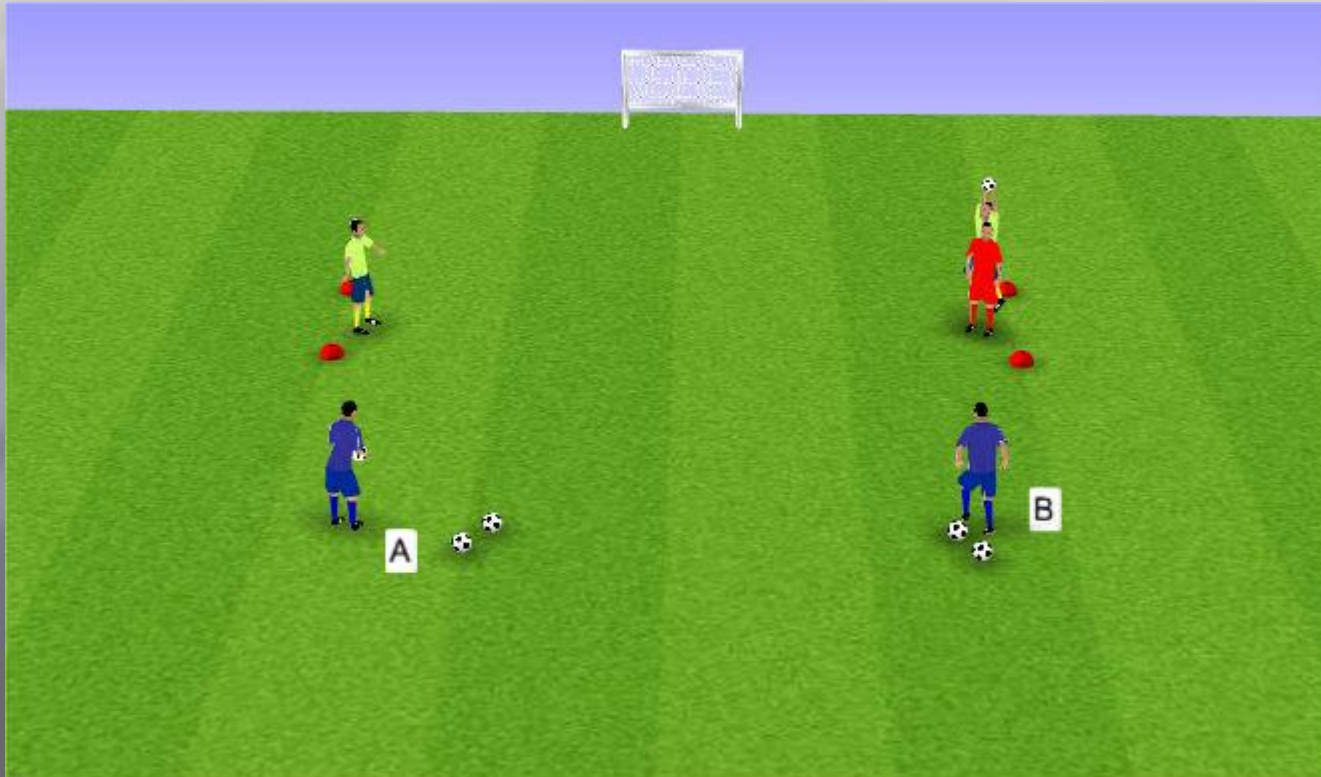
What does a GK session look like?

- Age specific groups
- Gender specific
- Ability level
- Coach to player ratio 1:6

Foundations of a Quality Session

- Topic of the day
- Partners, small groups
- Footwork
- Distribution
- Reset quick
- Max repetitions, rest period
- Steps to build to game

Foundations of a Quality Session



Foundations of a Quality Session



Foundations of a Quality Session





How big is the goal?

Mistakes will be Made and they are OBVIOUS....

..confidence is the foundation of leadership – a
cornerstone of the position

DEVELOPING THE PSYCHE OF THE GOALKEEPER

BY PAUL BLODGETT

From Massachusetts Youth Soccer website



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How do you Recover?

- Physical cues
- Breathing cues
- Visual cues
- Team perspective
- Next save matters

Tools to help in learning

- Log book
 - Where did ball get lost
 - Where shot taken
 - Where did it score
- Video
- Evaluations
- Personal support....family, friends, coaches

Keep them Healthy

- Shoulder (especially in college Gks)
- Outside of hips in 12-16 year old gks from using their hip to land falls on dives
- Concussions (from bad luck but mostly improper breakaway form) in all ages.
- A lot of it can be resolved with technique...the shoulder stuff can be prevented with a good shoulder PREHAB program (and better diving technique) similar to what most overhead athletes need to do.

INJURIES

- A lot of it can be resolved with technique
- Shoulder stuff can be prevented with a good shoulder PREHAB program
 - Eric Cressey- Boston :www.ericcressey.com
 - <http://greatist.com/fitness/eric-cressey-fixing-shoulders>
 - <http://bjsm.bmj.com/content/45/4/331.1.abstract>

Beyond the Youth for Success

- Who will make it to the next level?
- What are the characteristics of successful pro players?
 - Communication, Organization
 - Perseverance, selfish, hard worker, leader
 - Thick skin, sacrifice, fearless

Bottom Line

If you're a goalkeeper, it doesn't matter what you save the ball with – if you keep it out, it's not a goal.

-Mark Lawrenson