

Goalkeeping Age Objectives

Distributed by US Soccer-Peter Mellor National Teams Goalkeeping Coach and Coordinator

6-8 Year Olds

- Technical:** Hand Eye coordination and balance games.
Tactical: Rotation of all players through the goals so that every player is exposed to Goalkeeping. Let the game be the teacher.
Psychological: FUN, FUN, FUN, games must be enjoyable.
Fitness: FUN movement games.

8-10 Year Olds

- Technical:** **Principles of Goalkeeping**
Footwork Exercises
Getting Set (feet)
General Handling Techniques-Thrown service-All Heights-Small Goal
Distribution-Rolling and Throwing to a teammate, Control and Short Passing w/ both feet, Short volleying from the hands both feet, Striking a still ball.
Ball Familiarity (size 4)
- Tactical:** Rotation of players through the team. Everybody plays in each position
- Psychological:** FUN and enjoyable, Simple Progression of Techniques-"One Step at a Time".
- Fitness:** Teach Warm up-Cool Down and Stretching Exercises, from down to the ground and up to set position.

10-12 Year Olds

- Technical:** **Principles of Goalkeeping**
Footwork Exercises
Getting Set
General Handling Techniques
Basic Diving Techniques-General Breakdown of them
Dealing with Crosses-Thrown Services
Distribution-1st touch receiving, control and short passing w/ both feet, Under arm bowling, side and overarm
Throwing to targets, Volleying from the hands, Goal kicks
1v1 Basic Principles
"Quality Not Quantity"
- Tactical:** **Explain the basic tactical role of the goalkeeper**-Positional Play-Basic Angle play-Into line and down the line of
The flight of the ball ("Attacking the ball")
- Psychological:** Simple progression in techniques-Set Standards, Pay Attention to Detail-What Qualities Does a Goalkeeper Need?
- Fitness:** Warm Ups and Cool Downs
Introduction to the Importance of Stretching
Flexibility and Mobility Exercise (Footwork)
Check Height, Weight, and Vertical Jump 3 times per year (Jan/May/Sept-keep records)

12-14 year olds

- Technical:** **Principles of Goalkeeping**
Set Position/General Handling-Techniques all Heights
Shot Stopping
Decision Making
Techniques of Catching/Deflecting and Boxing
Diving Techniques-Collapse Save/Step and Save/Step Power and Save/Reaction Save/
Recovery Save
Dealing with Crosses-Chipped Serve/Catching, Punching both unopposed and opposed
Distribution-Dealing with the back pass both unopposed and opposed-Importance of
support, all techniques of
Throwing (Roll, Sidearm, Overarm).
Goal Kicks/Volleying and Introduction to Half Volleying
1v1 Principles
“Quality not Quantity”
- Tactical:** **1v1 w/the defense**
Distance of support to the defense
Communication (*Quality not Quantity*)
Functional and Game Related Practices/Small Sided Games/Decision Making
Introduction and training in the full size Goal with markings, as often as possible.
- Psychological:** **Motivational/Technical Talks** 10-15 minutes maximum. “The Full Size Goal”-Dealing
with the problems that
Will arise in the match.
Match and Training Preparation
Growth and Development-Diet and Nutrition-Lifestyle
Dealing with both Positive and Negative Assessments (Praise and Criticism)
Dealing with the Selection and tryouts both positive and negative results.
Soccer Terminology
- Fitness:** **Warm ups and Cool downs**
Plyometric exercises.
Goalkeeper specific stretching
Footwork all directions/planting of feet for change of Lateral direction
Speed-18 yards Max distance (Penalty Box)
Check Height/Weight and Vertical Jump 4x per year-(Jan/April/July/October-Keep
records)

14-16 Year Olds

- Technical:** **Principles of Goalkeeping** (Paying attention to detail).
Footwork/set positions/General Handling Techniques
All Diving Techniques-Collapse/Step and Save/Step Power and Save.
Narrowing the Angle
Shot Stopping/catch or deflect/Recovery Save
Practices to improve reactions
Dealing with Crosses-Served from all areas/angles Unopposed and Opposed and in
Functional Practices and Small
Sided Games
Distribution-Dealing with the Back pass with pressure, giving good angles and Distance
of support, Giving Quality
Communication/Control-First Touch/Both Feet, Variation of pass.

Goal Kicks/Volleys/Half Volleys/Introduction/practice of the technique of the side volley
(Central/South American)

Improved Range and power and Variation in Throwing techniques

Video Analysis of their own techniques (if possible)

Training/Matches

Feedback

“Quality Not Quantity”

Tactical: **Key issues in distance of support including recognizing pressure on and off the ball.**

Communication-working with the defensive unit to build up understanding of each others strengths and

Weaknesses responsibilities

Presence

Knowing position of teammates

Making small adjustments often to stay in line with the ball (footwork)

Game Related Situations-Functional and Small Sided Games-11v11

Organization in Defending Set Plays on Free Kicks and Corner Kicks

Psychological: **Motivational Talks/Videos**-15 minute maximum

Team Discussions/Presentations

Training and Match Preparation

Lifestyles/Discipline

Living Away from Home

Dealing with Competition

Physical Confrontations

Dealing with Pressure-Internal/External

Dealing with both Success and Failure

Fitness: **Warm ups and Cool downs**

Stretching, Flexibility, Mobility and Strengthening Exercise.

Plyometric Exercises

Recovery Exercises

Introduction to Agility Exercises-low intensity/low reps

Weight Training-low Weights/High reps

Footwork All directions (all Goalkeeping movements).

Speed-20 Yards Maximum

Check Height, Weight, and Vertical Leap 6 x per year (Jan/Mar/May/Jul/Sept/Nov-

Keep records)

Check body fat