



**Branchburg Travel Soccer Club**  
*Goalkeepers ages U8-U10*  
 To be delivered over a 6 week period

Session Topic	Players Should be able to:
<ul style="list-style-type: none"> <li>Ball Familiarity/ Footwork</li> </ul>	<ol style="list-style-type: none"> <li>Know Correct Hand Shapes</li> <li>Be able to feel comfy with Ball in their hands</li> <li>Feel comfy with Ball at their feet.</li> <li>Have correct footwork technique</li> <li>Footwork speed</li> </ol>
<ul style="list-style-type: none"> <li>Handling/ Recap Footwork</li> </ul>	<ol style="list-style-type: none"> <li>Have the correct technique for the low, middle and above waist saves.</li> <li>Get a second barrier behind their hands when making a save.</li> <li>Have basic technique of catching balls above head height</li> </ol>
<ul style="list-style-type: none"> <li>Diving &amp; making Saves</li> </ul>	<ol style="list-style-type: none"> <li>Knowing when to "Get Set".</li> <li>Have correct technique of low Diving</li> <li>Hand Positioning</li> <li>Know whether to Catch / Parry</li> <li>Understand importance of 2<sup>nd</sup> Save.</li> </ol>
<ul style="list-style-type: none"> <li>Positioning</li> </ul>	<ol style="list-style-type: none"> <li>Understand narrowing of Angles</li> <li>Being able to cover near post well</li> <li>Know how to move across goal.</li> </ol>
<ul style="list-style-type: none"> <li>1 v 1</li> </ul>	<ol style="list-style-type: none"> <li>Importance of coming off line</li> <li>Correct technique for standing up and diving at feet.</li> <li>Know whether to come for ball or stay and make save.</li> </ol>
<ul style="list-style-type: none"> <li>Distribution/ Recap of Sessions</li> </ul>	<ol style="list-style-type: none"> <li>Underarm roll to feet</li> <li>Over arm throw</li> <li>Volleyed clearance</li> </ol>

Session Plan

Each session followed a structured plan that allowed each goalkeeper to progress throughout the session from the basic techniques through to more game related techniques. In a 1 hour session the breakdown was typically:

- 10 min Warm-up introducing the days' topic.
- 15 min Basic technical development within the days topic
- 20 min Players are placed into more competitive game related situations
- 15 min Players take part in a game directly related to goalkeeping.



**Branchburg Travel Soccer Club**  
*Goalkeepers ages U11-U14*  
 To be delivered over a 6 week period

Please note that while points from the U8-U11 curriculum were reinforced the following coaching points were promoted:

**Under 11 to Under 14**

Session Topic	Players Should be able to:
<ul style="list-style-type: none"> <li>Ball Familiarity/ Footwork</li> </ul>	<ol style="list-style-type: none"> <li>Use fingers to catch the ball.</li> <li>Be able to perform advanced ball familiarity moves.</li> <li>Comfortable with the ball in their hands</li> <li>Make correct choice of footwork</li> <li>To be quick and light on feet</li> <li>Promote quick change of direction</li> </ol>
<ul style="list-style-type: none"> <li>Handling/ Recap Footwork</li> </ul>	<ol style="list-style-type: none"> <li>Have soft hands/ elbows for catching the ball.</li> <li>Knowing instinctively which handling method to use.</li> <li>Quickly make correct choice of save</li> </ol>
<ul style="list-style-type: none"> <li>Diving &amp; Making Saves</li> </ul>	<ol style="list-style-type: none"> <li>Making sure weight is forward.</li> <li>Check step before diving</li> <li>Try and line up head with ball as best as possible</li> <li>Making saves in front of them.</li> <li>Diving slightly forward to cut off angle</li> </ol>
<ul style="list-style-type: none"> <li>1 v 1/ Collapse Save</li> </ul>	<ol style="list-style-type: none"> <li>Correct decision making – come for the ball or stay.</li> <li>Have speed off line to react to through balls.</li> <li>Be able to make reflex saves from close range shots, block &amp; parry.</li> <li>Correct collapse save technique</li> <li>Correct technique for diving at a players feet</li> </ol>
<ul style="list-style-type: none"> <li>Dealing with Crosses</li> </ul>	<ol style="list-style-type: none"> <li>Make correct decision to come for a cross or stay and make save.</li> <li>Have knowledge of whether to catch or punch and know the different time to use them.</li> <li>Judge the flight of the ball and make early decisions.</li> <li>Using correct footwork and aligning body correctly</li> </ol>
<ul style="list-style-type: none"> <li>Distribution</li> </ul>	<ol style="list-style-type: none"> <li>Use correct kicking techniques from both hands and floor.</li> <li>Perform different throwing techniques.</li> <li>Where and when to distribute</li> </ol>

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