

GOALKEEPING

Pg 1

I HANDS & WARM UP / STRETCHING

A. THROWING & CATCHING → 5 YDS APART.

1. BASEBALL STYLE - AIM FOR PARTNER'S HEAD.

- HANDS COME UP FROM "READY".

2. UNDERHAND TO PARTNER'S STOMACH.

- HANDS FLIP OVER & CUSHION BALL.

3. HANDS HIGH ABOVE HEAD TOSsing BALL.

BACK & FORTH USING ONLY FINGERTIPS.

II DEFINE "READY STANCE".

A. FEET SHOULDER WIDTH APART, ON TOES.

B. KNEES SLIGHTLY BENT.

C. HIPS & SHOULDERS FACING BALL.

D. WRISTS ON HIPS, HANDS IN A NATURAL "BALL SHAPE".

E. CHIN SLIGHTLY TUCKED IN, HEAD STEADY, EYES ON BALL.

III HANDLING

A. GROUND SHOTS

1. STOOP TECHNIQUE

a. FEET - CLOSE ENOUGH TO PREVENT BALL GOING THRU

b. HANDS - BEHIND BALL, PALMS OUT, CUP BALL INTO CHEST

c. HEAD - STEADY, EYES WATCH BALL

2. KNEELING TECHNIQUE

a. FEET - FEET AND LOWER BODY SHOULD BE SIDEWAYS ON TO THE PATH OF THE BALL, KNEE OF KNEELING LEG SHOULD BE LEVEL WITH OR JUST INSIDE HEEL OF OTHER

b. HANDS - PALMS FACING OUTWARDS, ONE SCOPING ACTION INTO BODY.

c. HEAD - STEADY, EYES WATCH BALL

B. WAIST-HIGH SHOTS

1. FEET - SHOULDER WIDTH APART TO ENSURE A GOOD BALANCED POSITION. BODY WEIGHT ON SOLES OF FEET.
2. HANDS - PALMS OF HANDS FACING OUTWARDS. ACTION OF THE HANDS IS TO CUP THE BALL INTO THE CHEST
3. HEAD - SHOULD BE STEADY AND EYES SHOULD WATCH BALL AS LONG AS POSSIBLE

C. CHEST-HIGH SHOTS

1. FEET - SHOULDER WIDTH APART & BODY WEIGHT ON SOLES OF THE FEET.
2. HANDS - FACING OUTWARD TO CUP BALL INTO CHEST, THE CHEST SHOULD RELAX ON IMPACT & BALL SECURED BY HANDS
3. HEAD - STEADY & WATCH BALL AS LONG AS POSSIBLE

D. HEAD-HIGH & ABOVE SHOTS

1. FEET - SHOULDER WIDTH APART & BODY WEIGHT ON SOLES OF FEET.
2. HANDS - HANDS & FINGERS SHOULD BE TO THE SIDE AND BEHIND THE BALL. FINGERS SHOULD BE RELAXED. UPON CONTROL, BALL SHOULD BE SECURED INTO CHEST.
3. HEAD - STEADY & WATCH BALL AS LONG AS POSSIBLE.

IV

MOVING INTO LINE

A. TECHNIQUE OF MOVEMENT.

1. SIDE TO SIDE

- a. FEET DO NOT CROSS OVER
- b. NO JUMPING AROUND
- c. SHOULD GLIDE ACROSS TURF USING A SIDE STEP

2. FORWARD AND BACKWARDS

- a. DO NOT RUN, JOG, OR SPRINT
- b. SHOULD BE A SKIPPING MOTION KEEPING FEET CLOSE TO THE GROUND.

V

ADVANCING & DIVING.

A. TIMING

1. WHEN TO ADVANCE.
2. WHEN NOT TO ADVANCE.
3. HOW TO ADVANCE.
4. HOW FAR TO ADVANCE.

B. TAKE OFF.

1. SHOTS NEAR THE BODY.
2. SHOTS WELL AWAY FROM THE BODY.
3. SHOTS OVER HEAD / CROSSES

"READY"/MOUNT
KICKS.

LOW
MEDIUM
HIGH.

DISTRIBUTION

BASEBALL
JAVELIN / STRAIGHT ARM
BOWLING
PUNT
DROP KICK?

DIVING /
OFFENSIVE

NEAR
FAR
HIGH
LOW

CROSSES

CLOSING
ANGLES

MOVING ACROSS GOAL

ADVANCING

STRIKER CURRICULUM

I. WARM UP / BALL FAM.

DRIBBLE IN GRID

1. ZIG ZAGS ✓
2. HEAD UP ✓
3. TURNS / NO COLLISIONS ✓
 - a. DRAG BACK ✓
 - b. INSIDE HOOK ✓
 - c. OUTSIDE HOOK ✓
 - d. CRUZZ TURN ✓
 - e. MATTHEWS MOVE ✓
 - f. STEP OVER ✓
 - g. SCISSORS ✓
- 4.

B. FOOTWORK SKILLS

1. DANCE ON BALL ✓
2. PENDULUM. ✓
3. TRIANGLE. ✓
4. OUTSIDE, INSIDE, OUTSIDE, INSIDE. ✓
5. CONE WORK.

a.



- BEGIN W/ BALL
- NATURAL HIPS
- HIPS + ONLY.

b.



-S.A.A.

c.

(1)



(2)



- AROUND CONES QUICKLY
- NATURAL HIPS
- HIPS + ONLY.

Δ

II. SHOOTING TECH.

A. COACHING PTS.

1. USE INSTEP ✓
2. TIES DOWN & OUT ✓
3. ANKLE LOCKED ✓
4. KNEE LOCKED ✓
5. MOVEMENT FROM HIP ✓

6. STANDING FOOT NEXT TO BALL ✓

7. STRIKE THRU MIDDLE OF BALL ✓

8. LOOK AT BALL WHILE STRIKING.

9. ANGLE OF APPROACH.

10. FOLLOW THROUGH.

11. FAR POST.

12. KEEP SHOTS LOW.

III. ATTACKING HANDERS

1. COACHING PTS

IV VOLLEYS

A. COACHING PTS

STRIKER CURRICULUM - GK/IS CAMPS

I. WARM UP & BALL FAMILIARITY

A. BALL FAM IN GRID

1. ZIG ZAGS VICE CIRCLES
2. HEAD UP - AVOID COLLISIONS
3. TURNS
 - a. DRAG BACK
 - b. INSIDE HOOK
 - c. OUTSIDE HOOK
 - d. CRUOFF TURN
 - e. MATTHEWS MOVE
 - f.

- Striking the ball.
- timing runs.
- Heading to goal.
- Sweave kicks.
- receive, touch off, peel off.
- when to turn.
- how much space is needed to shoot?
- where do I shoot to?
- how often / when do I shoot?
- Volleys.
- CHECKING TO M.F. PLAYERS TO RECEIVE passes

B. FOOTWORK SKILLS

1. DANCE ON BALL
2. PENDULUM
3. TRIANGLE
4. OUTSIDE, INSIDE, OUTSIDE, INSIDE
5. CONE WORK

a.



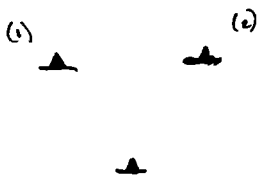
- BEGIN W/O BALL FIRST.
- START W/ NATURAL FIGURE 8
- PROGRESS INTO HIPS FACING ↑ ONLY

b.



- S.A.A.

c.



- LEFT CONE = # 1
- RIGHT CONE = # 2
- GET AROUND & BACK AS QUICKLY AS POSS
- HIPS NATURAL AT FIRST, THEN ↑ ONLY.

II. PASSING & RECEIVING AS A TARGET PLAYER.

A. INTRODUCE PASSING & ALL OF ITS POINTS

* * * AS A TARGET, PASSING IS AS IMPORTANT AS SHOOTING.
 CREATING SPACE BEIND BY CHECKING TOWARD & DRAWING DEFENDER OUT OF POSITION - SEE THIS IN SHORT FIELD GAMES WHEN GK HAS BALL