



Global Premier Soccer

2015 Curriculum

Goalkeeper Curriculum

8 Week Training Program



GPS CURRICULUM INDEX

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Goalkeeping: Handling

WARM UP



Hand - Eye coordination

Set up/Rules

20x15 yard area
All players have a ball in hands and move around the area juggling the ball from hand to hand

Progression

Move ball around waist
Bounce ball with 2 hands
Throw ball in air and jump and catch

Swap with another player by throwing ball

Coaching Points

Eye on ball at all times
Move on balls of feet with balance

TECHNICAL



Ball Handling

Set up/Rules

Players work in pairs or groups of four. One player serves ball to other player who catches ball with W hands. Throw service to begin and build up to kick service

Progression

Start facing left and turn to catch ball

Face right

Back to server

Coaching Points

Set Position
W hands to catch ball
Quick reaction to call and move feet quickly

TECHNICAL/TACTICAL



Scoop Technique

Set up/ rules

Service now along the ground and GK must scoop the ball to save.

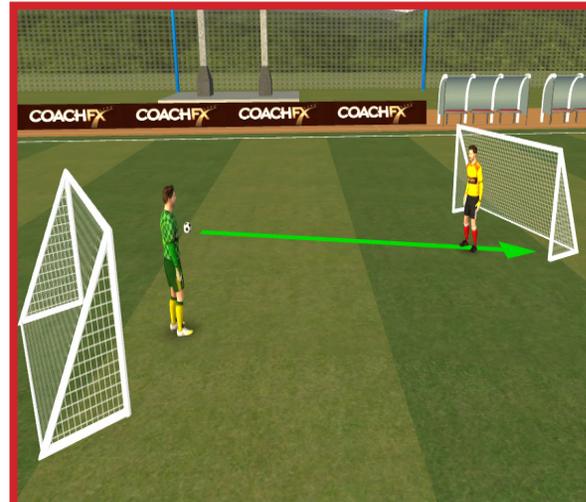
Progression

Face away from server and react to call to save

Coaching Points:

Set Position
Body in line with ball
Attacking step to ball
scoop ball to chest with both hands as falling

SMALL SIDED GAME



Goalie Wars

Set up/Rules

Each GK defends a goal about 15 yards apart.. GKs try and score by throwing ball into other goal.

Progression

Extra point for correct ball handling or scoop save

Coaching Points:

Set Position
Body in line with ball
Attacking step to ball
scoop ball to chest with both hands as falling



Goalkeeping: Diving

WARM UP



Diving Warm Up

Set up/Rules

Randomly place balls inside the area. Players move around and perform exercises with the balls on coach command.

Progression

Pick up, throw and save on the bounce.

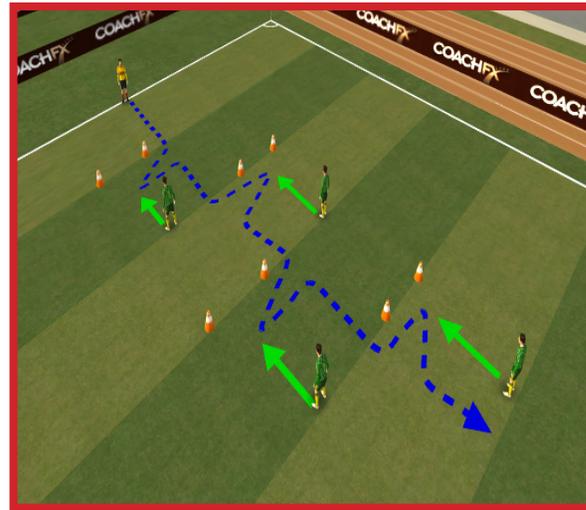
Dive and get hands on ball.

Take a ball away each time. Last GK to get one performs physical exercise

Coaching Points

Move with hands ready at all times
Focus on footwork and moving feet
One hand behind ball one on top

TECHNICAL



Diving & Reaction

Set up/Rules

1 player works with others as server. GK runs forwards and dives to save ball from server one, up and out to save from server 2 then 3 then 4. Servers pass the ball along the floor making sure GK has a chance to save

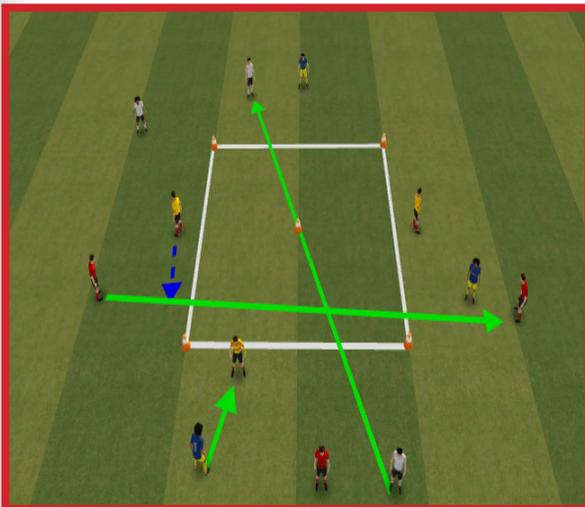
Progression

Ball is thrown so ball is saved in mid-air

Coaching Points

Fast footwork to get to server
One hand behind ball one hand on top to save

TECHNICAL/TACTICAL



Protect the cone

Set up/Rules

Players work in 3s. 1 team protect the central cone. No player can enter the square. Other teams get 1 point for passing ball through square to team mate, 3 points for hitting the cone. Players protecting cone can dive to save the ball.

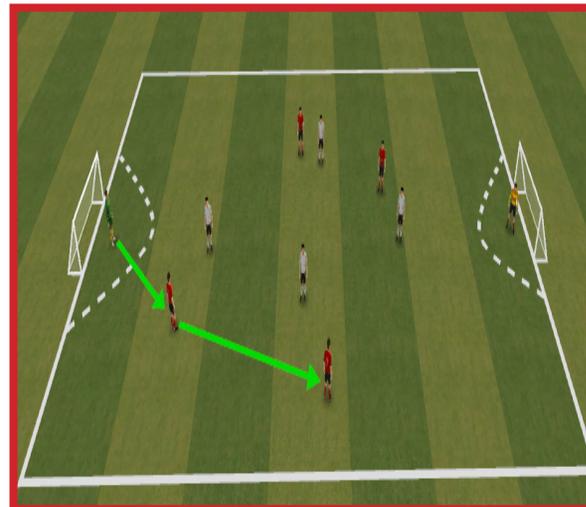
Progression

Rotate defending team

Coaching Points

Fast footwork to move around square
Set position
Get body between ball and cone

SMALL SIDED GAME



Handball

Set up/Rules

Play 5v5 with GK's. Players pass and move the ball using hands and have to throw the ball into the goal for a point. If GK makes a save they move into play and a team mate goes in goal.

Rules

Players can't move when in possession of the ball
Players can only roll the ball along floor to pass
Players can only intercept passes with hands.

Progression

Players can only pass with feet



Goalkeeping: Agility and Reactions

WARM UP



Hand - Eye coordination

Set up/Rules

20x15 yard area

All players have a ball in hands and move around the area juggling the ball from hand to hand

Progression

Move ball around waist

Bounce ball with 2 hands

Throw ball in air and jump and catch

Throw ball over head and turn to collect when ball bounces

Coaching Points

Eye on ball at all times

Move on balls of feet with balance

TECHNICAL



Follow The leader

Set up/Rules

Players work in pairs with one ball. One dribbles around the area and other follows. Player dribbling will randomly pass ball into space and player following has to react and go collect.

Progression

GK must scoop ball up

GK must slide to save

Coaching Points

Quick foot work

Hands ready at all times

correct technique when collecting ball

TECHNICAL/TACTICAL



Fast foot work and reaction save

Set up/Rules

GK moves through cones and tries to save a pass from partner towards either coned goal.

Progression

Service along floor

Service in the air

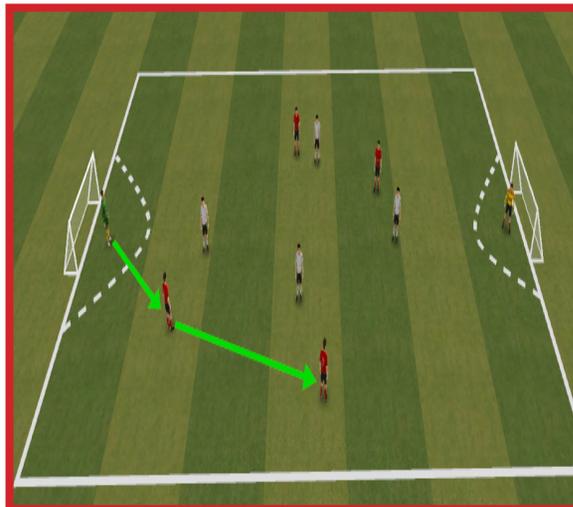
Coaching Points

Manoeuvre ball quickly between feet.

Head up to see cones

Use different parts of the feet to move ball

SMALL SIDED GAME



Handball

Set up/Rules

Play 5v5 with GK's. Players pass and move the ball using hands and have to throw the ball into the goal for a point. If GK makes a save they move into play and a team mate goes in goal.

Rules

Players can't move when in possession of the ball

Players can only roll the ball along floor to pass

Players can only intercept passes.

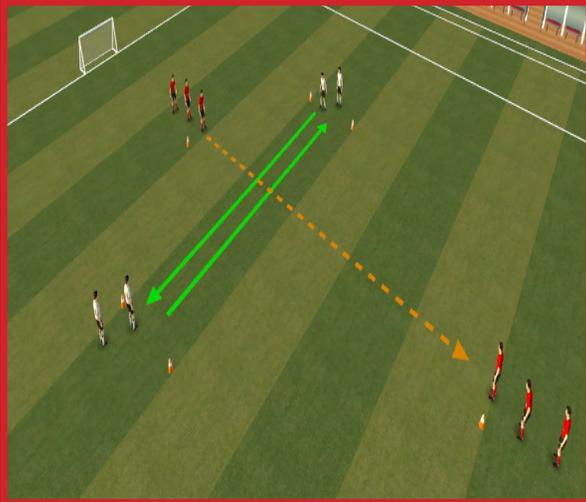
Progression

Players can only pass with feet



Goalkeeping: Foot Work & Passing

WARM UP



T exercise

Set up/Rules

Players in groups of 2-3. Red players dribble and join new line. White pass and follow pass. Switch roles after 1 minute.

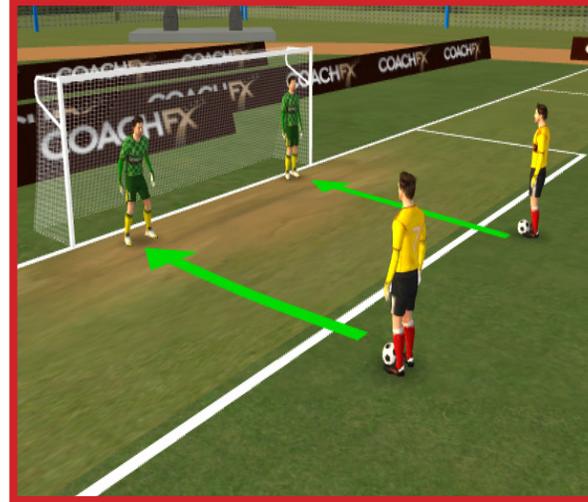
Progression

Red players near the goal now start next to the goal and players opposite dribble and pass ball towards corner of goal and force a save.

Coaching Points

Quality of passing
Quick reacting to shot
Body or hand behind ball

TECHNICAL



Scoop Technique

Set up/ rules

Players work in pairs and pass the ball back and forth in one touch. At any point coach will call out 'save' at which point the GK the ball is travelling towards will make a scoop save.

Progression

On 'go' player will pass and angled pass to force partner to make diving save

Coaching Points:

Set Position
Body in line with ball
Scoop ball to chest with both hands as falling

TECHNICAL/TACTICAL



Rondo's 4v1

Set up/Rules

Team of 4 try and keep possession of the ball. GK in the middle will try and win the ball by saving it with their hands.

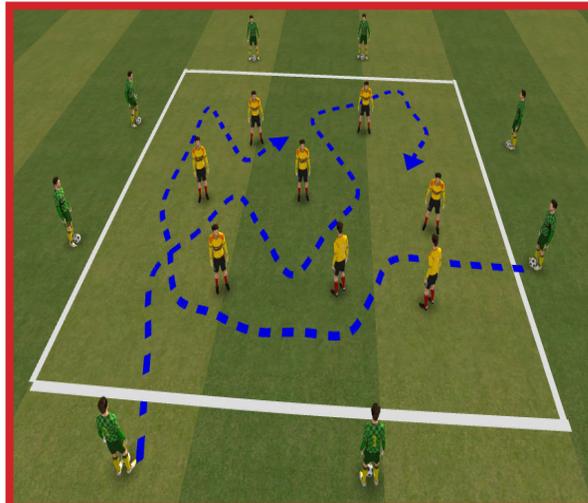
Progression

Can only intercept with hands

Coaching Points

Keep ball close
Dribble at speed
Head up to see space

SMALL SIDED GAME



Wrestlemania

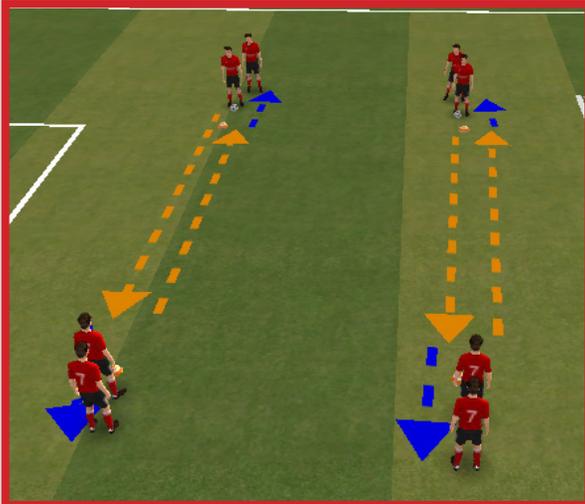
Set up/Rules

Split into two teams. One team inside area on knees. Other team on outside of area with ball each. Players enter area with ball and must keep the ball moving at all times. Players on knees try and dive and steal any ball. Once a ball is stolen they can pass to team mates to keep ball away from opponent. Opponent can try and wrestle the ball back. Teams get 1 point per ball in their possession after 1 minute



Goalkeeping: Distribution

WARM UP



Distribution - Throwing

Set up/Rules

Players will dribble at speed using laces to the far side, as they approach player release the ball for the next to step onto.

Progression

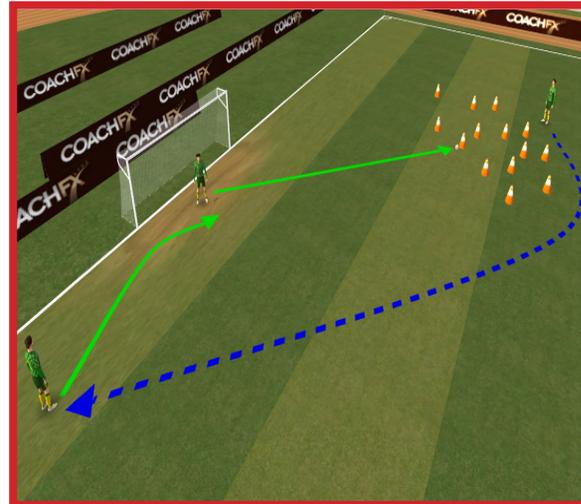
Players now roll ball along floor and join back of same line.

Players now over arm throw to other line.

Coaching Points

Attacking step to roll ball
Roll ball so its not bouncing
Free arm points and aims to target
Twist body and bring arm throw

TECHNICAL



Distribution Game

Set up/Rules

Server throws the ball high in the air for GK to catch. Once caught GK quickly throws the ball and tries to hit a cone. Spare player collect ball and throws back to server. Rotate once all cones hit.

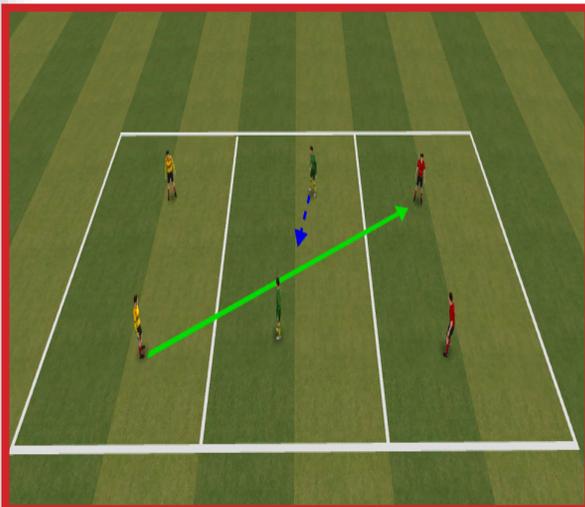
Progression

Player who hits all cones in quickest time wins

Coaching Points

Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.

TECHNICAL/TACTICAL



Distribution Game

Set up/Rules

Split players into 3 teams. Central team try and stop balls being passed between the two outside teams. Outside teams can't move with ball in hands and can only roll ball through central zone. 1 point each time ball is transferred through central zone to other grid. Central players can dive and try stop balls getting through. Team that has ball intercepted become new central team.

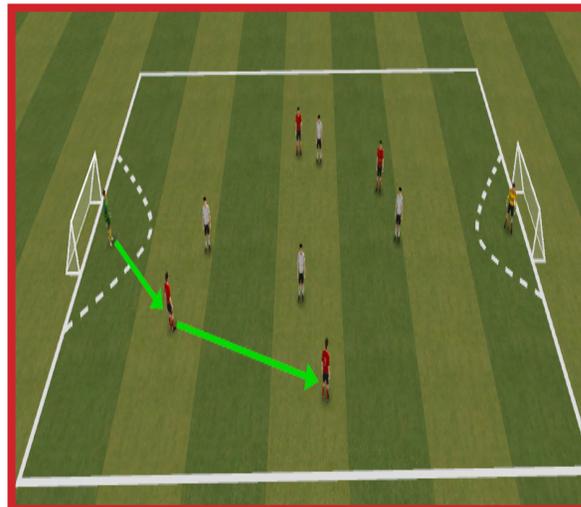
Progression

Team that allow most passes through lose

Coaching Points

Move ball quickly to find passing angles

SMALL SIDED GAME



Handball

Set up/Rules

Play 5v5 with GK's. Players pass and move the ball using hands and have to throw the ball into the goal for a point. If GK makes a save they move into play and a team mate goes in goal.

Rules

Players can't move when in possession of the ball
Players can only roll the ball along floor to pass
Players can only intercept passes.

Progression

Players can only pass with feet



Goalkeeping: Shot Stopping

WARM UP



Head, shoulders, knees & Toes

Set up/Rules

Players work in pairs with a ball. Coach calls out heads, shoulder, knees & toes in any order and players must touch that body part. When coach calls ball players reach for the ball. Player who grabs it wins a point

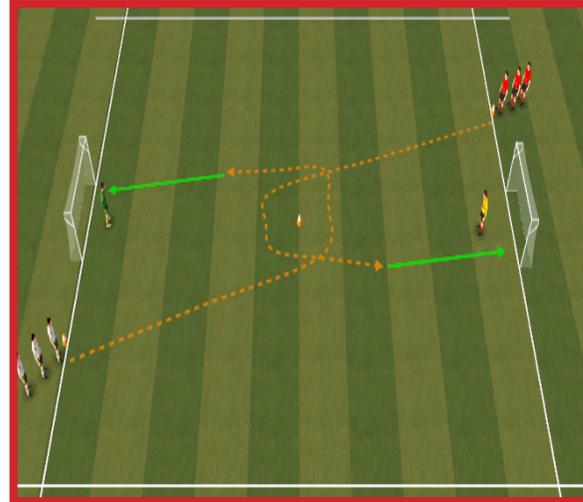
Progression

Player must drag ball back to win a point

Coaching Points

Concentration and listening to coach
Quick reaction to grab ball

TECHNICAL



Shooting Races

Set up/ rules

Split players into two teams diagonally opposite next to a goal. First player from each line will dribble out and shoot for the goal opposite. Players cant shoot until they pass central cone. First player to score gets a point for their team.

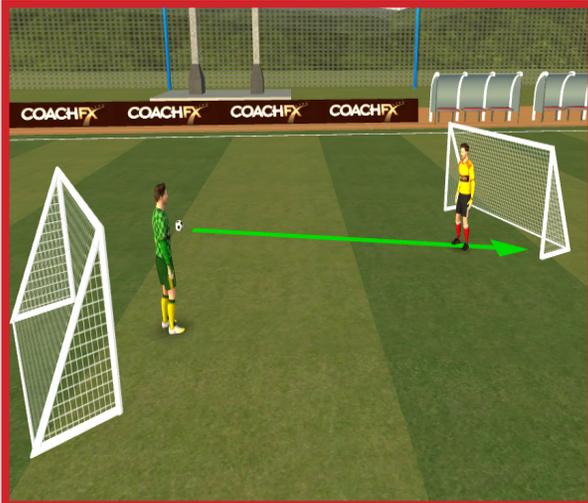
Coaching Points

Shoot with laces
Shoot for space in goal

Progression

Players must now go around central cone and shoot for the goal they start next to. First player to score gets the point.

TECHNICAL/TACTICAL



Goalie Wars

Set up/Rules

Each GK defends a goal about 15 yards apart.. GKs try and score by throwing ball into other goal.

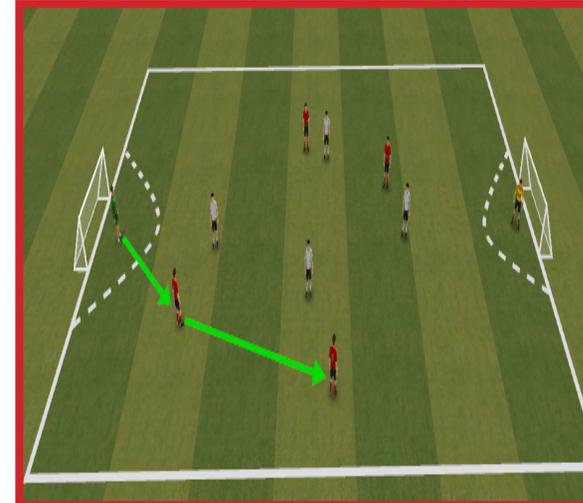
Progression

Extra point for correct ball handling or scoop save
2v2

Coaching Points:

Set Position
Body in line with ball
Attacking step to ball
scoop ball to chest with both hands as falling

SMALL SIDED GAME



Handball

Set up/Rules

Play 5v5 with GK's. Players pass and move the ball using hands and have to throw the ball into the goal for a point. If GK makes a save they move into play and a team mate goes in goal.

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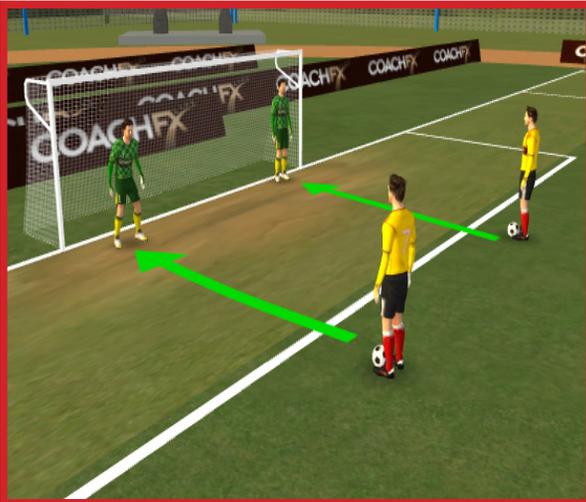
Progression

Players can only pass with feet



Goalkeeping: Shot Stopping

WARM UP



Shot Stopping

Set up/Rules

Player work in pairs. One GK serves other GK works. Start with throw service to chest working on 'W' hands

Progression

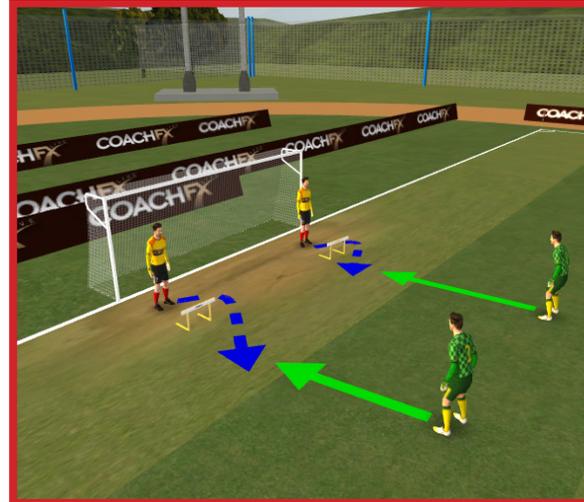
Service to the side so footwork is needed.

Roll along floor to force dive

Coaching Points

Set position
footwork to get body in motion
Decision on type of save
scoop/dive/push away

TECHNICAL



Agility & shot stopping

Set up/Rules

GK jumps over hurdle landing in set position. As GK lands server throws ball into chest for GK to save.

Progression

Throw to the side to force diving catch

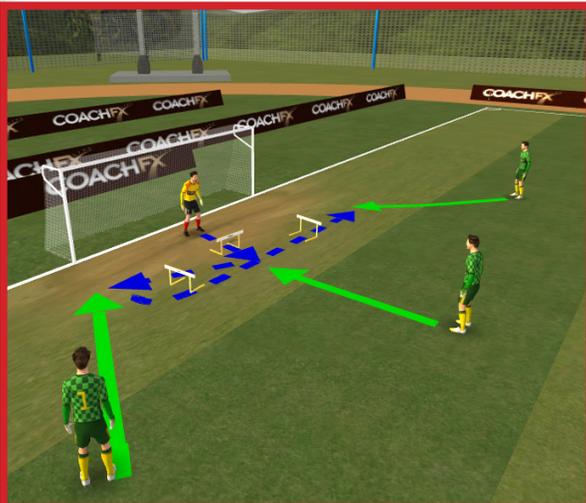
Jump forward, back and forward before service

Volley service

Coaching Points

Set position
footwork to get body in motion
Decision on type of save
scoop/dive/push away

TECHNICAL/TACTICAL



Agility & shot stopping

Set up/Rules

GK jumps forward to receive volley serve, moves left over hurdle to block shot, moves all the way across goal over last hurdle to block shot.

Progression

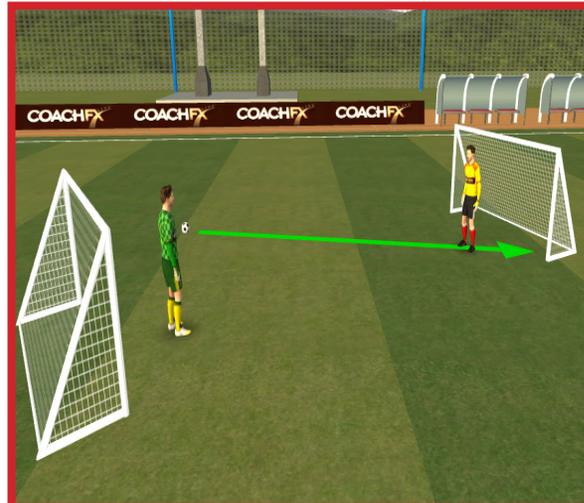
Rotate Roles

Mix up type of serve and shot height

Coaching Points

Land in set position
Sharp footwork between serves
Decision on type of save
scoop/dive/catch/push away/palm down to self

SMALL SIDED GAME



Goalie Wars

Set up/Rules

Each GK defends a goal about 15 yards apart.. GKs try and score by throwing ball into other goal.

Progression

Extra point for correct ball handling or scoop save
2v2

Coaching Points:

Set Position
Body in line with ball
Attacking step to ball
scoop ball to chest with both hands as falling



Goalkeeping - Dealing with 1v1

WARM UP



Hand - Eye coordination

Set up/Rules

20x15 yard area
All players have a ball in hands and move around the area juggling the ball from hand to hand

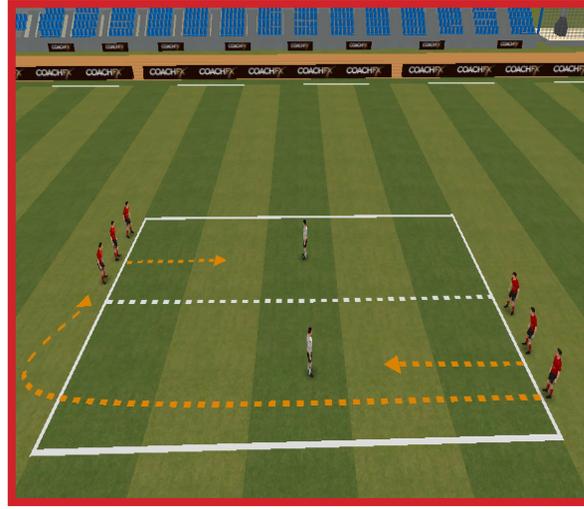
Progression

Move ball around waist
Bounce ball with 2 hands
Throw ball in air and jump and catch
Throw ball over head and turn to collect when ball bounces

Coaching Points

Eye on ball at all times
Move on balls of feet with balance

TECHNICAL



Delay & Save

Set up/Rules

One GK in each channel.
Players dribble down in 3s and try to beat GK. GK can only take ball with hands

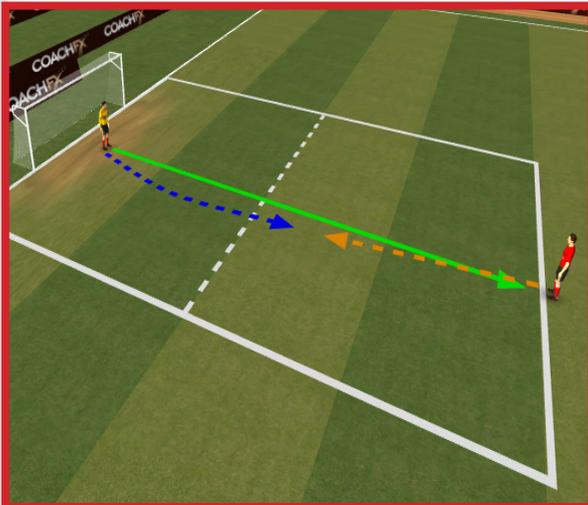
Progression

If GK steals player ball they swap roles

Coaching Points

Watch and anticipate player movement
Hands behind ball to block movement
Bravely diving at players feet

TECHNICAL/TACTICAL



1v1 Game

Set up/Rules

GK throws ball to attacker who goes 1v1. Attacker must try and dribble around GK to score. GK must try and win ball over halfway line

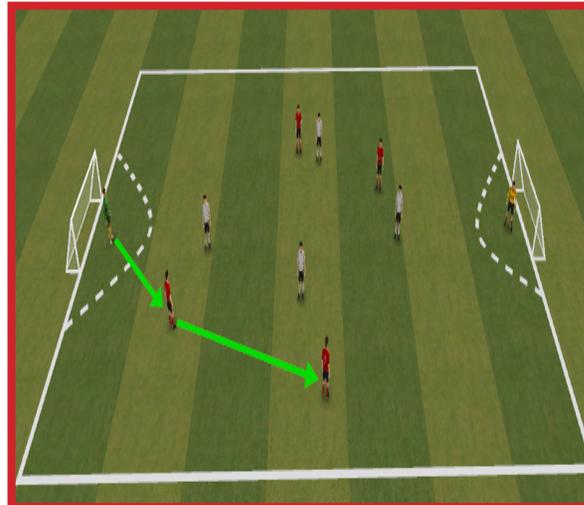
Progression

Attacker can only shoot once halfway line is crossed

Coaching Points

Get out to attacker quick
Hands always ready for shot
Watch body language of attacker
Bravery to dive at attackers feet

SMALL SIDED GAME



Handball

Set up/Rules

Play 5v5 with GK's. Players pass and move the ball using hands and have to throw the ball into the goal for a point. If GK makes a save they move into play and a team mate goes in goal.

Rules

Players can't move when in possession of the ball
Players can only roll the ball along floor to pass
Players can only intercept passes with hands.

Progression

Players can only pass with feet