

# NATIONAL TEAMS GOALKEEPING

## Goalkeeping Age Specific Development Program (Male & Female)

Presented By: Peter Mellor, National Teams Goalkeeping Coach and Coordinator.

### 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 Team Mate, Control and Short Passing with BOTH Feet, Short Volleying From The 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:** Principles of Goalkeeping.  
Footwork Exercises.  
Getting Set.  
General Handling Techniques -Thrown/kicked service-all heights.  
Basic Diving Techniques -General breakdown of them.  
Dealing with crosses -Thrown services.  
Distribution- 1<sup>st</sup> Touch receiving, control and short passing with both feet, Under arm bowling, side and overarm throwing to targets. Volleying from the hands, Goal kicks.  
1v1 Basic Principals.  
[ QUALITY NOT QUANTITY ]

**TACTICAL:** **Explain the Basic Tactical role of the Goalkeeper** -Positional Play-Basic Angle play-In to 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 YEARS OLD

**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, Angles and Availability-Control and Increase Range of Passing with both feet.  
All Techniques of Throwing( Roll, Side Arm, Overarm).  
Goal Kicks/Volleying and Introduction to Half Volleying.  
**1v1 Principals.**  
**□QUALITY NOT QUANTITY□.**

**TACTICAL:** **1v1 with 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.  
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 both 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 4x per year Jan/April/July/October (Keep Records).

## 14-16 YEAR OLD

### **TECHNICAL:**

**Principles of Goalkeeping** (Paying attention to detail).

**Footwork/set position/General Handling Techniques.**

**All Diving Techniques-** Collapse/Step and Save/Step 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 in Functional Practices and Small Sided Games.

of  
Variation of pass.

**Distribution-**Dealing with The Back Pass with pressure, giving good angles and Distance support, Giving Quality Communication/ Control-First Touch/ Both Feet,

Volley

Goal Kicks/Volleys/Half Volleys/ Introduction/practice of the technique of the Side (Central/South American Style).

Improved Range and power and Variation in Throwing Techniques.

**Video Analysis** of there own Techniques (if Possible).

**Training/ Matches.**

**Feedback.**

**□QUALITY NOT QUANTITY□.**

### **TACTICAL:**

other's

**Key issues** in distance of support including recognizing pressure on and of the ball.  
**Communication** -working with the defensive unit to build up understanding of each

strengths and weaknesses responsibilities.

**Presence.**

**Knowing Position of Team Mates.**

**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.

## **16-21 YEARS OLD:**

- TECHNICAL:**
- Principles of Goalkeeping**, Paying attention to detail.
  - Footwork/Set Position/General Handling Techniques.**
  - All Diving Techniques-** Collapse Save/Step and Save/Step Power and Save.
  - Narrowing The Angle** (Triangle Rope Theory).
  - Shot Stopping** /Catch or Deflect/Recovery Saves.
  - Advanced Reaction Practices.**
  - Dealing With Crosses** -Unopposed and opposed, working with the defensive unit, Functional/Small Sided Crossing Games (Conditioned).
  - Distribution-**Dealing with the Back Pass, Angles and distance of support, Communication (Quality not Quantity ), First Touch (Both Feet),Position of Team Mates, 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, -11v11,**
  - Problem Solving.**
  - QUALITY NOT QUANTITY□.**
- 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 up/cool down.
  - Goalkeeping specific stretching, Flexibility and Mobility.
  - Footwork Exercises.
  - Recovery Exercises.
  - Agility Exercises.
  - Plyometric Exercise.
  - Weight Training-Low weights High Reps.
  - Speed 20 Yards Maximum.
  - Check Height and Weight- weekly.
  - Body Fat and Vertical Leap-Check Monthly.