



# GOALKEEPER TRAINING PROGRAM

Sandringham Soccer Club is committed to providing goalkeepers with a specialised development program to compliment the training goalkeepers will have with their teams. This program aims to have a position specific focus while also considering the important part goalkeepers play in modern football (which is very relevant to the club's new playing philosophy), including their involvement in playing out of defence, supporting the defence in possession, and methods of distribution. At the same time, modern training methods and exercises will be a focus to ensure fun, maximum participation and game relevance to all parts of the training sessions.

## TECHNICAL WARM UPS FOR EVERY SESSION

- Set position
- Cup technique
- Scoop technique
- W technique
- Collapse dive (when appropriate)

Exercises used for these warm ups will aim as much as possible to have no queues, lots of movement rather than being static, lots of rotation of positions, and lots of action, without losing their technical focus.

## SESSION TOPICS FOR SUB-JUNIORS\* AND JUNIORS (MOSTLY U10 – U14)

*\* although sub-juniors have goalkeepers, they should not be full-time until U12, so we only expect a handful of keen sub-juniors to attend goalkeeper training regularly, in addition to others who may want to attend just in preparation for their turn in goals that weekend*

These topics are based on an expected 12 session program. As a result, each topic will be covered twice, although the exact sequence will be determined by each coach.

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|------------------|-----------------|------------------|
| 1. Short passing | 3. 1v1          | 5. Long throws   |
| 2. Positioning   | 4. Short throws | 6. Communication |

## SESSION TOPICS FOR YOUTH AND SENIORS (MOSTLY U15 – OPEN)

These additional session topics will be covered along with the original 6 topics from the junior age groups. As a result, 3 of the 9 topics in total can be repeated, which will be determined by the coach.

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|-------------------------|---------------------|----------------------|
| 7. Dealing with crosses | 8. Low diving saves | 9. High diving saves |
|-------------------------|---------------------|----------------------|

## GAME BASED EXERCISES TO WORK ON SESSION TOPICS

It is always important, especially for goalkeepers, to put technical practice into game based situations to ensure the practice is realistic and relevant. Typical goalkeeper practice will involve 1 or 2 or sometimes more players serving balls to one receiver, so in the exercises outlined below, this same ratio can be achieved but in more realistic game scenarios. Additionally, the players not making saves are participating as outfield players, and so they are getting additional practice with their feet. If there are two goalkeepers in an exercise, the one on the team attacking should also be involved in the attacking play to practice their involvement in outfield play from the goalkeeper position.

### Examples with 3 players

- 1v1 plus 1 goalie
- 2v1 possession

### Examples with 5 players

- 1v1 plus a neutral plus 2 goalies
- 2v2 plus 1 goalie
- 4v1 possession
- 3v1 plus 1 goalie

### Examples with 4 players

- 1v1 plus 2 goalies
- 3v1 possession
- 2v2 possession

### Examples with 6 players

- 2v2 plus 2 goalies
- 1v1 plus 1 goalie (2 areas)
- 2v1 possession (2 areas)

Rules / objectives within these exercises can ensure the players recreate specific situations so that the games relate very specifically to the session topic. These rules can affect the type of shots (high, low, headers etc), positioning requirements (small fields or large etc), mobility requirements (diving or not etc), type of distribution (wide or long etc) among many other elements. This process is key to getting the most out of game based exercises. Examples:

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| <ul style="list-style-type: none"> <li>• Only flat shots along the ground or only high</li> <li>• Only volleys/headers to score</li> <li>• Only one touch shots or only 2-touch</li> <li>• Thin goals or wide goals</li> <li>• Tall goals or short goals</li> <li>• Small field or large field</li> <li>• Wide and short field</li> </ul> | <ul style="list-style-type: none"> <li>• Narrow and long field</li> <li>• Cannot shoot until X passes</li> <li>• Must shoot with X passes</li> <li>• Must shoot within X seconds</li> <li>• Certain players are stuck in certain zones</li> <li>• Players can only shoot from within certain zones</li> </ul> |
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