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?
Physical Dimensions

Graph of top GKS
The Youth Goalkeeper
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

<table>
<thead>
<tr>
<th>Age</th>
<th>U7</th>
<th>U8-U10</th>
<th>U10-U12</th>
<th>U13-U15</th>
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<tbody>
<tr>
<td></td>
<td><strong>Introduction</strong></td>
<td><strong>Dynamic Stance</strong></td>
<td><strong>Positional Play</strong></td>
<td><strong>Positional Play</strong></td>
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<td>ball is toy</td>
<td>Set Position</td>
<td>Angle Arc</td>
<td>Soccer player</td>
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<td>balance</td>
<td>Ball line concept</td>
<td>Positioning for flank</td>
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<td>spacial awareness</td>
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<td>fun</td>
<td>3rd of Field</td>
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<td>confidence</td>
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<td>3-goal situation</td>
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<td>basket catch</td>
<td>side contour</td>
<td>collapse diving</td>
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<td>contour catch</td>
<td>high contour</td>
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<td>scoop</td>
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<td>deal with crosses</td>
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<td>breakaway</td>
<td>reading the game</td>
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<td>thrown/kicked service-all heights</td>
<td>breakaway advanced tactics</td>
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<td>Bowling</td>
<td>drop kicks</td>
<td>improving for consistent spins</td>
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<td>playing back pass</td>
<td>sling throw</td>
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<td>volley from hands</td>
<td>push/baseball throw</td>
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<td>goal kick</td>
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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
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