



SOCCER GOALKEEPING

BY TOM SAUDER

Print & Go Practice Plans and Drills

- intermediate & advanced skills & tactics
- an essential guide for all soccer coaches



SAMPLE

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This is a **sample book**.

At Coach's Advantage, we know our products speak for themselves.

So we have given you the tools to run **one full practice**.

This sample includes:

- | Practice
- | Warm Up
- | Technical Skill
- | Fitness Drill
- | Tactical Drill
- | Scrimmage

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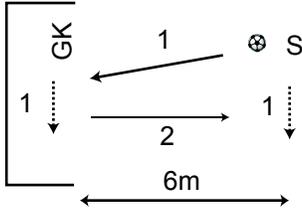
SOCCKER GOALKEEPING PRACTICE # 1

Practice Focus: Catching, Diving, Breakaways, Distribution

Time: 1.5 hrs

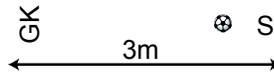
Warm-Up: Catching, Diving

1. Shuttle Run/Stretch #1



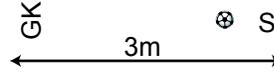
1. While GK & S sidestep across goal, S throws ball to GK. (above head, chest high, ground)
2. GK catches/picks up ball and throws it straight back to S.
3. Shuttle back and forth across goal 6 times.

2. Sit and Catch/Stretch # 2



GK sits with legs apart. S throws ball at GK, changing pace of throws. GK catches, recovers to sitting position and throws ball back. Extend GK to fall backwards and sideways.

3. Kneel and Catch/Stretch #3



GK on knees. S throws ball as in exercise 2 above. GK catches, recovers, throws ball back

Stretch # 1: Upper Body

- GK stands, legs shoulder width apart.
- GK holds ball with both hands, arms straight and extended back over head, - 20 secs.
 - GK holds ball straight out front - 20 sec.
 - GK, knees slightly bent, holds ball and pushes arms back between legs - 3 sets

Stretch # 2: Hamstrings

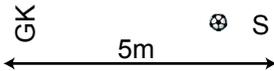
GK sits with legs apart, holding ball with both hands. GK extends arms to hold ball over right foot - holds 20 sec. Alternates holding ball over each foot three times.

Stretch # 3: Shoulders

GK stands 2 steps beside goal post extending arm near post above head leaning against post. Hold each arm 20 secs, 3 repeats.

Technique: Diving, Distribution

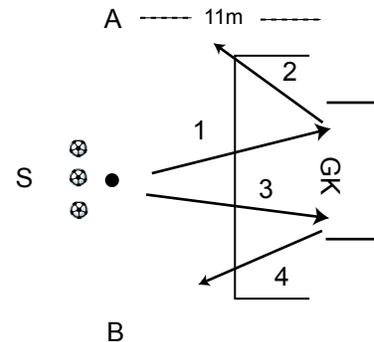
Crouch & Dive



GK is in crouching position. S throws high balls left and right. GK dives and catches. Increase difficulty as appropriate

Dive & Distribute

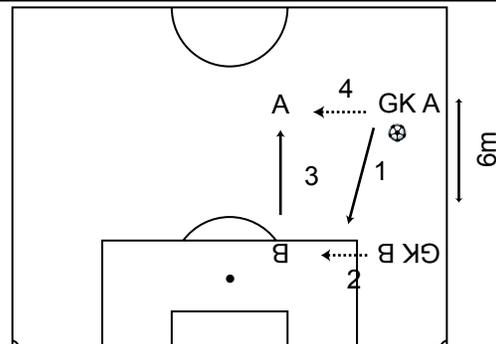
1. S throws low ball to GK right.
 2. GK dives, saves, recovers and throws ball to A. GK returns to center of goal.
 3. S throws high ball to GK left.
 4. GK dives, saves, recovers and throws ball to B.
- Repeat



Fitness: Diving, Recovering

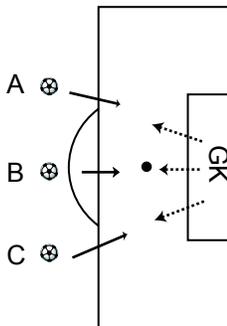
Two GK work together.

1. GK A rolls ball to left of GK B
 2. GK B dives, catches ball, gets up and
 3. throws to GK A,
 4. who has moved straight across GK B.
- Repeat across the width of the field. Coming back GK B rolls and GK A dives. Repeat twice for each GK making sure they dive to their left and their right side.



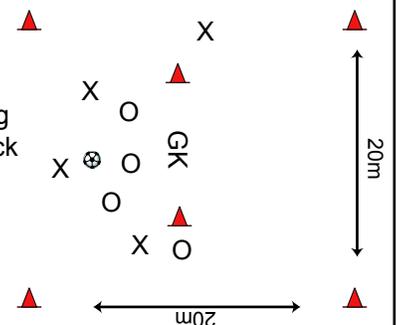
Tactical: Breakaways

A, B, C take turns dribbling on goal. GK starting position is 3m off goal line. GK waits until attackers are at top of penalty box. GK then comes out in a crouching position cutting attackers angle to goal. GK keeps eyes on ball and gets in "set" position between the 6yd box and penalty spot. GK waits for move and dives at ball at attackers feet or saves a shot.



Scrimmage: 4v4 from two Sides of Goal

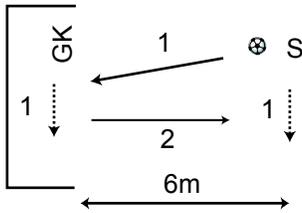
X play 4v4 against O
Teams can score from either side of goal.
Emphasize quick passing and shots as well as quick switches to other side of goal forcing GK to turn around quickly and get set for new shot from new angle.





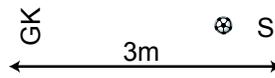
Warm Up # 1: Catching, Diving

1. Shuttle Run/Stretch #1



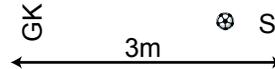
1. While GK & S sidestep across goal, S throws ball to GK. (above head, chest high, ground)
2. GK catches/picks up ball and throws it straight back to S.
3. Shuttle back and forth across goal 6 times.

2. Sit and Catch/Stretch # 2



GK sits with legs apart. S throws ball at GK, changing pace of throws. GK catches, recovers to sitting position and throws ball back. Extend GK to fall backwards and sideways.

3. Kneel and Catch/Stretch #3



GK on knees. S throws ball as in exercise 2 above. GK catches, recovers, throws ball back

Stretch # 1: Upper Body

GK stands, legs shoulder width apart.

- GK holds ball with both hands, arms straight and extended back over head, - 20 secs.
- GK holds ball straight out front - 20 sec.
- GK, knees slightly bent, holds ball and pushes arms back between legs
- 3 sets

Stretch # 2: Hamstrings

GK sits with legs apart, holding ball with both hands. GK extends arms to hold ball over right foot - holds 20 sec. Alternates holding ball over each foot three times.

Stretch # 3: Shoulders

GK stands 2 steps beside goal post extending arm near post above head leaning against post. Hold each arm 20 secs, 3 repeats.

Coaching Points/Progression

1. The server in the shuttle run dictates speed. Start slow and then increase the pace. Mix up throws. For the last few throws, lead the keeper with the throw extending her/him. Ask goalie to give a precise throw back to the server forcing increased concentration and focus.
2. Start with throws close to the body and allow time for GK to recover. Focus on perfect catching (hand position) and diving techniques. Then pick up pace and extend the reach of the keeper by throwing further away from their body. You can progress the drill by working with two balls. Ask keeper to throw ball to server on the way back up and ask server to throw the second ball as soon as keeper is upright. This requires coordination skills on part of the server.

Stretches: In stretch # 2 challenge keepers to hold ball in front of foot - ball on the ground.

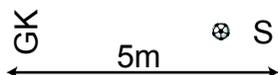
Note: check www.soccerpracticebooks.com/gkbasics.html for pictures of stretches & techniques. add your own or keeper's own stretches as desired and needed.

Coach's Notes



Technique # 1: Diving, Distribution

Crouch & Dive



GK is in crouching position.

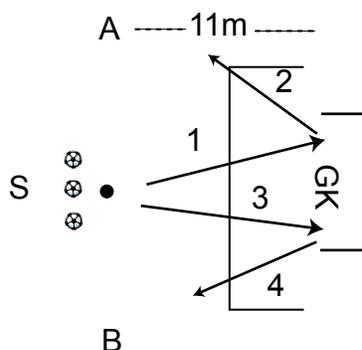
S throws high balls left and right.

GK dives and catches.

Increase difficulty as appropriate

Dive & Distribute

1. S throws low ball to GK right.
 2. GK dives, saves, recovers and throws ball to A.
 3. S throws high ball to GK left.
 4. GK dives, saves, recovers and throws ball to B.
- Repeat



Coaching Points/Progression

Crouching Positions:

In order to get maximum distance and speed for a dive momentum must be generated to use the power of the legs to the maximum. This momentum is generated by going from an upright or slightly bent (knees bent) position into a crouching position and then pushing off one leg to dive. However, when shots are coming from a close distance, the time required to get down to generate momentum is not available - the ball will be in the net before the dive starts. Therefore, the closer the shooter is to the keeper, the lower in the crouching position the keeper needs to be to directly explode into the dive. At the distance of 5m in this drill, buttocks should be level to the knees.

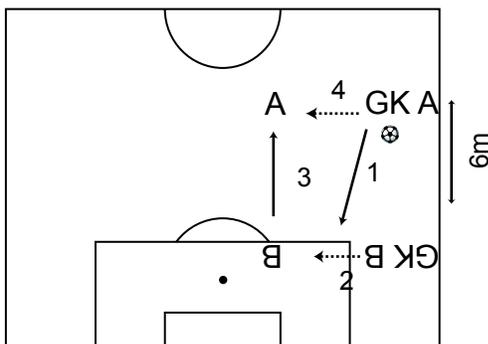
Dive & Distribute:

Progress the drill by increasing the distance of A and B from goal. Ask the keeper to dive to the side of A but distribute across to B and vice versa. For younger and smaller keepers reduce the throwing distances.

Coach's Notes



Fitness Drill # 1: Diving, Recovering



Two GK work together.

1. GK A rolls ball to left of GK B
 2. GK B dives, catches ball, gets up and
 3. throws to GK A,
 4. who has moved straight across GK B.
- Repeat across the width of the field.
Coming back GK B rolls and GK A dives.
Repeat twice for each GK making sure they dive to their left and their right side.

Coaching Points/Progression

The key point is for the keepers to work together and to be accurate in their execution. The roll has to be timed, be at the right angle and distance, be at the right pace for the GK making the save to extend fully. Allow the keeper to get set properly before rolling the next ball.

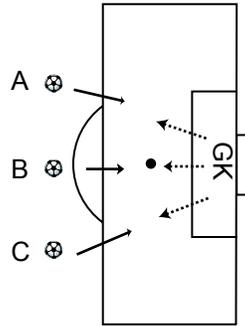
It can easily take one trip across the field and back for the keepers to synchronize.

If the keepers are doing well, progress by throwing high balls for the save and by picking up the pace.

Coach's Notes



Tactical Drill # 1: Breakaways



A, B, C take turns dribbling on goal.

GK starting position is 3m off goal line. GK waits until attackers are at top of penalty box.

GK then comes out in a crouching position cutting attackers angle to goal.

GK keeps eyes on ball and gets in "set" position between the 6yd box and penalty spot.

GK waits for move and dives at ball at attackers feet or saves a shot.

Coaching Points/Progression

Stopping breakaways is a bit of an individual skill for the keeper as there are many ways to play them. The key coaching points common to all techniques are:

1. React to the shooter's moves, do not anticipate (getting faked by body moves, footwork).
2. Move forward and set, never backtrack once a decision has been made to move out. Backtracking puts the keeper off balance and make it easier to score.

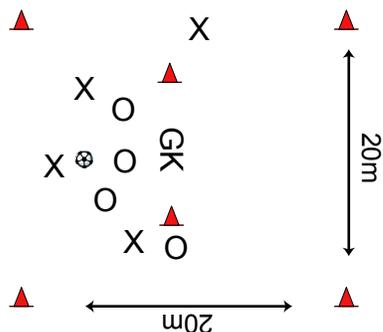
Some keepers like to come out early and make their bodies as big as possible by spreading arms and keeping body fairly upright.

Others prefer to delay the run out to reduce the shooter's decision time for the shot or move on the keeper. Some prefer to come out fairly upright and then crouch low as they set - keeping arms close to body to be able to react to shots close to the keeper. You and your keeper need to determine what works best and then perfect the technique through repetitions.

Coach's Notes



Scrimmage # 1: 4v4 from two Sides of Goal



X play 4v4 against O. Teams can score from either side of goal.

Emphasize quick passing and shots as well as quick switches to other side of goal forcing GK to turn around quickly and get set for new shot from new angle.

Coaching Points/Progression

This also serves as a great goal scoring drill for the team, consider getting your starters engaged in the exercise and ask them to play at regular game intensity.

Encourage lots of shots - remember the field of play is much smaller than the penalty box.

Encourage lots of switches from half to half forcing the keeper to pivot in goal and readjust their angle.

For progression purposes you can reduce the size of the field OR add a second ball.

Observe the keeper and help if necessary by reminding of proper crouch position relative to the distance of the ball and encourage them to challenge the shooters. Do not let your keeper to be passive and stand waiting for a shot.

Coach's Notes