



Watchung Hills Soccer Association
Goalkeepers ages U8-U10 over a 6-8 week period

Session Topic	Players Should be able to:
<ul style="list-style-type: none"> • Ball Familiarity/ Footwork 	<ol style="list-style-type: none"> 1. Know Correct Hand Shapes 2. Be able to feel comfy with Ball in their hands 3. Feel comfy with Ball at their feet. 4. Have correct footwork technique 5. Footwork speed
<ul style="list-style-type: none"> • Handling/ Recap Footwork 	<ol style="list-style-type: none"> 1. Have the correct technique for the low, middle and above waist saves. 2. Get a second barrier behind their hands when making a save. 3. Have basic technique of catching balls above head height
<ul style="list-style-type: none"> • Diving & making Saves 	<ol style="list-style-type: none"> 1. Knowing when to "Get Set". 2. Have correct technique of low Diving 3. Hand Positioning 4. Know whether to Catch / Parry 5. Understand importance of 2nd Save.
<ul style="list-style-type: none"> • Positioning 	<ol style="list-style-type: none"> 1. Understand narrowing of Angles 2. Being able to cover near post well 3. Know how to move across goal.
<ul style="list-style-type: none"> • 1 v 1 	<ol style="list-style-type: none"> 1. Importance of coming off line 2. Correct technique for standing up and diving at feet. 3. Know whether to come for ball or stay and make save.
<ul style="list-style-type: none"> • Distribution/ Recap of Sessions 	<ol style="list-style-type: none"> 1. Underarm roll to feet 2. Overarm throw 3. Volleyed clearance



Watchung Hills Soccer Association

Goalkeepers ages U11-U14 over a 6-8 week period

Please note that while points from the U8-U11 curriculum will be 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">Ball Familiarity/ Footwork	<ol style="list-style-type: none">Use fingers to catch the ball.Be able to perform advanced ball familiarity moves.Comfortable with the ball in their handsMake correct choice of footworkTo be quick and light on feetPromote quick change of direction
<ul style="list-style-type: none">Handling/ Recap Footwork	<ol style="list-style-type: none">Have soft hands/ elbows for catching the ball.Knowing instinctively which handling method to use.Quickly make correct choice of save
<ul style="list-style-type: none">Diving & Making Saves	<ol style="list-style-type: none">Making sure weight is forward.Check step before divingTry and line up head with ball as best as possibleMaking saves in front of them.Diving slightly forward to cut off angle
<ul style="list-style-type: none">1 v 1/ Collapse Save	<ol style="list-style-type: none">Correct decision making – come for the ball or stay.Have speed off line to react to through balls.Be able to make reflex saves from close range shots, block & parry.Correct collapse save techniqueCorrect technique for diving at a players feet
<ul style="list-style-type: none">Dealing with Crosses	<ol style="list-style-type: none">Make correct decision to come for a cross or stay and make save.Have knowledge of whether to catch or punch and know the different time to use them.Judge the flight of the ball and make early decisions.Using correct footwork and aligning body correctly
<ul style="list-style-type: none">Distribution	<ol style="list-style-type: none">Use correct kicking techniques from both hands and floor.Perform different throwing techniques.Where and when to distribute



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.

Attendance

The following table shows the attendance for each class

	Week 1	Week 2	Week 3	Week 4	Week 5
U8- U10					
U11- U14					

	Week 6	Week 7	Week 8	Week 9	Week 10
U8- U10					
U11- U14					

Recommendations

- While the younger program (U8-10) is geared as much towards fun as it is learning, as well as encouraging as many children as possible to appreciate and improve at the position this should not be the case for older Goalkeepers.
- For the U11-14 group only Goalkeepers who are seriously committed to the position should attend as players turning up who really didn't play in goal took time away from those Goalkeepers who really wanted to learn and improve which may have been frustrating for them. This should be the Goalkeepers session as they do not get enough training during their normal weekly team sessions.
- 1 hour is the minimum time needed for a program of this nature and gives adequate time to progress smoothly through all the disciplines.