


U.S. SOCCER "D" COURSE
POSITION-SPECIFIC : GOALKEEPING



GOALKEEPING

Position-Specific Coaching


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SPECIFIC CONTENT AREAS

- I. FOOTWORK - SET - BODY SHAPE**
- II. ANGLE PLAY ("micro-goalkeeping")**
- III. DIVING**
 - Forward ("smother")
 - Collapse
 - Mid-range
- IV. RECOVERING TO FEET**
- V. SHOT-STOPPING**
 - Catch v. Parry/Tip

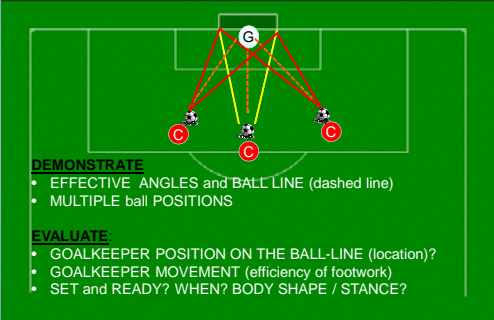
TECHNICAL { I, II, III, IV
TECH-TACT { V

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ANGLE PLAY



DEMONSTRATE

- EFFECTIVE ANGLES and BALL LINE (dashed line)
- MULTIPLE ball POSITIONS

EVALUATE

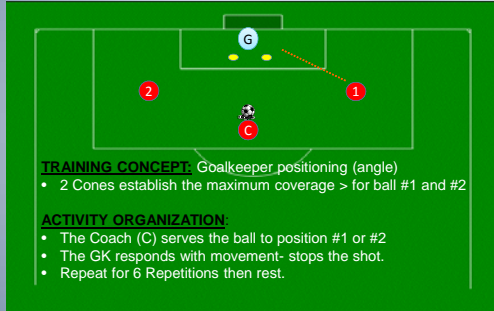
- GOALKEEPER POSITION ON THE BALL-LINE (location)?
- GOALKEEPER MOVEMENT (efficiency of footwork)
- SET and READY? WHEN? BODY SHAPE / STANCE?

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ANGLE PLAY / MICRO-GOALKEEPING



TRAINING CONCEPT: Goalkeeper positioning (angle)


- 2 Cones establish the maximum coverage > for ball #1 and #2

ACTIVITY ORGANIZATION:

- The Coach (C) serves the ball to position #1 or #2
- The GK responds with movement- stops the shot.
- Repeat for 6 Repetitions then rest.


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FUNCTIONAL TECHNIQUE

THE FRONT "SMOTHER"




...a standard technique used around the world. It is used in **fast conditions**, such as **wet weather**, and when there is a particularly **challenging low shot**.

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FUNCTIONAL TECHNIQUE
THE FRONT "SMOTHER"



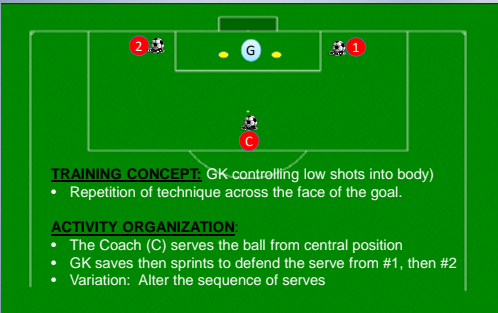
MECHANICS:
 ✓ Hands and Arms?
 ✓ Body posture-shape?
 ✓ Hips?
 ✓ Stance?
 ✓ Receiving-controlling the ball?

WHEN?
WHY?

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FRONT SMOTHER




TRAINING CONCEPT: GK controlling low shots into body
 • Repetition of technique across the face of the goal.

ACTIVITY ORGANIZATION:
 • The Coach (C) serves the ball from central position
 • GK saves then sprints to defend the serve from #1, then #2
 • Variation: Alter the sequence of serves

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FUNCTIONAL TECHNIQUE
DIVING- LOW BALLS



BODY MECHANICS

Shoulders?
 Step? (footwork)
 Toes?
 Hands?
 Eyes?
 Securing the ball?

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DIVING- LOW BALLS

TRAINING CONCEPT: GK controlling low shots *away* from body)

- Repetition of technique with a demand on dynamic movement

ACTIVITY ORGANIZATION:

- The Coach (C) serves the ball from position "C"
- GK saves, resets and repeats to the opposite direction.
- GK starts at central cone and saves to the right, reset and repeat in opposite direction.

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FUNCTIONAL TECHNIQUE
DIVING: MID-RANGE BALLS

BODY MECHANICS

Shoulders?
 Step? (footwork)
 Toes?
 Hands?
 Eyes?
 Securing the ball?

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DIVING: MID-RANGE BALLS

TRAINING CONCEPT:

- GK controlling mid-range shots *away* from body)
- Repetition of technique with a demand on dynamic movement

ACTIVITY ORGANIZATION:

- The Coach (C) serves the ball from position "C" (near post)
- GK saves, recovers across the goal mouth and saves from server #1.
- Repeat from opposite post as starting position.

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FUNCTIONAL TECHNIQUE
PARRYING / TIPPING




WHEN?
Physical Cues?

MECHANICS
One hand?
Two hands?
Right or Left hand?

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FUNCTIONAL TECHNIQUE
RELOADING: GETTING BACK TO FEET



MECHANICS
Top Leg?
Eyes and chest facing?
Gain momentum?

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COMPETITION: SHOT-STOPPING GAME



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