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Goalkeeping Curriculum

Age Specific Programs

6-8 Years Old

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 Years Old

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 with both feet, short volleying from hands BOTH feet, kicking a still ball.
- Ball familiarity (size 4)

Tactical:

- Rotation of all players through the team. Everybody plays in each position.

Psychological:

- Fun and enjoyable. Simple progression in techniques – “One step at a time.”

Fitness:

- Teach warm up – cool down and stretching exercises. Recovery from down to the ground and up to set position.



10-12 Years Old

Technical:

- Principals of goalkeeping
- Footwork exercises
- Getting set (feet)
- General handling techniques – thrown/kicked service – all heights
- Basic diving techniques – thrown services
- Distribution: 1st touching receiving, control and short passing with both feet, under arm bowling, side and overarm throwing to targets. Volleying from the hands, goal kicks
- 1 vs. 1 – basic principles
- QUALITY NOT QUANTITY

Tactical:

- Explain the basic tactical role of the GK – positional play, basic angle play, in to line and down the line of the flight of the ball (Attaching the ball)

Psychological:

- Simple progression in techniques, set stands, pay attention to detail, what qualities does a GK need?

Fitness:

- Warm ups and cool downs
- Introduction to the importance of stretching
- Flexibility and mobility exercise
- Check height, weight and vertical jump 3 times per year adjoin/May/Sept (keep records)

12-14 Years Old

Technical:

- Principals of goalkeeping
- Set position/general handling techniques all heights
- Shot stopping
- Decision making
- Techniques of catching, deflecting and boxing
- Driving techniques save, step and save, step power, save reaction, save recovery, and save
- Dealing with crosses, chipped serve, catching, punching both unopposed and opposed
- Angels and availability – control and increase range of passing



- All techniques of throwing (roll, side arm, overarm)
- 1 vs. 1 – basic principles
- QUALITY NOT QUANTITY

Tactical:

- 1v1 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
- Match and training preparation
- Growth and development – diet and nutrition – lifestyle
- Dealing with both positive and negative assessments (praise and criticism)
- Dealing with selection and tryouts with positive and negative results
- Soccer terminology

Fitness:

- Warm ups and cool downs
- Plyometric exercises
- Goalkeeping specific stretching, flexibility and mobility exercises
- Footwork all directions, planting of feet for change of lateral direction
- Speed – 18 yards max distance (penalty box)
- Check height, weight and vertical jump 4 times per year Jan/April/July/Oct (keep records)

14-16 Years Old

Technical:

- Principles of goalkeeping (paying attention to detail)
- Footwork, set position, general handling techniques
- All diving techniques – G, collapse, step and save, set power and save
- Narrowing the angle (use the rope theory of the triangle)
- Shot stopping, catch or deflect, recovery saves
- Practices to improve reactions



- Dealing with crosses – served from all areas, angles unopposed and opposed, and distance of support
- 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, introductions, practice of the technique of the side volley (Central/South American Style)
- Improved range, power, and variation in throwing techniques
- Video analysis of their own techniques (if possible)
- Training/matches
- Feedback

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 other's strengths and weaknesses, responsibilities
- Presence
- Knowing position of the teammates
- Making small adjustments often to stay in line with the ball (footwork)
- Game related situations – functional and small side games 11 v 11
- 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 confrontation
- Dealing with pressure – external/internal
- Dealing with both success and failure

Fitness:

- Warm ups and cool downs
- Stretching, mobility, and strengthening exercises
- Plyometric exercises
- Recovery exercises



- Introduction of 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 jump 6 times per year Jan/Mar/May/July/Sept/Nov (keep records)
- Check body fat

16-21 Years Old

Technical:

- Principals of goalkeeping (paying attention to detail)
- Footwork, set position, general handling techniques
- All diving techniques – collapse save, step and save, set power and save
- Narrowing the angle (triangle rope theory)
- Shot stopping, catch or deflect, recovery saves
- Advances reaction practices
- Dealing with crosses – unopposed and opposed, working with defensive unit, functional/small sided crossing games (conditional)
- Distribution – dealing with the back pass with pressure, angles and distance of support, communication (Quality no Quantity), first touch (both feet), position of teammates, selection (best option), timing, weight and accuracy of distribution of all techniques (throwing and kicking) decision making.

Tactical:

- Distance of support, playing off your line, recognizing pressure on and off the ball
- Decision making, last line of defense – first line of attack presence
- Organization of the defensive unit for transition
- Organization on set plays – corners and free kicks
- Game related practices, small sided games – 11 v 11
- Problem solving

Psychological:

- Psychological sessions, discussions in the importance of the following:
 - Application/attitude
 - Coach ability (following a coaches game plan)
 - Composure, temperament, dealing with the pressure
 - Concentration



- Confidence
- Consistency
- Courage – both physical and mental
- Criticism – internal/external
- Desire, determination, a winning mentality
- Personal goal setting – imagery
- Patience, “lack of opportunity”

Fitness:

- Warm ups and cool downs
- Goalkeeping specific stretching, flexibility and mobility
- Footwork exercise
- Recovery exercises
- Agility exercises
- Plyometric exercises
- Weight training – low weights/high reps
- Speed – 20 yards maximum
- Check height, weight – weekly
- Body fat and vertical leap – monthly