

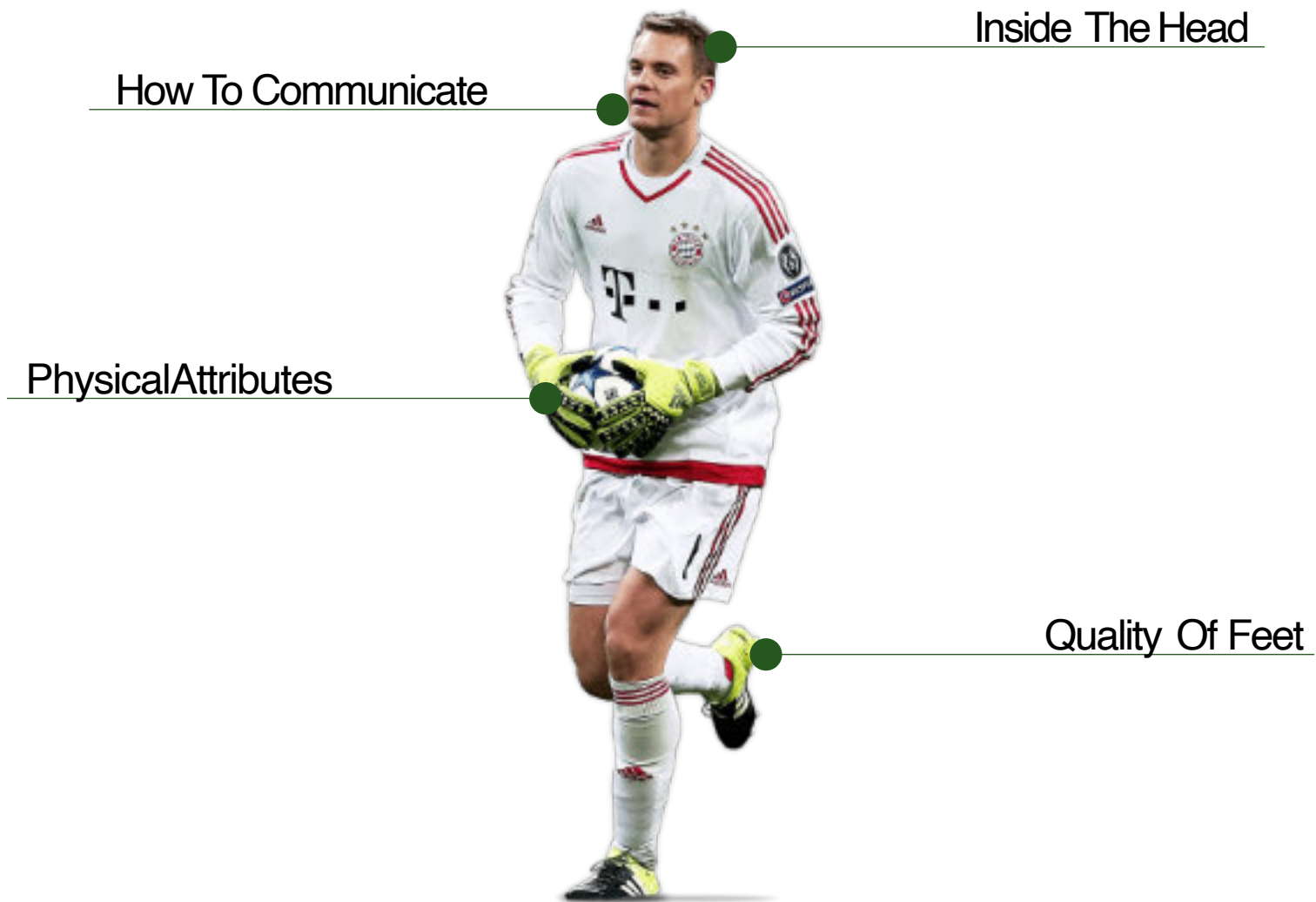


Summit Goalkeeping

"BE HUMBLE. BE HUNGRY. AND ALWAYS BE THE HARDEST WORKER ON THE FIELD."



GOALKEEPER CHARACTERISTICS



Inside The Head

How To Communicate

Physical Attributes

Quality Of Feet



SET POSITIONS

Set Position

- Head forward
- Shoulders in front of hips
- Hands in front of body
- Feet shoulderwidth "power position"



1v1 Position

- Head forward
- Shoulders in front of hips
- Hands in front of knees
- Knees bent to get body low





INSIDE THE HEAD

Tactical

Awareness
Positional Play
Bravery
Organization
Decision Making

Character

Understanding Teammates
Handle Pressure
Quickly Forget
Resilient
Manage Emotions





PHYSICAL ATTRIBUTES

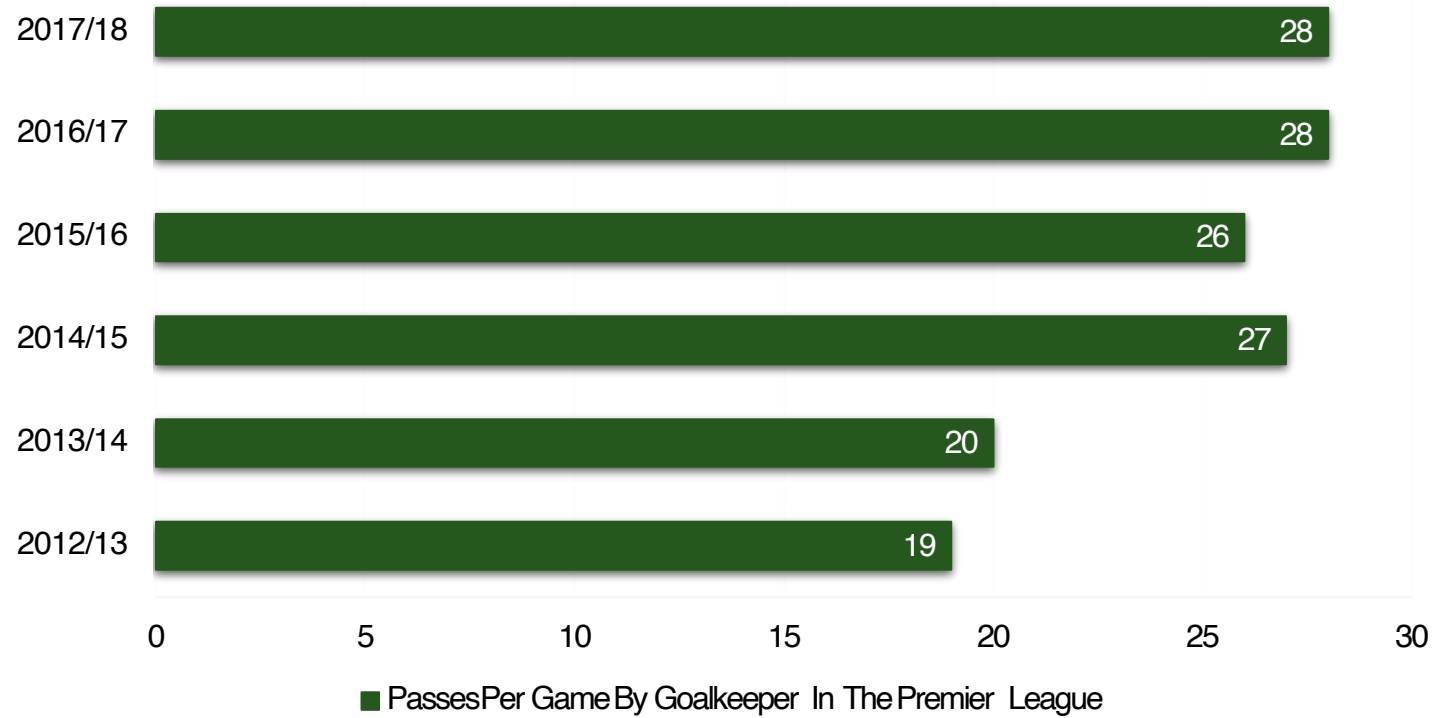




QUALITY OF FEET

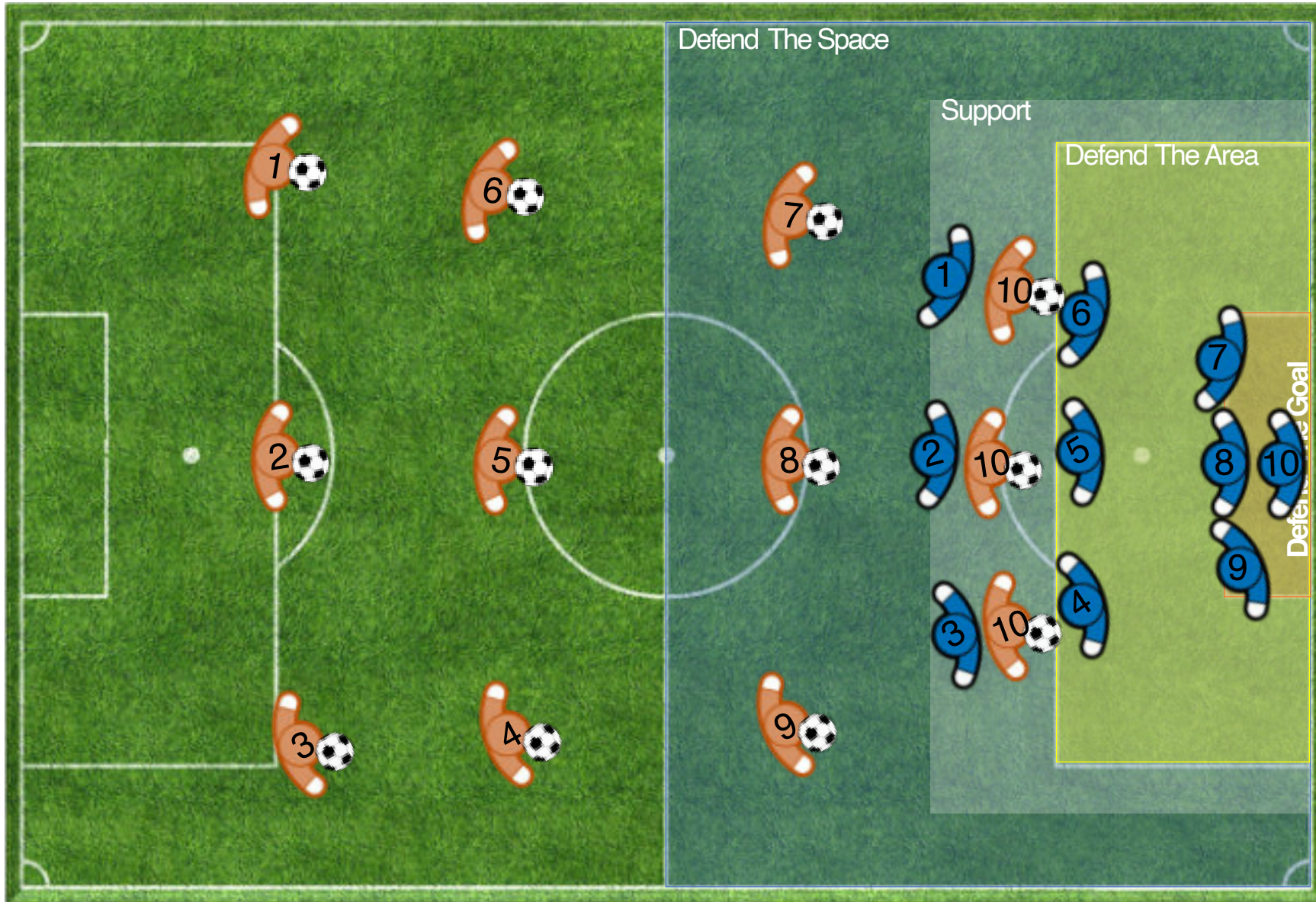


Passes Per Game By Goalkeeper In The Premier League





POSITION IN RELATION TO THE BALL





Age Group Training Weekly Curriculums

Goalkeeper Curriculum (U9 – U11)									
OBJECTIVES <p>Technical: Goalkeeper sessions will focus on learning the 6 main attributes of the technical goalkeeping pillar. Repetition is a vital part to master any skill and will be the main focus of these sessions.</p> <p>Physical: Sessions will include non-soccer specific movements to improve the physical demands of being a goalkeeper. These will include agility through cones/poles, Hand-eye coordination drills</p> <p>Psychological: Build, motivate, inspire, and mentally prepare young goalkeepers through the coaching atmosphere.</p> <p><i>Although all sessions scratch the surface of the 4 goalkeeping pillars, the main focus of the Goalkeeper Academy Curriculum will be the Technical aspect.</i></p>		SCHEDULE <p><i>It is very important that goalkeeper training be tailored toward the age and ability level of the goalkeepers in the group. Far too often, coaches plan out their sessions, without taking these factors into account.</i></p>		TRAINING DOSAGE 					
		CURRICULUM 	Club 	<table border="1"> <tr> <td>GAME 0%</td> <td>TECHNICAL 85%</td> <td>PHYSICAL 15%</td> <td>TACTICAL 0%</td> <td>PHYSIC. Integrated</td> </tr> </table>	GAME 0%	TECHNICAL 85%	PHYSICAL 15%	TACTICAL 0%	PHYSIC. Integrated
GAME 0%	TECHNICAL 85%	PHYSICAL 15%	TACTICAL 0%	PHYSIC. Integrated					
CONTENT									
CURRICULUM				FOUR PILLARS					
WEEK	Technique	Practice Focus	Psychological/Social						
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position						
2	Set Position	The set position is the foundation of being a great goalkeeper. Session focus will be the importance of a correct set position	Learn Through Mistakes						
3	Handling Technique	Practice, practice, practice to improve both technique and co-ordination	Delay On The Catch						
4	Diving Technique	This session will focus on the basic technique for low and mid-high dives	Attacking The Ball						
5	1v1 Technique	Coming out low and decisions on whether you can smother the ball or stay on your feet	Clank Off Your Line						
6	Short Distribution	Touch work & passing/receiving skills over 10-15 yard distances.	Focus On Technique						
7	Shot Stopping	Agility, footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat						
8	Crossing Technique	Focus is on timing your jump, pushing off the correct foot and attacking the ball	Keep Your Eye On The Ball						
9	Shot Stopping	Movement from 1v1, to shot stopping to work on positions around the goal	Positional Play						
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right	Be the Winner						

This Is A Rolling Curriculum Based On The Amount Of Sessions Per Season



Age Group Training Weekly Curriculums

Goalkeeper Curriculum (U12 – U13)

OBJECTIVES				SCHEDULE		TRAINING DOSAGE				
<p>Technical: Goalkeeper sessions will focus on learning the 6 main attributes of the technical goalkeeping pillar. Repetition is a vital part to master any skill and will be the main focus of these sessions.</p> <p>Physical: Sessions will include non-soccer specific movements to improve the physical demands of being a goalkeeper.</p> <p>Tactical: Positions around the net and decisions on when to stay and when to go will be integrated.</p> <p>Psychological: Build, motivate, inspire, and mentally prepare young goalkeepers through the coaching atmosphere.</p> <p><i>Although all sessions scratch the surface of the 4 goalkeeping pillars, the main focus of the Goalkeeper Academy Curriculum will be the technical aspect. U12-U14 will also touch their toes into the tactical side of goalkeeping.</i></p>				<p><i>It is very important that goalkeeper training be tailored toward the age and ability level of the goalkeepers in the group. Far too often, coaches plan out their sessions, without taking these factors into account.</i></p>						
				CURRICULUM	CLUB					
						GAME	TECHNICAL	PHYSICAL	TACTICAL	PHYSIC
						10%	75%	15%	10%	Integrated
CONTENT				FOUR PILLARS						
WEEK	Technique	Practice Focus	Psychological/Social	FOUR PILLARS						
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position							
2	Set Position	Game realistic movements will be created to keep goalkeepers moving in good positions before setting in the line of the ball.	Movement In Good Positions							
3	Handling Technique	This session will cover the 8 main handshakes a goalkeeper uses to make a save. Low block, medium scoop & high catches.	Decision Making							
4	Diving Technique	Diving takes strength, agility, flexibility and timing to master. This session will focus on low, mid-high & high saves.	Attacking The Ball							
5	1v1 Technique	Execution of blocking & smothering technique involved in 1v1's	Be Confident & Be Brave							
6	Short Distribution	Touch work & passing/receiving skills over 10-15 yard distances.	Focus On Technique							
7	Shot Stopping	Agility/footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks.	Don't Get Best							
8	Crossing Technique	Focus is on timing your jump, pushing off the correct foot and attacking the ball.	Time Your Jump							
9	Shot Stopping	Multiple shots in each set. Readjusting after saves have been made.	Recovery Positions							
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right.	Be the Winner							

This Is A Rolling Curriculum Based On The Amount Of Sessions Per Season



Age Group Training Weekly Curriculums

Goalkeeper Curriculum (U14 – U19)				
OBJECTIVES		SCHEDULE		TRAINING DOSAGE
<p>Technical: Goalkeeper sessions will focus on learning the 8 main attributes of the technical goalkeeping pillar. Repetition is a vital part to master any skill and will be the main focus of these sessions.</p> <p>Physical: Sessions will include non-soccer specific movements to improve the physical demands of being a goalkeeper.</p> <p>Tactical: Keepers now should have a good understanding of the Technical & Physical aspects of the keeper sessions. We now look to add correct decision making into their game.</p> <p>Psychological: Build, motivate, inspire, and mentally prepare young goalkeepers through the coaching atmosphere.</p> <p><i>Although all sessions scratch the surface of the 4 goalkeeping pillars, the main focus will now shift to a larger portion of tactical information. How keepers make decisions, what decisions are made and how to execute those decisions.</i></p>		<p><i>It is very important that goalkeeper training be tailored toward the age and ability level of the goalkeepers in the group. Far too often, coaches plan out their sessions, without taking these factors into account.</i></p>		
		CURRICULUM	Club	
				<p>GAME 0%</p> <p>TECHNICAL 55%</p> <p>PHYSICAL 20%</p> <p>TACTICAL 25%</p> <p>PHSYC. Integrated</p>
CONTENT				
CURRICULUM				FOUR PILLARS
WEEK	Technique	Practice Focus	Psychological/Social	
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position	
2	Set Position	Recovery from shot stopping into good set positions.	Recovery into good positions	
3	Handling Technique	This session will cover the decision to use the 3 main handshapes a goalkeeper uses to make a save. Low block, medium scoop & high by the age group keepers should have experience in low saves. We now focus on high & cross handed saves. Decision on when to parry & when to catch.	Decision Making	
4	Diving Technique		Decision Making	
5	1v1 Technique	Game like scenarios of 1v1, 2v1, 3v2. Decision & communication is key	Decision Making	
6	Shot Distribution	Touch Work & Passing/receiving skills over 15-25 yard distances.	Distance Control	
7	Shot Stopping	Agility, Footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beut	
8	Crossing Technique	Dealing with crosses & highballs under pressure	Read The Flight	
9	Shot Stopping	Multiple shots in each set. Readjusting after saves have been made.	Recovery Positions	
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions. Make it fun but still a focus on doing things right.	Be the Winner	

This Is A Rolling Curriculum Based On The Amount Of Sessions Per Season