



# ★ U10 RECREATIONAL ★ COACHING CURRICULUM

## GOALKEEPER - INTRODUCING THE POSITION

Based on U.S. Soccer's Small Sided Game Mandate, U9 will be the first year players will be exposed to the goalkeeper position. In this section we will outline the key **techniques** and **tactics** goalkeepers should learn at these ages as well some activities that will help you train the position.

The specific content we should look to teach at the U9 & U10 age group includes **techniques** and **tactics**:

1. **Stance and Ready Position**
2. **Footwork**
3. **Basic Handling; Saving Low Shots, Medium Range Shots and Waist Height and Above**
4. **Ready Position in relation to the ball**
5. **Decision-Making - when and where to use the correct techniques**

First and foremost, finding a player to go in goal can be a difficult task depending on the group of players you have. Some players are eager and willing, while others will want nothing to do with being in goal.



It is our recommendation that players who do not want to go in goal should not be forced, due to the age groups psycho-social characteristics, however the situation may not be that simple! Here are some recommendations, based on different scenarios:

1. What if no players want to go in goal? In this case we suggest scheduling a game that each player must go in goal for half of the game. This way the whole team has to take the responsibility of the position.
2. What if I have only one or two player willing to go in goal? We would suggest the same solution as above. Why? The development of the individual player is paramount at these ages and playing half of each game in goal will greatly diminish the number of touches on the ball and game situations for these players, which will ultimately hinder their development.
3. What if I have four players who want to go in goal? This is an ideal situation. Playing half a game in goal and the other half on the field does every other game will not impact player development.



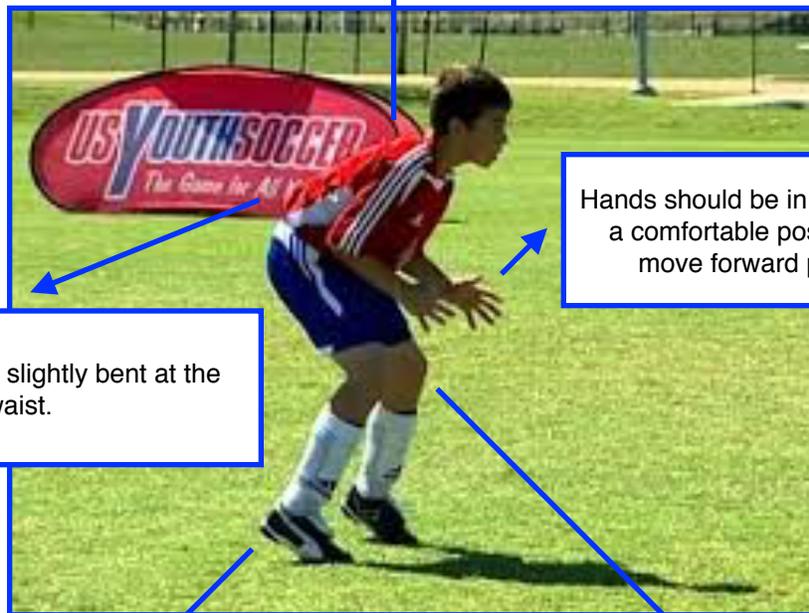
# ★ U10 RECREATIONAL ★ COACHING CURRICULUM

## GOALKEEPER POSITION - TECHNICAL BREAKDOWNS

### THE READY POSITION

The ready position is the technique goalkeepers used to prepare their body in order to get set prior to an opponent shooting.

Weight should be balanced and slightly forward with the head and shoulders slightly forward but relaxed.



Hands should be in front of the body in a comfortable position and should move forward prior to a shot.

Body should be slightly bent at the waist.

Knees should be slightly bent.

Feet in a comfortable position, roughly shoulders width apart.



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## GOALKEEPER POSITION - TECHNICAL BREAKDOWNS

### THE FRONT SMOTHER - SAVING THE LOW BALL

Used in all conditions, it is a key technique for all goalkeepers when saving the ball from a low shot on goal.

1. Preparation - use footwork (mini shuffle & ready position) to get in line with the ball.



2. (Diagram) lower body by bending knees, placing hands and arms out in front.

3. (Diagram) Prepare hands by placing them closer together and moving them down to the ground. Knees should be outside the elbows in order to push forward in next phase.

4. (Diagram) Moving forward, lower body and move hands to scoop the ball into chest.

5. (Diagram) As scooping the ball land on elbows, flatten hips and legs out for support.

6. Protect head by placing face down and onto the ball.



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## GOALKEEPER POSITION - TECHNICAL BREAKDOWNS

The techniques for saving medium range shots (not above head height or on the ground) include the basket and contour catch. The techniques for each are outline below.

### BASKET CATCH



1. Footwork - move to get the body in line with the ball.
2. Get as much of the body behind the ball as possible.
3. Shoulders should be square to the incoming ball.
4. Lean forward from the waist with the shoulders over the ball.
5. Extend both arms with palms facing outward and slightly upward.
6. Hands behind the ball with finders pointed downward.
7. Eyes focused on the ball.
8. As the ball arrives, surround the arms behind it to trap the ball against the chest with elbows close together.

NOTE: A slight jump may be needed to bring an awkward shot into the chest.

1. Form a 'W' shape with thumbs and index fingers. Its is crucial that the hands, especially the thumbs, are behind the ball.
2. Body behind the ball.
3. The shoulders should remain square to the incoming ball.
4. The first part of the body to touch should be the hands.
5. Extend the hands forward and then withdraw them slightly to make them 'softer' as the ball arrives. Arms extended to meet the ball, slightly bend elbows to help cushion the impact of the shot.
6. Eyes remain on the ball until it is completely under control.
7. In high traffic areas, goalkeepers can either hold the ball out high above defenders heads or curl it into their chest to protect it.



### CONTOUR CATCH



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## GOALKEEPER POSITION - TECHNICAL BREAKDOWNS

The techniques for saving high shots (above head height) or high crosses is the contour catch. The techniques is similar to the medium range contour, however, there are some differences, which are outlined below.

Save the ball at the highest point.

Make the catch above the head; a catch to the side is much more difficult and the ball cannot be made at maximum height.

Secure the ball to chest, as soon as possible. Note: when making a leaping catch in traffic, it is recommended that the ball be controlled and held in the air, until the feet are grounded and the ball can be pulled down to the chest without contact being made with other players.

Arms are extended up, elbows are only slightly bent, using the 'W' catch.

Be sure to focus on the ball rather than the attacking players in and around the goal area.

Communicate early and with a commanding tone. "KEEPER!"

Leave for your destination early, arrive late! Timing is critical.

Starting position should be mid to back third of goal for crosses/ corners.

Drive hands and knee high to help lift body.

Move forward into the catch; falling backwards does not put strength into the catch.

Attack the ball whenever possible, taking the shortest route and keep shoulders square to the ball.



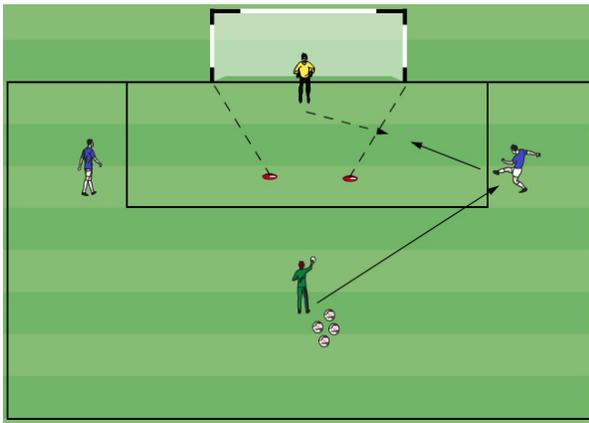


# ★ U10 RECREATIONAL COACHING CURRICULUM ★

## GOALKEEPER SPECIFIC ACTIVITIES

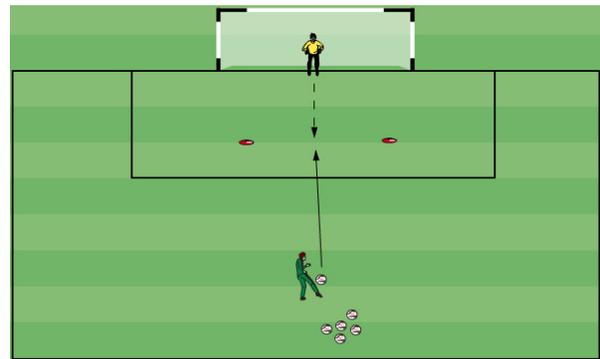
Below are some useful activities to help teach individual players the techniques outlined in this section. The training concept is repetition of a technique while demanding dynamic movement.

### READY POSITION



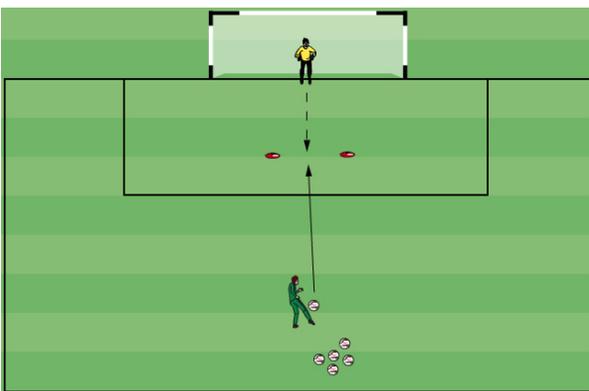
- Coach passes to either left or right server.
- GK must move into the small goal created by the cone and the post, then get set for a shot.
- Server then passes back to the coach.

### MEDIUM RANGE SHOTS



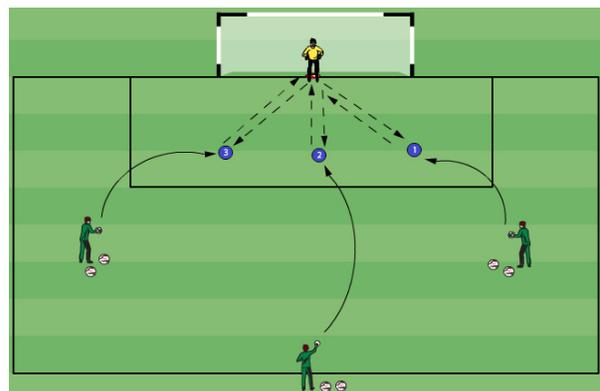
- GK jumps over a cone (4-yards apart) with lateral steps, then back to goal and moves fwd in between the cones.
- As the GK approaches the cones coach should shoot a midrange shot, which GK saves.
- Repeat on both sides.

### LOW BALL SAVES



- GK starts on the goal-line and moves towards cones.
- Coach passes the ball on the ground, while GK practices the front smother.
- Weight of pass can be adjusted for difficulty.

### SAVING HEAD HEIGHT & ABOVE



- GK starts on cone and moves forward to position 1, after making the save continues to move back after through position 2 and 3.
- Service should occur as the GK is moving and height should be adjusted.



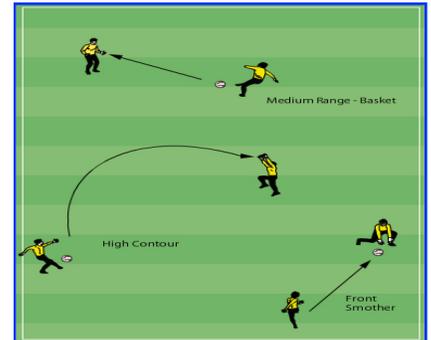
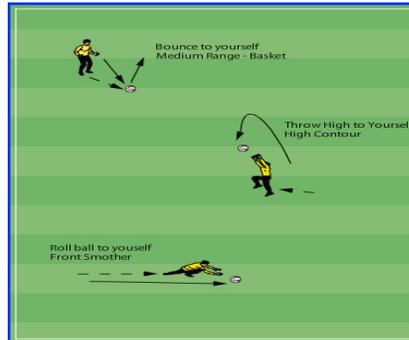
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## GOALKEEPER SPECIFIC TEAM LESSON PLAN

### Warm Up Activity

**Area:** Free Space

- Every player has a ball and completes:
  - Roll and practice front smother
  - Bounce and practice basket
  - Throw above head and practice contour
- Place with a partner and complete:
  - Roll to partner for front smother
  - Throw for a basket catch
  - Throw above head for high contour



### Stage 2 Activity

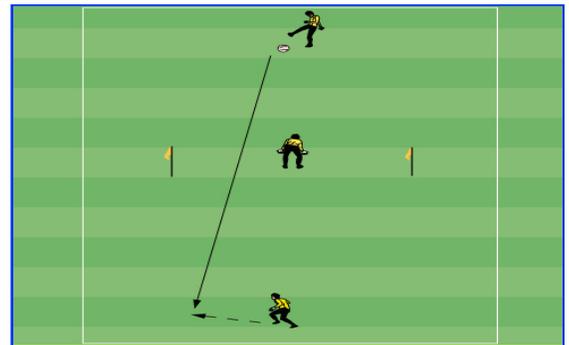
**Area:** 20 x 10 for each group, with a 7 yard goal in the center.

**Organization:**

- Split players into groups of three, place as shown.
- Each player receives 10 shots, 5 front each side, before switching.

**Coaching Points:**

- Ready / Set Position.
- Distance from goal line.
- Choice of technique to save the ball.



### Stage 3 Activity

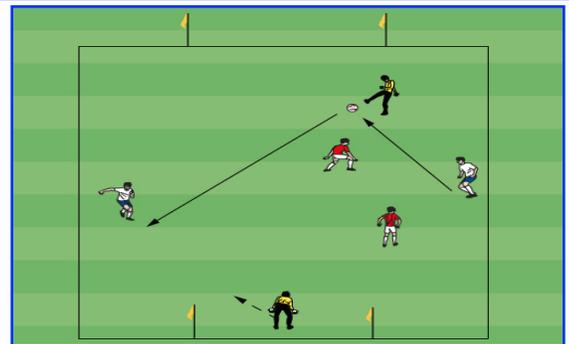
**Area:** 20 x 25 for each group.

**Organization:**

- Play 3 v 3. In possession a team has three players on the field. When defending a team drops a player into the goal to create 3 v 2.

**Coaching Points:**

- Ready / Set Position.
- Distance from goal line.
- Footwork.
- Choice of technique to save the ball.



### Stage 4 Activity

**Area:** 20 x 30 yards with two goals.

**Organization:**

- 4 v 4 + 4 games.
- Play 4 v 4 in the middle with GK's.
- Activity 1 - 2 Neutrals on each side.
- Activity 2 - 2 Neutrals at the side of each goal.
- Use Neutrals when in possession.

**Coaching Points:**

- All Above.

