Advanced National Goalkeeping Diploma
# NSCAA Advanced National Goalkeeping Diploma

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General Introduction

On January 11, 1941, the organization known as the National Soccer Coaches Association had its first meeting. From a small group of college coaches who met at that time, the NSCAA has grown to include all levels of men’s and women’s soccer, including youth, high school, junior college, college and professional coaches, as well as referees, administrators and other individuals interested in the growth of soccer in the United States. With more than 30,000 active members, the NSCAA is currently the largest single-sport coaching association in the world.

The nature and purpose of the Association is to educate, provide services, and promote and stimulate interest in the game of soccer. With this in mind, the NSCAA Coaching Academy Program was established to further these ideas and to meet the growing needs of our membership to learn more about the game of soccer. The philosophical foundation for all levels is to improve the development of soccer by creating a learning environment which will enhance the individual’s experience and enjoyment of the game.

The Coaching Academy Program is a comprehensive educational program. We hope to reach coaches on all different levels from youth recreational to advanced and professional coaches. We anticipate that the different programs we offer will evolve as the needs of coaches change and evolve.

Any individual completing a diploma course through the NSCAA Coaching Academy will become a more effective coach by understanding the need to organize appropriate material and information for the various ability, experience and age levels of the individuals they coach.

-- The NSCAA Education Committee
Preface

Welcome to the NSCAA Coaching Academy and more specifically, the National Diploma Course. The National Diploma is the foundational course of the Coaching Academy program for coaches of advanced players.

There are several objectives of the NSCAA Academy:

1. To introduce the coach to the NSCAA as a “Network of Support.” We hope the coach will come to see the NSCAA as a family and will utilize NSCAA resources to grow professionally and personally.
2. To recognize that soccer is a player’s game which should be played with minimal coaching interference. We honor the history and traditions of soccer in the USA and worldwide and promote soccer as the “Beautiful Game,” the ultimate players’ game.
3. To help the American coach develop the skills necessary to address the “specific” needs of the American player.
4. To develop awareness in American coaches of the need for continual growth and study in the coaching profession, a hunger for continued improvement and a deeper appreciation of “Coaching as a Craft,” a highly refined skill.
5. To reinforce that, due to the cultural position of soccer in the USA, the American coach must have instructional, managerial and promotional skills superior to those of coaches from other countries.

By the end of the course, the Coach should have a better understanding of:

- The Progressive Coaching Methodology
- The Coaching in the Game Methodology
- How to analyze an individual’s technical abilities
- The key coaching points in teaching technique
- The key coaching points in teaching tactics and the principles of play
- An improved ability to read the game
- An ability to plan practices which are focused and dynamic and which improve the player’s ability to play
- The importance of the coach as a dynamic teacher, moral leader, and effective manager

We welcome you to the NSCAA National Diploma course. We welcome your comments relative to course curriculum, administration and staff.

IMPORTANT NOTICE

The NSCAA Coaching Academy does not discriminate based on any physical limitations to perform. While the National, Advanced National and Premier Diploma courses do require participation in certain instructional sessions, candidates that have any disability or health problem which might limit their participation in some academy activities should notify a staff member and they will be excused from participation. Testing is based on the ability to coach and grading does not include any evaluation of personal technical ability.

The curriculum for this Advanced National Goalkeeping Diploma Course is the property of the National Soccer Coaches Association of America. Any reproduction or reuse of any part of this material without the express written consent of the NSCAA Executive Director is strictly prohibited. Videotaping of academy sessions is also strictly prohibited.
The NSCAA Coaching Academy

The NSCAA Coaching Academy offers courses for coaches across all levels of the game of soccer. Totaling more than 350 hours of coaching education, including specialized courses geared toward Goalkeeping, Directors of Coaching and High School coaches, the NSCAA Coaching Academy offers a comprehensive program for continuous self-improvement.

- The Youth Level I Diploma deals with coaching young players 5-8 years of age who are playing the game for the first time. The course content includes philosophy of coaching youth, risk management strategies, organization of practice sessions and activities appropriate to players of this age.

- The Youth Level II Diploma is directed toward the person newly involved in coaching the game of soccer and designed to be helpful to coaches working with a player level of 5-10 years of age.

- The Youth Level III Diploma is directed at a national constituency. It is designed for the more experienced youth coach working with players in the 5-8 year age group. The Youth Level IV is similar in structure to the Youth Level III Diploma, but geared toward the 9 to 12 year age group. Staff coaches demonstrate in-depth training ideas and guide participants though a practice coaching experience.

- The Youth Level IV Diploma is designed for coaches of players in the U-9 through U-12 age groups, and introduces the progressive and coaching in the game methodologies as tools. The course also focuses on the physical and psychological differences between coaching children, adolescents and adults. This course also provides practice coaching experience.

- The Youth Level V Diploma is designed for the youth and high school coach working with developing players from 11-18 years of age, focusing on teaching technique and tactics, team management and tactical theory.

- The Youth Level VI Diploma is designed as a supplement for the Junior Level V Diploma, adding study of systems of play, the use of small-sided games for team training and a practice teaching component.

- NSCAA Residential courses (National, Advanced National and Premier Diplomas) are conducted at a variety of pre-selected sites. The National Diploma and Advanced National Diploma are geared toward coaches of advanced players (high level U15 club players and above), and explore a variety of teaching models and methodologies. The Premier Diploma is designed for coaches working with elite players and deals primarily with systems of play and advanced tactical concepts. The NSCAA National and Advanced National Diplomas are also taught in non-residential settings at select sites over two long weekends.

Participation in all sessions of these courses is mandatory (unless a physical condition prohibits) but the playing ability of coaches is not assessed and has no bearing on one's final evaluation. Evaluations take into consideration only a candidate's coaching ability and the coach's performance at the course being attended.

- The High School Diploma addresses leadership and managerial issues as well as coaching methodologies specific to coaches of boys' and girls’ high school teams.

- The Director of Coaching Diploma is designed to address the issues confronting the Director of an American soccer club. The curriculum is rich in application and theory and will focus on organizational structure, methods of coaching, leadership theory, evaluation and development of coaches and players and fiscal, legal and ethical responsibility.

- The Goalkeeping Academy consists of four courses: Level I, Level II, Level III and Advanced National Diplomas. The Goalkeeping Level I Diploma is six hours and deals with introduction to teaching goalkeeping. The Goalkeeping Level II Diploma is twelve hours and deals with integrating the goalkeeper into team training and the eighteen-hour Goalkeeping Level III Diploma analyses tactical decision making in goalkeeping. The Advanced National Goalkeeping Diploma is a 50-hour course that deals with positioning, communication, goalkeeper psychology, goalkeeper fitness and the methodology of training goalkeepers.

- The Master Coach Diploma is the pinnacle of the NSCAA educational program. The Master Coach Diploma is a 18-month-long mentorship program formulated along the lines of the UEFA “A” license. Only holders of the Premier Diploma with a “Good Pass” are allowed into the Master Coach program. Candidates who do not have a “good pass” may be considered if the committee determines that the applicant can make a “significant contribution” to the course.

- The Coaching Academy program is progressive. The National Diploma Course is a prerequisite for the Advanced National, unless the candidate has received a “C” license from the United States Soccer Federation or a UEFA “B.” The Premier Course requires the Advanced National, and/or the USSF “A” license or the UEFA “A” with an application requiring additional support material.
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<td><strong>Model Teaching Using Methodology/Flank Play</strong>&lt;br&gt;2-3:30pm</td>
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Course Overview and Welcome

Introduction of Staff

How to get on Staff for Levels 1, 2 and 3

Grading:

Testing for this course

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Expectations

1. Need to attend all sessions.
2. Participate in sessions
   - don’t need to be a proficient goalkeeper to pass
Keys to Being Successful

1. Look through the manual
2. Ask questions.
3. Use resources
   - NSCAA Staff
   - Other candidates
   - Create a coaching network
4. Participate

Goal for the Course

You become a better coach through the experience...yes you will get a grade but that is not the most important thing.

Goalkeeping Academy Overview

Emphasis and Key Objectives of Each Course

**Goalkeeping Level I (6 hours)**
- Technical based
- Designed for the team coach to be able to coach his/her goalkeeper
- Methodology for coaching goalkeepers, especially during team training time
- No testing

**Goalkeeping Level II (12 hours)**
- Technical based. More details and some tactics
- Designed for the team coach and specialist coach
- Methodology for coaching goalkeepers
- No testing

**Goalkeeping Level III (18 hours)**
- Technical/Tactical based
- Designed for team coach and specialist coach
- Progression of goal coaching Methodology
- Practice coaching sessions
- No testing
Match Analysis

Name

Date

Site

Team Observing

System of Play

Goalkeeper Technical Skills

Goalkeeper Tactical Skills

Goalkeeper Physical Dimensions

Goalkeeper Psychological Dimensions
Recommended Training Session

Warm-up

Exercise 1 -

Exercise 2 -

Exercise 3 -

Organization and Coaching Points
Introductions

- Instructors
  - Tony DiCicco
  - Lisa Cole
  - Bill Steffen
  - Ben Pinkerton

- Candidates
  - Where you from?
  - Teams/Level you coach at and in what role
    • GK Coach / Head Coach / DOC etc...

Course Overview

The Advanced National Goalkeeper Diploma Course is a 50 hour residential program that covers every aspect of coaching an elite or advanced goalkeeper. The course, currently, is only offered twice per year and is directed by Tony DiCicco. The ANGD course is a very comprehensive program designed for experienced goalkeepers; team coaches and specialist coaches wishing to add to their abilities to coach; manage and positively impact goalkeeper performance.

Lectures on all aspects of positioning; communication; keeper psychology; fitness and training methodology will be addressed. There will also be field sessions dealing with the following topics:

- Advanced handling, including training goalkeeper to improve their diving saves
- Dealing with through balls and breakaways
- Dealing with all aspects of flank attacks and different types of flank service
- Commanding the penalty area and the space behind the defense
- Goalkeeper distribution including backpass situations
- Training goalkeepers to cover the space behind them (back to the bar)
- Goalkeepers’ role in set pieces
- Teaching goalkeepers how to read the game, how to organize the defense and how to control tempo

Course Overview

- Must be at every session – on time!
- Participate in the sessions at some level
- Testing
  - Field Session 55%
  - Ungraded Practice Test
  - Match Analysis 15%
  - Oral Question 15%
  - Pre-Course Assignment 15%
- Make sure you look through the Manual
Goalkeeping Lecture Sessions
Methods of Coaching Goalkeepers/Review of Positioning and Terms

A. Methods for Developing Goalkeepers

- GK Coaches vs. GK Trainers
- Training large groups of GK’s / GK clinics / Club Environment
- Training only a teams GK’s (2-4)

- Functional training for GK’s
- Phase play
- Shadow play
- Coaching in the Game

- Selective coaching
- Managing and building confidence - “Catch them being good”

- Goalkeeper coaching methodology
  i. Coach - Goalkeeper
  ii. Coach - Goalkeeper - Players
  iii. Coach - Goalkeeper - Team

B. Review GK Positioning/Terms

Definitions can be found in the appendix. Please look through them.

- Vertical
- Horizontal
- Ball Line
- Angle Arc
- Reading the Shot
- 2 Goal / 3 Goal
- Early Cross
- --Pre-Stretch
- Reload
- Contour Catch
- Front Smother
- Free Ball
- Smother
- Stalking
- Cobra Smother
- Parrying
- Tipping of the Ball
- Heel of the Hand
Methods for Developing Goalkeepers

GK Training Environments
- GK Coaches vs. GK Trainers
- Training Large Groups of GK’s / GK Clinics
  - Multiple Ages at Once
  - Various Skill Levels
  - Goals available
- Club Goalkeeper Environment
  - Training only one team’s GK’s (2 – 4)
    - Same Age

Keys to Good Training Environment
- Selective Coaching
- Managing and Building Confidence
  - “Catch Them Being Good”
- Realistic / Competitive / Fun

Traditional Coaching Methods
- Functional Training – great for GK’s
- Phase Play
- Shadow Play
- Coaching in the Game

Goalkeeper Coaching Methodology
- Coach – Goalkeeper
- Coach – Goalkeeper – Players
- Coach – Goalkeeper – Team
Review GK Positioning/Terms

Positioning
- Vertical
  - Defending Third
  - Middle Third
  - Attacking Third
- Horizontal/Lateral

Handling Terms
- Scoop
- Basket
- Contour / "W" Catch
- Side Contour
- High Contour
- Front Smother
- Parrying
- Tipping
- Boxing

Other Basic Terms
- Reading the Shot
- Pre-Stretch
- Reload
- Collapse Dive
- Extension Dive
- Point Blank
- Back to the Bar
- Shuffle
- Drop Step
- Backpass
- Baseball Throw/Skip Pass
- Drop Kick
- Punt

Breakaways
- Stealing Ground
- Free Ball
- Smother
- Stalking
- Cobra
- No Man's Land
Flank Play

• Crosses

• Early Cross
  ■ Cross that is served around the top of the 18 yards box

3 Goal Situation

- Occurs when field player comes from the flank, bringing the ball into the 18 towards the endline and now has three options. 1 – shoot near post 2 – drive ball across the face of the goal or 3 – chip the ball back post.

  - First goal
    ■ Is the Goal itself. The GK must be patient and remain at the near post in case of a direct shot. Any goal given up near post is the sole responsibility of the GK.

  - Second goal
    ■ Defined as the space between the near post and approximately the six-yard box. The GK is looking to intercept a ball played across the 6 to the oncoming striker. If the GK goes for this ball, they must get at the very least a touch to throw off the rhythm of the shooter.

  - Third goal
    ■ Defined as the space behind the GK from the center of the goal to the far post. The GK must recover using footwork (drop-step) into this space. Remind the GK that this is a team goal. Ultimately if a goal is scored in this space, it is not solely their responsibility.

3 Goal Diagram

2 Goal Situation
Goalkeeper Communication

A. Importance of Communication
   - Prevent shots and goals
   - Increase confidence
   - Controls game tempo

B. Keys to Good Communication
   - Clear
   - Specific
   - Tone

C. Game Management / Organization
   - In different 3rds of the field
   - Up a goal / down a goal
   - On set pieces

D. Student of the Game - Coach on the Field
   GK’s need to understand the game:
   - Team’s defensive game plan
     Force inside / outside
     When / where to trap (100 vs. 60)
   - Man to man vs. zone
     Pros and cons
   - Tactical intelligence
     Pros and cons of systems
     Recognize what’s important quickly

Communication
Goalkeepers Responsibilities

Importance of Communication
• Prevents Shots and Goals
• Increase Confidence
• Controls Game Tempo
• Maintains Teams Shape
**Keys to Good Communication**

- **Clear**
  - Players can understand GK and respond
- **Specific**
  - Assign Responsibility
    - Put names on assignments (i.e. "Chris, get on 12" rather than "Mark up 11")
    - Don’t just cheerlead
- **Tone**
  - Demanding – Creates Urgency
  - Calm – Relax

**For Good Communication**

- Need to know WHAT to communicate...
- Need to know WHEN to communicate...
- Need to know HOW to communicate...
- Goalkeepers NEED EXPERIENCE to be good at communication.

---

**Student of the Game/Coach on the Field**

- **Goalkeeper Needs to Understand:**
  - Teams Defensive Game Plan
    - Force Inside / Outside
    - Where to trap (100 vs. 60)
    - The role of first defender, second defender, third defender
  - Man to Man vs. Zone
    - Pros and Cons
    - Responsibilities of each player
    - When team uses each

**Student of the Game/Coach on the Field**

- **Goalkeeper Needs to Understand:**
  - Tactical Intelligence
    - Pros and Cons of Systems
      - Flat Back Four – gk need to cover space behind D
      - Starting position is higher
      - Etc.
    - Recognize what’s important quickly
      - Organize and get back to the ball – ready to make save

**Student of the Game/Coach on the Field**

- **Goalkeeper Needs to Understand:**
  - Tendencies/Strengths of the opposing team and players
    - Right/Left footed strikers
    - Good in the Air, etc.
    - Set Pieces Specialist
    - Etc.

**Game Management / Organization**

- **Keys to Communication in Different Thirds of the Field**
  - Attacking 3rd
    - Organize to avoid counter attack – keep balance
  - Middle 3rd
    - Get pressure to ball – organize trap
    - Deny penetration
    - Organize play as it develops
    - Hand out responsibility
  - Defending 3rd
    - More Specific
    - Marking Assignments
    - Organize quickly and get back to ball
Game Management / Organization
- Up a Goal / Down a Goal
- On Set Pieces
- Playing Up a Man / Down a Man
- Right after giving up goal / after scoring a goal

Results of Good Communication
- Establishes Goalkeeper as Leader
- Game becomes more predictable
- Team is more organized - balanced
  - Prevents Counter Attacks
  - Gives up less chances / less goals
- Longevity – prolongs professional careers

Terminology
- Keeper
- Away
- Contain / Delay
- Pressure ball
- Cover
- Track your runner
- Push Up/Out
- Tackle
- Step up
- Force left / right
- Drop
- No cross
- No shot
- Wall - #
- Time
- Turn
- Man-on
- Hold 18
- Don’t dive in
- Goal-side
- Weak-side

Peter Shilton, England National Team Goalkeeper
“As a goalkeeper you need to be good at organizing the people in front of you and motivating them. You need to see what’s going on and react to the threats. Just like a good manager in business.”
Video Review of Pre Course Assignment

A. Goalkeeper 1

B. Goalkeeper 2

C. Goalkeeper 3

D. Goalkeeper 4
Set Pieces

A. Kick Off

B. Offensive Corner Kicks

C. Defensive Corner Kicks

D. Throw Ins / Long Throw Ins

E. Offensive Free Kicks

F. Defensive Free Kicks

G. Goal Kicks

H. Penalty Kicks

I. Drop Balls
Set Pieces

Kick Off
Offensive Corner Kicks
Defensive Corner Kicks
Throw Ins / Long Throw Ins
Offensive Free Kicks
Defensive Free Kicks
Goal Kicks
Penalty Kicks

Kick Off
- Organization/Communication
  - Positive / Focused
  - Game Management
- Positioning
  - Off Line
  - Don’t get caught too high

Offensive Corner Kicks
- Organization
  - Send best headers forward
  - Keep players back – maintain balance
- Communication
  - Limited
  - Game Management

Defensive Corner Kicks
- Organization
  - # of players on the ball? Short Corner?
  - Marking in the box
  - Mark player on GK?
  - Zonal players
- Communication
  - Away – Keeper
  - Out – clear post
  - Reorganize
- Distribution
  - Start attack

Keys to Success on Defensive CK’s
- Be Prepared
  - Know exactly WHAT your responsibility are
- Be Organized
- Be Aware
  - Know exactly WHO is where at all times
  - Know WHO is the most dangerous, have them accounted for
- Be Active
  - Know WHEN to move
- Get to the ball or call AWAY!
Attacking Throw Ins

- In Defensive third
  - Up field – Down Line
- In Offensive & Middle third
  - Quick Throw to Attack
  - Maintain Possession
  - Keep Balance

Defending Throw Ins

- In Defensive third
  - Mark Up
  - Force Play Back
- In Offensive/Middle third
  - It's Behind the Ball
  - Organize
  - Dealing with Long throw in
    - Like CK?
    - Aware of flick – target
    - Front & Back Target

Offensive Free Kicks

- Organization
  - Free Kick specialist go forward/best headers forward for services so...
  - Keep players back – maintain balance
  - Avoid counter attack
- Communication
  - Positive
  - Limited
  - Game Management

Defensive Free Kicks

- Organization
  - Get player in front of the ball
  - Distance – cross or service/quick free kick
  - Wall needed? Organization of the wall
- Communication
  - # of players in the wall
  - Where to hold line
  - Marking in the box
- Make save on the shot!
Outside Shooting Range

- **Organization**
  - Get player in front of the ball
  - Distance — shot/quick free kick
  - Wall needed? Organization of the wall
- **Communication**
  - # of players in the wall
  - Where to hold line
  - Marking in the box
- **Make save**

Goal Kicks - Offensive

- Keeper should take kicks
- **Decisions**
  - Short — keep possession
  - Long — clearance 50/50 ball
- **Game Management**
  - Play quickly — slow play down

Goal Kicks – Opponents

- **Organize players at the distance of the kicks**
  - Get ball winners there
  - Organize 1st and 2nd ball
- **Keep Balance on Defense**

Drop Balls

- Third of the Field...
  - Organize Defense
  - Prepare Regardless of who wins ball

Penalty Kicks

- **Scout Opponents**
  - Know opponents penalty kickers and their favored kicks
- **In the Game**
  - Rebound is Live
  - Penalty Kick Shoot Out
Goalkeepers Roles in different Systems of Play

A. In Flat Back 4  (4-4-2, 4-4-3, 4-5-1)

B. With Sweeper  (4-4-2, 4-3-3, 4-5-1)

C. In 3 Back  (3-4-3, 3-5-2)

D. Changes in Midfield Shape
   - Diamond
   - Box
   - Flat
Discussion Topics

A. Identification of Goalkeepers
   - Physical
   - Mental
   - Lifestyle

B. Goalkeeper's Soccer Player First
   - Connection with team

C. Goalkeepers as Students of the Game / Coach on the Field
   - How do you develop this?

D. Age Considerations - When to specialize in goal?
E. Training Female GK’s vs. Male GK’s vs. Young GK’s
   - Technical considerations
   - Tactical considerations

F. Dealing with Mental Issues of Goalkeepers
   - Starters / Non-Starter
   - Developing leadership / Communication
   - Dealing w/injury
   - Dealing w/pressure of position

G. Training GK’s in Each Environment
   - Youth (Reasonability of team coach,, GK coach, DOC in GK’s development)
   - College
   - Professional
Discussion Topics

Possible Topics

1. Identification of Goalkeepers – Qualities
   - Physical
   - Mental
   - Lifestyle

Possible Topics

2. Goalkeeper as Soccer Player First
   - Connection with team

   Goalkeepers as Student of the Game/Coach on Field
   - How do you develop this?

Possible Topics

3. Age Considerations
   - When to specialize in goal?

   Training Female GK’s vs. Male GK’s vs. Young GK’s
   - Technical Considerations
   - Tactical Considerations

Possible Topics

4. Dealing with Mental Issues of Goalkeepers
   - Starter vs. Non-Starter
   - Developing Leadership / Good Communication
   - Dealing with Injury
   - Dealing with Pressure of Position

Possible Topics

5. Training GK’s In Each Environment (Key Considerations)
   - Youth (Responsibility of Team Coach, GK Coach, DOC)
   - College
   - Professional
Managing the Mental Side of the Goalkeeper Position

A. Qualities of Successful Goalkeepers

B. Managing Goalkeepers

C. Mental Skills for Goalkeepers
Qualities of Successful Goalkeepers

Performance Areas
- Physical
- Technical
- Tactical
- Mental
- Emotional
- Lifestyle

Mental
- Positive Attitude
- Confidence – Good Self-Image
- Toughness – Determination
- Focus – Concentration
- Bravery – Enjoy the Challenge

“Concentration and mental toughness are the margins of victory.”
- Bill Russell

Emotional
- Emotional Control – Positive Self Talk
- Clear Mind – Relaxed – Composed
- Handle Mistakes – Recover Quickly
- Enduring Self Belief
- Peace of Mind – Home/Family/Work/Self
“Goalkeepers peak after the age of 30 because they are able to read the game at a very high level and they have control of their emotional state.”

- Tony DiCicco

“If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done.”

- Vince Lombardi

Lifestyle

- Being Professional in All Things
- Stable Home Life
- Disciplined Care of Body
- Avoiding Temptations
- Switching On / Off

Managing Goalkeepers

Building Relationships

COMMUNICATION IS KEY!

- To Self – GK Needs to have Positive Self Talk
- Field Players – Goalkeepers
  - Striker – Competitive in Training / Body Language
  - Midfielders – Link
  - Defenders – Respect
- Coaches – Goalkeeper
  - Head Coach
  - Goalkeeper Coach
  - Other Assistant Coaches
- Coaches – Goalkeeper Coach
  - Important that clear communication happens between coaches
  - Messages to GK are consistent
Feedback and Accountability

• Goalkeepers need to get feedback
  - Goalkeeper Coach
  - Head Coach
  - Players – especially Defenders

• Make Accountable
  - Warm Up / Cool Down
  - Setting Wall
  - Organize Corner Kicks

Make sure expectations are clear to the team and the goalkeeper. Make sure the goalkeeper feels empowered to take charge and lead.

“Circumstances may cause interruptions or delays, but never lose sight of the goal. Prepare yourself in every way you can by increasing your knowledge and adding to your experience so that you can make the most of opportunity when it occurs.”

-Mario Andretti

Mental Skills for Goalkeepers

Mental Skill Keys For GK’s

• Competition
• Mastery
• Confidence
• Focus
• Mistake Management

Competition

Goalkeepers need competition in their training environment

• Pressure Position - requires:
  - Focus
  - Intensity
  - Challenge
  - Winner/Loser
    - Make sure the gk’s can win
    - Realistic Situations
    - Mistakes Matter
    - Make sure they matter in training
Mastery

Important for coach and goalkeeper to take pride in technique.

- Perfectionists
- Repetition important
- Create a realistic environment

but a save is a save at the end of the day!

Confidence

Confidence is developed through:

- Successful experiences
- Vicarious experiences (a good picture/demo)
- Verbal persuasions (valid coaching points)
- Physically prepared

Focus

- Key Moments Define Goalkeepers
- Must Beat Environment
- Switch On
  - 90 min – action is limited - stay on...
  - Practice must replicate game situation
  - Use GK to restart play
  - Use them to coach back line
  - Organize
  - Keep score
  - Don’t have to be physically active at all times!

But need to be mentally tuned in at all times, train them this way.

Coping Strategies

- Failure is a part of goalkeeping
- Mental Toughness
- Mistakes are Easily Observed
- Have to Handle Pressure
- Self talk

- Recover quickly from mistakes
- Recall training and coaching points
- Write the situation on your mental 3x5 card, then file it
  - Time between mistakes / next play?
  - No time – before next play
  - Lots of time – before next play

Mental Skills

- Positive Self Talk
- Mental Imagery
- Goal Setting
- Communication Skills
- Dealing with Mistakes
- Emotion Control
- Concentration – Focus

See Appendix for Suggestions
Team Games

A. Importance of Team Games for GK’s
- Creates realistic environment (Game like)
- Forces GK’s to make tactical decisions to be tech clean
- Connects team with field players

B. Coaching the GK in Team Games
- Set up activity for FP’s
- Position yourself behind the goal
- Stay focused on the GK

C. See Write Up in Field Sessions
TBD

- More video
- Candidate’s choice
- OFF
Goalkeeping
Field Sessions
Basic Handling/Associated Skills of Handling

Basic Handling | Associated Handling Skills | Associated Footwork and Agility | Other Information or Concepts
---|---|---|---
- Basket Catch | - Scoop | - Dynamic Set Position | - Ball Line
- Contour | - Controlled Catch | - Pre-stretch | - Angle Arc
- High Contour | - Front Smother | - Shuffle | - Point Blank
- Side Contour | - Collapse Dive | - Cross-Over

Warm Up

Training Session

1. Side - lying to save
   Goalkeeper starts in the middle of their goal on their side with the ball in their hands. The goalkeeper rolls the ball to the coach. As the ball is rolling the goalkeeper gets ups in a set position ready for the shot. The coach one touches the ball back at the goalkeeper. This is a handling drill so no diving. Once the goalkeeper catches the ball they then take the ball down to their other side and repeat. Do a set of 10-12 then rest, stretch and do another set.

2. Save 3 Shots
   - Goalkeeper starts in goal.
   - Save three shots and then recover back to starting point.
   - Footwork: Side On
     Straddle Jumps
     Long jumps
     Skips

Coach/Server
3. No diving shot handling with shots from 18-24 yards out

Set Up
- Goalkeeper in goal
- Coach/server stands right around the top of the box with soccer balls.
- Coach/server should shoot the balls high, low and for placement to force the goalkeeper to move their feet to make the saves. Even though some balls will be struck out of the range of the goalkeeper’s normal footwork, they should be encouraged to stay on their feet and make the saves even if it looks awkward. If the goalkeeper holds the ball, they should then distribute back to the coach/server. The coach/server should move so they shoot from different angles.

4. Prone at Front Post

Set Up
- Goalkeeper starts in goal on their stomach parallel to the goal line head equal to or beyond the near post.
- As the striker approaches the ball (visual) the goalkeeper springs to their feet into a set position ready to make a save.
- The server tries to bend the ball far post or beat the keeper near post. The coach can add a field player at the penalty mark to finish rebounds.
Training Session

**Environment:** Large Group of GK’s (optional)
**Focus:** Review Tech - Repetition

**Equipment:** Each GK needs a ball, cones, pennies, 2 big goals for every 10 GK’s

I. Dynamic Stretching and Movements

II. Individual Catching with Movement

Players move around in space using different dynamic movements on coaches command:
1. Start with ball in players hands, bounce ball and catch using different handling skills
2. Start with balls spread out on ground, players find ball and use different handling skills to pick up the ball

III. Individual Agility

1. player lays on side - rolls ball out, relaods, makes save
   - scoop
   - breakaway
2. player sits with legs in v - bounces ball, reloads, makes save:
   - contour
   - high contour
   - basket
3. players lays on side - toss ball up - restand to make save
4. toss - shuffle away - collapse dive - reload
   etc...

IV. Movements with the Ball

- Half group with ball

On coaches command players with ball match up with player without ball, player sets and makes catch, then moves around with ball until next command. Change up moments, throw/kick and catches.

V. Partner Training

- Partner up

1. Front Smother
2. Mini-Shuffle / Catch
3. Pop Corn
4. Collapse Dive in Circle
   etc...

VI. Player Coaches

- Groups of 3 or 4

GK4 acts as the coach, serves ball into the GK’s as they shuffle into middle of the cones, focus should be on technique and footwork.
1. Shuffle to scoop
2. Figure 8 to front smother
3. Start down - reload to save
   etc...
VI. Player Coaches
- Groups of 3 or 4
  GK4 acts as the coach, serves ball into the GK’s as they shuffle into middle of the cones, focus should be on technique and footwork.
  1. Shuffle to scoop
  2. Figure 8 to front smother
  3. Start down - reload to save
  etc...

VII. 3 v 3 + 2 Game
- 2 Big goals
5. Volley and Half Volley

Set Up
- Goalkeeper in goal. Coach/server on the top of the box.
- Serves are half volley or volleys (half volley is a driven ball, volley is a dipping ball with top-spin.)
- This brings in an element of decision making by the goalkeeper. If a half volley is played the goalkeeper should steal more ground and make the goal smaller. If a volley is struck they may have to drop back because of its tendency to naturally dip over the keeper and under the bar with top spin.

Progressions
- Add another server playing moving balls
- Add swerving shots from half volleys or ground balls
- Add attacking players to finish rebounds

6. Two Shot Sequence

Set Up
- Goalkeeper starts at the near post on their ball line for a shot from an angle. Once the goalkeeper saves the first ball they then footwork to a second shot which is taken about the top of the penalty box.

Progressions
- Servers can start by volleying balls to work on handling and get the footwork down.
- The servers can then go to striking balls from the ground.
7. Pass to Shot

Set Up
- Goalkeeper starts set for a shot from the first server. Instead of shooting the server passes the ball wide to another server who can then one or two touch the ball on goal. As the ball is traveling the goalkeeper must be adjusting their position so that they are on their ball line when the next server goes to shot. The goalkeeper should set even if they are not completely on their ball line.

Variations
- If the goalkeeper is not playing the first server correctly then the first server should be able to pass or shoot. This way the goalkeeper has to play the first server just in case they shoot.
- Next variation is a server on both sides. This will allow the first server to play the ball either way.

8. 3 v 1 Possession and Shooting

- Players are passing. Once a ball can be played for a player to run on to it is. That player then runs on and shoots the ball. Once the shot is taken the player who hit the shot then comes back as the defender. Once the goalkeeper makes the save they distribute out wide to a target.
9. Possession to Shot
- 3v2
- 3 players keep possession until a shot can be taken.
- Goalkeeper makes the save and distributes to one of the distribution targets.
- Distribution points can be plus players or a target made of cones or a small goal.

10. 3 v 3 + 1
- Start with 3v3 + 1 in the middle of the grid. Players play possession until they can play one of their teammates in. The team who plays the ball in attacks with 3 +1 and the defense defends with only 1 (build to 2, 3). Once the team attacks one of the teams off to the side jumps in to the grid and begins to play.

11. 3 v 3 + 3
Set Up
- Field size 54 yards long by 44 yards wide
- Play starts in the center grid
- Who ever has position can go to either goal.
- Once a save is made direction is established
Breakaways/Dealing with Through Balls

**Note to Coaches:** This breakaway section has many useable exercises but any session would only incorporate 3-4 of these exercises.

- Free Ball
- Smother / Cobra
- Stalking
- Stealing Ground

- No Man’s Land
- Point Blank
- Rebound

**Training Session**

**Environment:** GK Methodology

**Focus:** Review Tech – Repetition – Basic Tactics

**Equipment:** Each GK needs a ball, cones, pennies, 2 big goals

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**I. Coach – Goalkeeper**

1. Dynamic Stretching and Movements w/Breakaway Save
   
   Players move around in space using different dynamic movements, balls are spread throughout the 18, on coaches command:
   
   - Breakaway Save a ball
   
   - Touch one ball, then Breakaway Save a ball furthest from that ball

2. Stationary Ball

   Goalkeepers alternate winning stationary ball, focused on tech, getting through ball.

   - Partner Up

3. Winning Through Balls (2)

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**II. Coach – Goalkeepers – Field Players**

1. Stealing Ground (3)
2. 50/50 (5/4)
3. Smother Game (6)
4. Side Line Breakaway (9)
5. Live w/Attacker (11)
6. Recovery to Breakaway (12)
7. Pre-Exhaust (17)
8. 1 v 1 v 1
III. Coach – Goalkeepers – Team
   1. Man to Man (13)
   2. GK’s in Middle (14)
   3. Red Line Game (15)
   4. 4 v 2 to through balls (16)

Breakaways
In this section there are many exercises, pick appropriate exercises to use for one session as not all these exercises can be used in a single training session.

Warm up

1. Stationary Ball
   - 2 goalkeepers
   - One ball in between the two goalkeepers
   - Alternate winning balls breakaway style

2. Winning Through Balls
   - Server/ Coach starts with the balls outside the top of the box
   - Striker starts on either side of the server
   - Goalkeeper in goal ready to play the through ball
   - Coach plays the through ball and the goalkeeper comes out and wins the ball breakaway style.
   - Striker can run as soon as the ball is played and should jump over the keeper to avoid contact.

3. Stealing ground getting into stalk position
   - Group of 4
   - Gk1 Plays the ball to striker one.
   - As the ball is traveling the goalkeeper steals ground and right before the ball gets to the striker gets in to their stalk position.
   - Striker can then play the ball back at the goalkeeper one touch or can take a few touches to get the goalkeeper to move with the ball. If the striker takes a few touches on their second or third touch they should take a long touch that the goalkeeper can win using their free ball technique.
   - Once the first goalkeeper and striker go then the next two step up and go.
4. Smother Save (50/50 ball)
Technique - This technique is used when the striker and the goalkeeper are going to get to the ball at the same time. The smother starts out like a free ball breakaway save. The goalkeeper takes a long step towards the ball to get low to the ground. Hands shoot along the ground to the ball. The elbows should be kept tight to ensure the ball does not go beyond the hands and arms. The goalkeeper should meet the ball at the same time the striker does. The goalkeeper's hands are behind the ball so the wrists of the goalkeeper are making contact with the ball. This is not a handling technique. The fingers are together and around the ball so that the wrist and fingers smother the shot.

Progressions for teaching the technique:
Side Lie on the ground:
Goalkeeper starts on their side the ball in line with their wrists not their hands. Arms are together hands together to prevent the ball from going through the hands or arms. Striker who is a step or two away. On the strikers count if needed the striker and goalkeeper meet the ball at the same time. This is very important that the goalkeeper gets their hands to the ball. They are not blocking the ball they are meeting the ball at the same time as the striker.

Kneeling:
Same things apply from above. The only difference is the goalkeeper is now starting from a kneeling position.

Squatting
Standing

5. Training Exercise
- Two cones about 3-4 yards apart
- One ball a yard on the outside of each cone
- Goalkeeper starts on one side the offensive player starts on the other side of the cones facing each other.
- Striker is trying to play the ball behind the goalkeeper. The goalkeeper is trying to smother the ball to prevent that from happening. This is not a blocking exercise the goalkeeper should try and get to the ball at the same time as the striker.
- Once the striker steps past the cone they must go to the ball on that side.

6. Game: Smother Game
- 2 Teams
- Two cones and two soccer balls
- The cones are placed at the top of the box
- One goalkeeper in goal and the other goalkeeper right behind the cones
- The one player from the offensive team starts on the other side of the cones. They are trying to get the ball past both goalkeepers.
- The goalkeeper next to the cones is trying to smother the ball while the goalkeeper on goal is trying to save any ball that gets past the first goalkeeper.
7. House of Pain

Set Up
- 2v2 and up (even numbers)
- 15 x15 grid for 2v2. The grid should be sized according to the number of goalkeepers.
- One team is keeping possession with their feet and the other team are goalkeepers trying to win the ball using breakaways techniques.
- Once the team wins the ball they now try and keep possession with the ball at their feet and the other team becomes goalkeepers and tries to win the ball using a breakaway technique.

8. Ziggy’s Challenge

Set Up
- Progressions 1v1, 2v2, 3v3
- Field Size - Goals 18-24 yards apart, width 25-30 yards

Rules
1. Team (goalkeeper) in possession of the ball plays with feet attacking the opposing team who plays as goalkeepers.
2. Following a save by the defending team, play does not restart immediately. Keeper in possession must put hand on the ball (the goalkeeper is not allowed to roll the ball with his/her hand) and play is resumed when the goalkeeper in possession of the ball removes their hand, at which point he or she is only allowed to play with feet.
3. No hand passes may be made either to one’s self, or to a teammate.
4. West Coast Rules: Prior to striking the ball on goal, the keeper in possession must take a touch or pass to a teammate.
5. East Coast Rules: The ball may be struck immediately following the hand being removed.
6. Games should increase in duration with increasing number of goalkeepers, be they timed or determined by a set number of goals scored.
7. FIFA rules of soccer are in play for the game as much as possible.
9. Side Line Breakaway

Set Up
- Penalty Box
- Goalkeeper starts at their near post.
- Server stands at the corner of the six and end line.
- Attacker stands next to the server.
- Server rolls the ball out about six yards or so but can mix up where they roll the ball.
- The ball is now live. The attacker is trying to score and the goalkeeper is trying to stop them from scoring.
- If the goalkeeper can win the ball before the attacker can get to it they should. If they can not the goalkeeper should steal ground and get in to their stalk position.

10. Breakaway Exercise

Set Up
- Field 44 yards wide x 36-54 yards long.
- Goalkeepers in goal.
- Defenders start on one post and attackers start on the other post.
- Goalkeeper starts by rolling the ball out to the attacker.
- As soon as the ball is rolled out the defender is released.
- The attacker tries to score against the keeper in the other goal. If the defender wins the ball they then can go to goal. The ball is live until a goal is scored or the ball goes out of bounds.
11. Breakaway Training with Attackers
- Set Two goalkeepers in goal.
- Server outside the top of the box
- Attackers start to the left and right of the server outside the box
- Server starts the exercise by playing a ball to one of the attackers who goes to goal.
- If the attacker scores the ball starts back with the server.
- If the goalkeeper makes the, then the GK distributes the ball to the other attacker who then goes to goal against the other goalkeeper.

12. Breakaway Exercise
Set Up
- Field Size: 36 long x 44 wide
- Goalkeeper starts at the top of the box with the ball.
- Attacker stands about 36 yards out.
- Goalkeeper plays the ball to the attack.
- The ball is live.
- Once the goalkeeper plays the ball they must retreat towards goal to prevent being chipped. Then they must play the breakaway.
13. Man to Man

Set Up
- Goalkeepers in goal. Field is 44x 60 yards long.
- Each player can only mark one player from the other team at all times. If that player beats the person that is marking them they should go to goal. No one else on the field can defend them.

Coaching Points
- Goalkeepers should use their stalking position when they are goalkeepers.
- Goalkeepers must communicate with each other to win the ball.
- When a goalkeeper decides they can win a ball they must be aggressive going after the ball using the right goalkeeper breakaway technique (smother, free ball technique). Stand as long as possible.

14. Goalkeepers in the Midfield

Set Up
- Field size 78 long x full width.
- Goalkeeper in the midfield. Other goalkeepers in the goals.
- Goalkeeper in the midfield can play with their hands or feet. They can only play through balls or balls over the top to create breakaway opportunities.
15. Training 1v1

Set Up
- Two teams
- 4v4 + 2 in the center zone.
- Field is 44 yards wide by 60 yards long
- Team keeps possession until they can play a through ball that one of their teammates can run on to.
- Once the through ball is played, the field player goes to goal creating a breakaway.
- Teams can attack either goal

Coaching Points
- Goalkeeper should be trying to anticipate a through ball or a long touch to come win the ball or to steal ground and play the next touch.

16. 4 v 2 Breakaway Exercise

- Field: 60 yards wide x 50 yards wide
- Team plays 4 v 2 possession until they can play a through ball and go to goal.
- If the defending team of 2 wins the ball then they are to play to one of their four players in their attacking grid.
17. **Pre-Exhaust 2v1**

**Set Up**
- Goals 36 to 40 yards apart
- Goalkeepers in goal
- Players from each team, start on one post of the goal they are defending.
- One of two strikers starts game by dribbling towards other goal with teammate attacking player. The two players go to goal and try to score.
- The other team sends one defender to play against the two attackers.
- Once the ball is scored, saved, or the shot goes out of bounds, the team that is defending the goal that was just shot on sends two new players on attack (one starts with speed dribble) toward other goal.
- One of the two players that just shot on goal now becomes the defender, the other goes to end of their team's line.
- Games should last 3-5 minutes.
Model Training – Using Methodology - Flank Play

Training Session Progression
I. Coach-Goalkeepers
II. Coach-Goalkeepers-Players
III. Coach-Goalkeeper-Team

Training Session

Equipment: 20 soccer balls, cones, pennies, 2 big goals

I. Coach – Goalkeepers

1. Dynamic Stretching and Movements
2. Footwork for Crosses

Servers play balls into the 3 zones for goalkeeper to come and attack:
- Near Post
- Middle
- Back Post
*see notes in Manual (Exercise 1 and 2)

II. Coach – Goalkeepers – Field Players
   1. Live Crosses

Field Players dribble ball towards cone:
- either cut inside and serve early cross
- take ball end line and get off cross

III. Coach – Goalkeepers – Team
   1. Channel Game (see notes in Manual)

3. Perfect Game (Goalkeeper-Coach)

   Set Up
   - One Goalkeeper in goal the others off the field to start.
   - Servers on both sides.
   - Goalkeeper plays the cross and distributes to the other server or the server who needs the ball the most.
   - The goalkeeper stays in goal until a mistake is made.

   Mistakes
   - The ball goes in the goal.
   - Not using a keeper call or using a late keeper call
   - Using an away call and still coming for the ball or using a late away call
   - Double catch or dropping the ball.
   - Distribution does not get to where is should go or it is bad distribution.
   - The longer the keeper is in goal...the more perfect they have to be

   Now put the other goalkeepers in the penalty area as attacking players...still play the perfect game but with attacking players trying to score.

4. Training for Crosses (Coach-Goalkeeper-Players)

   Warm Up
   Flank service from both sides no pressure. Balls should also be served in to the box from out front of the goal from distance. This will give the goalkeeper the opportunity to warm up their hands and work on their footwork. Also for balls out front...have the goalkeeper make an “out” call to push imaginary defenders out to condense the attack.

   Training
   Service from flank to different areas of the goal. Attacker is added to create pressure on the goalkeeper. Start with one attacker and add.
If enough players are present then a defender can be added. This will force the goalkeeper to have to organize their defense through communication and still make plays as the environment gets more complicated.

Variations
· In swingers:
  Have a server and a defender out wide. Server should cut the ball back and serve the ball into the box. This will create in swinger crosses for the goalkeeper to deal with. Add attackers to create pressure.

5. Training Crosses (Coach-Goalkeeper-Team)
Variations of the Channel Crossing Game

Size Range
- 24x44 yards plus channel (5-10) yards to 60 x 50 yards plus channel (5-10) yards.

Channel Restrictions
- 1 touch to unlimited (depending on ability level of players)

Game Numbers
- Range from 3v3 to 6v6
- With or without plusplayers
- This may also be determined by the field size.

Field Configurations
- Channels can be altered so that flank players can penetrate along end line to create three goal situations.

* Key with the variations is to maximize flank service. A goal scored from a flank service is 3 points.
Advanced Handling

Advanced Handling
- Extension Diving
- Parrying
  - 1 Handed
  - 2 Handed
  - Heel of the Hand
- Boxing
- Point Blank

Training Session

Environment: GK Methodology
Focus: Review Tech – Repetition

Equipment: 20 soccer balls, cones, pennies, 2 big goals

I. Coach – Goalkeepers
   1. Dynamic Stretching and Movements
   2. Box Footwork (1 see Warm Up in Manual)
   3. Heel of Hand Save (2)
   4. Deflection Exercise (3)

II. Coach – Goalkeepers – Field Players
   1. Tech Shooting Game (5)

III. Coach – Goalkeepers – Team
   1. Shooting Game (6)
   2. Dynamic Finishing (7)

1. Warm Up
Set Up
- 4 cones 4 yards apart to form a square
- Server stands about 8-10 yards away from the top two cones.
- The goalkeeper footwork gets set and handles a ball played to them.

Progression of Footwork
1. Start in between back two cones. Pre-stretch forward and set.
   A. Goalkeeper does the above pre-stretch on the voices command.
   B. Goalkeeper pre-stretches on the touch of the ball by the coach.
2. Goalkeeper start facing the flank.
   A. Voice command goalkeeper drop steps and sets.
   B. Goalkeeper drop steps on touch of the ball by the coach.
2. Heel of the Hand Save (Goalkeeper/Coach)
This save is similar to a parry. The goalkeeper is not trying to catch the ball but rather play the ball wide of the goal and out of danger with the palm of their hand. This save is for shots that are struck with pace.

Training (Goalkeeper/Coach)
Set Up
- Goalkeeper in goal.
- Coach/server 12-18 yards out.
- Goalkeeper starts on their goal line pre-stretches forward and gets set.

Progressions/Options
- Volleys
- Half volleys
- Mini ball service
- Medicine ball service
- End with shots from the top of the box that will challenge the goalkeeper's hands.

3. Deflection Exercise with Goalkeepers (Goalkeeper/Coach)
Set Up
- Goalkeeper in goal. Second goalkeeper even with the penalty mark.
- Server/Coach about 10 yards outside the box.
- Server shoots the ball on goal. Both goalkeepers must try and save the ball.
- Make sure that goalkeepers switch roles
4. Deflection Game (Goalkeeper/Coach/Player)
   Set Up
   - Goalkeeper in goal.
   - Coach/server just outside the top of the box.
   - Services can be from the ground or half or full volleys.
   - There are three players moving around just outside the six box.
   - The players in the box are trying to deflect shots to make it harder for the goalkeeper to handle.

5. Training with the Team: Technical Training (Goalkeeper/Coach/Team)
   Each shooting sequence start with one line playing the ball.
   Sequences
   1. Receive—touch shot
   2. Receive—wall pass shot
   3. Receive—turn and shot
   4. Receive—lay ball back - bent run - cut back pass - shot
6. Shooting Game (Goalkeeper/Coach/Team)
Set Up
- Field 28 yards long and 44 yards wide
- 3 v 1 in the zones in front of the goal.
- Two plus players in the middle zone.

7. Dynamic Finishing Exercise (Goalkeeper/Coach/Team)
Set Up
- Field 20 yards long x 50 yards wide
- Goalkeepers in each goal
- 4v2 in each zone.
- Ball starts with the goalkeeper
- No Corners
- Games are played to 3 or 5
Back To The Bar

Warm Up

Footwork
- Drop step to a crossover step.
- Head should always be facing up the field to where the ball is.
- No back pedaling it is slower and the goalkeeper is off balance.

1. To warm up goalkeeper starts on their line. Server stands on the six yard box. Goalkeeper runs out touches the ball and then footwork back to the bar to make the save. Service is from the hand.

2. Goalkeeper starts in a prone position close to the line, up on coaches call and save ball played towards the cross ball. Server stands about 12 yards out.

Training Session

Environment: GK Methodology
Focus: Review Tech – Tactical Decisions

Equipment: 20 soccer balls, cones, pennies, 2 big goals

I. Coach – Goalkeepers
   1. Dynamic Stretching and Movements
   2. Two Train (1-2)
   3. Back to the Bar Foot Work (3)
   4. Caught Out (4-5)

II. Coach – Goalkeepers – Field Players
   1. Cross Bar – Cone Goal (6)

III. Coach – Goalkeepers – Team
   1. Through Ball/Cross Bar Game

Teams try to get 4 passes then can attack goal with through ball - can shoot at any time from distance score if they hit cross bar or score a goal.
IV. Goalkeeper comes and foot distributes ball to target and then must recover for chip or shot.

V. Backpass Game - 4 v 4 + 4
Goalkeeper must play above the six or any line determined by the coach. Two points for a chipped goal. One point for other goals.
Training

**Two Train (Goalkeeper/Coach)**

1. Goalkeeper in goal starts near the line. The other goalkeeper starts between the penalty mark and the top of the box. The goalkeeper not in goal rolls the ball, the goalkeeper in goal must come out and scoop the ball or make a breakaway save, then toss the ball back to the goalkeeper on the top of the box. The goalkeeper not in goal then volleys the ball towards the cross bar. Once the goalkeeper tosses the ball back they must footwork back to the goal to make the save. The goalkeeper should reverse roles each time.

2. Goalkeeper starts on side, gets up, and makes save. Server around the penalty mark volley service. Each goalkeeper should do 6 reps and switch. Each goalkeeper should do about 3 sets.

3. Goalkeeper starts in goal and then comes out and touches a cone that is off to one side. The goalkeeper then footworks back to the goal to save a ball that is played towards the opposite post of the cone that was touched. Goalkeeper should do one rep each side and then switch goalkeepers. Service can be from hands or a volley.
4. Goalkeeper starts near their front post. Server #1 serves a high ball from hands that pulls the goalkeeper out of the goal. Once this occurs the goalkeeper tosses the ball back and footwork back to the goal to save the second shot. Server #2 which is about 20 yards out side of goal is striking balls from the ground trying to beat the goalkeeper around the cross bar. Make sure to work both sides. Each goalkeeper should do a 5-10 reps and then switch goalkeepers.

5. Goalkeeper plays a ball with their feet to the target. The server then tries to beat the goalkeeper with a bent or drive ball towards the ball. As the goalkeeper’s range improves pull the goalkeeper further from the goal.

6. Cone goal placed 15 yards from goal line. Server can chip the goalkeeper or play a through ball. The goalkeeper must find the balance point so that they can save a through ball played through the cone goal or be able to save a ball played over their head. Next step is to add strikers to run on to the through balls. Server should move from side to side to change the angle.
### Flank Play – 2-goal and 3-goal

#### 2-GOAL

The two goal situation is a early ball played from the flank across the box in between the defense and the goalkeeper. This ball forces the goalkeeper to make the decision to come win the ball or to stay and try to make a point-blank save if their defense cannot clear the ball.

The goalkeeper’s position is similar to what they would do on a cross but should be more closed and facing the serve. The position of the goalkeeper depends on their age, size, skills level of players and athletic ability.

#### Training the 2-goal

Balls start on the flank with the attacker. As soon as the attacker takes their first touch the defender can go. The attacker is trying to play an early ball across the box. The attacker on top of the box is trying to get on the end of the ball played across while the defender is trying to clear the ball out of danger. When the ball is played across the goalkeeper must make a decision to come win the ball in which case they would use a loud “keeper” call and win the ball. If they decide they can not win the ball then they must yell “away” and communicate with their defender. If the goalkeeper yells away they must still follow the ball across the goal and set for a shot. In training make sure that the striker avoids contact with “keeper” call.
3-Goal

Set Up
- Server
- Goalkeeper
- Goal

Goalkeeper starts inside their near post. The server takes a touch into the box at the end line. As this occurs the goalkeeper must position themselves accordingly at the near post. The goalkeeper should be slightly in front of the near post. The goalkeeper should not stand next to the near post but should make sure they can cover any ball that is played at the goal near post. This position depends on the size, skill level of players, age and athletic ability. When the goalkeeper gets to the second goal you should spend time on point blank saves. There should be another server or shooter in the 6-yard box that can finish balls that are played across. This will force the goalkeeper to footwork across their goal fast to get themselves in position to make the save.

Progressions - Training and Warm Up

Warm Up
1. Balls played only to the first or second goal.
2. Balls played to 1st, 2nd and 3rd goals forcing the keeper to read and adjust.

Training
3. Point Blank– To train the point blank shot and save, you need a server on the end line and a server standing about six to eight yards out from the goal line. The server on the end line can serve a ball on the ground or in the air to the server six to eight yards from the goal. The goalkeeper starts on the near post like they would in a 3 goal situation. Once the ball is served from the end line the goalkeeper is to footwork over by using a drop step cross over step to get to the ball and make themselves as big as possible. The server that is standing six to eight yards from the goal is trying to score on the goalkeeper with a one touch shot.
4. Balls played to any goal with attacking players making near post runs; arriving in the six yard box in front of the goal and runs to the back post (3rd goal). Note, when the 3-goal situation first appears the keeper must organize the back post by using a specific name.
2 goal/ 3 goal game

Set Up
- Field size: full width x 50 yards long
- Goalkeeper in goal
- Server top of circle
- Two defenders centrally and two attackers
- Two attackers out wide
- Server can play the ball centrally or out wide to one of the attackers.
The outside attacker can then play an early ball behind the defense(2 goal) or take the ball to the end line creating a three goal opportunity.
Game: 3 Goal

Channel Game with three goal

Set Up
- Field is 44 yards wide by 36 yards long.
- 4v4 plus 1 or 2 in the middle
- Two wide players from each team on each side
- Goalkeeper in each goal

The field players are playing 4v4 in the middle (4 other teammates are in the channels). The four wide players can move anywhere in the channel. When the ball is played out wide to the wide players they are encouraged to settle the ball and play it quickly. If they receive the ball near the end line they are encouraged to penetrate the box to create a 3-goal situation.
Set Pieces

Goalkeeper’s Role on Set Pieces

For all set pieces the goalkeeper should take charge through their communication to organize the defense in front of them. The goalkeeper must always be ready for a quick re start.

Corner Kicks

1. Always keep their eye on the ball.
2. Organize the defense so:
   - All players on the other team are marked and accounted for.
   - Post Players are on the inside of the post.
   - If there is a short corner two defenders go to the ball.
3. Once the ball is struck the goalkeeper must say one of two commands.
   - If they come to win the ball then “keeper” is used.
   - If the goalkeeper decides they cannot win the ball they must use “away” but must stay in goal and follow the ball across the goal for a potential shot if the defense can not clear it.
4. Once the ball is clear the goalkeeper must release the post players and get the defense to push up (step up) the field.

Free Kicks Inside Shooting Range

1. Always be ready for a quick re start.
2. Yell out the number that is in the wall. If another teammate sets the wall they should make sure it is set properly.
3. Make sure all the players on the other team are marked and accounted for.
4. Goalkeeper should cover the half of the goal that the wall does not cover.

Free Kick Outside Shooting Range

1. Goalkeeper must create a restraining line. This restraining line should be at a position on the field that there is no grey area in between the defense and the goalkeeper. In other words, the line should be where the goalkeeper’s range ends to come out and win a ball and where the defense can cover when they drop off when the kick is taken.
2. Goalkeeper must organize their defense so that all players on the other team are marked and accounted for. Make sure that the players match up well so that there are no miss matches with their dangerous players.
3. When the ball is played the goalkeeper must make one of two decisions. If they can come out and win the ball then they should use an early “keeper” call and come win the ball. If they can not, they should use an early “away” call and stay in their goal. They must follow the ball for a potential shot if the defense cannot clear the ball.

Long Throw Ins

1. Goalkeeper must be able to pick out the target on a long throw in. The goalkeeper must get a player to front the target. All other defenders should mark up and account for other players.
2. When the throw in is taken, the goalkeeper must use an early ‘keeper’ call if they can come win the ball. If not an early away call must be used. Goalkeeper must follow the ball to be ready for a potential shot if their defense cannot clear the ball.
Set Piece: Exercise

Set Up

- Two teams (numbers can vary depending on the number of players on the team)
- Field size: Full width x 50 yards length
- Team starts on offense and other team starts on defense
- Games should last about 10 minutes and then teams switch roles.
- Game starts with a corner
- The game is live until the ball is cleared over the line, a goal is scored or goes out over the end line.
- Every time the game is restarted it starts with a set piece.
  First two times start with a corner
  Next two times the game is started with a free kick inside shooting range.
  Next two times the game is started with free kick outside shooting range
- Any time the ball is cleared over the touch line it is a long throw for the offensive team.

Set pieces to work on during set piece game:
1. Corner Kicks
2. Free kicks in shooting range
3. Free kicks outside of shooting range
4. Long Throw Ins
5. Indirect Kicks in the Box
6. Penalty Kicks
**Game: Set Piece Game**

**Set Up**
- Field 75 x 78 yards or full field scrimmage
- 11v11

**Rules**
1. Every offensive half throw in is a long throw in from the attacking corner.
2. Every ball handled by the goalkeeper is 2 corner kicks for the other team. (1 from each side)
3. Every 6 completed passes is a free kick within shooting range.
4. Every goal is followed by a penalty kick.
5. Game is officiated tightly to create free kick opportunities in and outside shooting range.

Coach the defensive set piece organization and the role of the Keeper. Address situations such as where to put restraining line; number of players in the wall and situations such as a player standing in front of the keeper on corner kicks or fronting the target on a long throw-in.
Linking With The Team

Training/Game

Set Up
- 6 v 5 + goalkeeper (build to 7 v 6 + goalkeeper)
- Establish a defensive retraining line so the space behind the defense is bigger than normal.
- The defense cannot pass this restraining line until the ball is played. Once the ball is played the defense can defend as normal.
- The goalkeeper must now stay more connected to their defense to be able to cover more ground.
- Field size is the full width and the length at least to mid field line.
- There are two flag goals on the mid line that the defensive team is trying to score on.
- Put in plus players to help the attacking team; create chances in behind the restraining line if necessary.
Game: 5v5 +2
- Players play possession in the grid in the middle of the field. The team possession the ball is trying to play a through ball to a teammate attacking their respective goal.
- The goalkeeper should position themselves to cut off a through ball or play the breakaway.
- To start, defenders cannot chase the player who is receiving the through ball.
- The exercise should evolve so that the defenders can then chase the attacker.
- Each time the exercises restart in the grid.
- Game is done on a full field or from 18 to 18.
Training The Back Pass

Warm Up

**Short, Short, Long**
- Goalkeepers can catch high ball, then bowl to player, gets back pass, hits it long
  - Start with 1-touch.
  - Repeat with 2-touch.

**Back Pass with Pressure**
1. Coach plays the ball back to the goalkeeper. Defender opens up. Attackers can follow, chase the ball or they can drop off to the other defender. The goalkeeper needs to make a decision on where to go with the ball.
2. Coach plays the ball to the defender who is facing their own goal. The goalkeeper needs to get them to clear the ball, turn and go up field, or play back.
Back Pass Exercise

Set Up
- 3v3 + 1 in center grid
- The 3v3 +1 are playing a possession game in the center grid.
- Four goalkeepers stand around the outside of the center grid.
- The goalkeepers can be used at any point to maintain position. Goalkeepers can only play with their feet.
- Center grid should be 15 yards x 15 yards
- The goalkeepers stand behind their cones about 12 yards from the center grid. The goalkeepers must stay behind the cones.

Variations
- Goalkeeper receiving the ball may play to another goalkeeper.
- Goalkeeper touch restrictions (1 or 2 touch)
- Grid size can vary depending on age and skill level of players or for desired results.
Back Pass Game - 6v6 + goalkeepers

Set Up
- Two teams in a field 40-60 yards long.
- One team consists of the 2 goalkeepers, two players in the middle of the field and one player on each sideline.
- The other team has six in the middle.
- The team with the goalkeepers is trying to keep possession.
- If the other team wins the ball they can score at either goal.
- The goalkeeper can catch the ball if the other goalkeeper clears a ball long directly to them, otherwise all back passes are handled as FIFA rules dictate.
- Plan for six minutes and swap.
Distribution
Possession Game

Set Up
- 6v6 + 2 Goalkeepers
  - If ball is played to the goalkeepers on the ground then the goalkeeper must play the ball with their feet.
  - If ball is played to their hands then the goalkeeper must play with their hands and distribute using their hands.
  - Size of field can vary depending on desired results.

Role of Goalkeeper in systems of play:
- Attack
- Controlling Game Tempo
- 3 back
- 4 back

Quick Counter Attack Exercise

Flank Service to goalkeeper and quick distribution
- counter with hands
- counter with feet

Stage 1
- One team
- Balls played in to the box from the flank for the goalkeeper to win. - Goalkeeper then distributes to player on their team.
- Team creates a pattern of play and goes to goal and shots.

Stage 2
- Two teams
- One team has 11 that are trying to counter attack.
- The other team has a varied number of players but should add as they go to make it more difficult for the team to attack and the goalkeeper to find the right option.

Possible Distribution Options
1. Most Penetrative
2. Free player that can eliminate most possible defenders
3. Possess with width or up field option
4. Wide to defender
5. Clear (up field for distance)
Goalkeeper Fitness and Footwork

1. Dynamic Warm Up

2. Goal Fitness
   - In Goal
   - Back to the bar touches
   - Across the goal
   - Crossover step
   - Reload up down 30 seconds
   - Shuffle between cones 30 seconds

3. Square Drill - Partner Training

4. Footwork Using:
   - Ladder Training
   - Cones
   - Hurdles

5. Pressure Training
   - Footwork
   - Goalkeeper with Ball
   Set Up
   - Two cones four yards apart.
   - Drills should last 45 seconds to 1 minute
   - Work Rest ratio should be at least 1:1 (work 45 seconds rest 45 seconds)
   Progression or Options
   1. Continuous shuffle
   2. Continuous sprint
   3. Sprint to drop step
   4. Jump over cone back to front cross over step to back of other cone, jump over cone cross over step to back of other cone.
   5. Side on jump over cone shuffle to other cone jump over the cone to the out side then jump over the cone to the inside and shuffle back.
   6. Shuffle collapse dive to a reload
   7. Sprint side jump over the cone backpedal back side jump over cone repeat
   8. Shuffle to push
   9. Add others
Goalkeeper with a Ball Pressure Training

Individual
1. Over the head toss breakaway save.- Goalkeeper starts on their stomach, tosses the ball over their head, gets up and makes a breakaway save.
2. V Sit toss or bounce ball quickest possible save.
3. Continuous front smoother
4. Toss ball off to side shuffle away collapse dive.
5. Side-lie toss up and collapse dive save

Partner - One works one rest
1. Continues collapse dive in a circle.- Partner tosses the ball off to side goalkeeper working makes a collapse dive. The goalkeeper should do 4 or 5 to one side and then go the other way.
2. Sling Throw to controlled box to break away save.
3. Front smoother, collapse dive, high ball
4. Breakaway to high ball
5. Through the legs or off to the side

Partner - Both work
1. Sling throw to knees to the chest.- Goalkeeper starting with the ball sling throws it to their partner. Once they throw the ball they do as many knees to chest as possible and then catch the ball that their partner sling throws back. Every time a goalkeeper throws a ball they must do their jumps.
2. Bridge Breakaway
3. Cross Court Down the line.
4. Popcorn
5. High Ball—Shuffle left and right.
6. Collapse dive and push-up
Goalkeeper Fitness/Footwork Examples

Dynamic Preparation (Warm-up)

Core Temperature increase
Backwards run at 75-100% full speed the width of a field and return with a light skip forward back to the start.
Repeat for approximately 5 minutes or until a light sweat forms on the athlete’s forehead. For some athletes, this may take 7-8 minutes.

These activities should be performed one to two times over a 25-30 yard distance at a moderate to rapid pace.

Heel/Toe Walk
Perform a normal walk with an emphasis of the heel striking the ground; immediately as the heel strikes the ground, roll forward and rise up on the toes as high as possible.

Walk and Knee to Chest Slowly
With each walking step, bring one knee up to the chest and hold briefly. Key on the balance while one leg is up, and the plant leg is as straight as possible.

High Knee March
With each marching step, bring one knee up to the chest as high as possible. Key on the balance while one leg is up, and the plant leg is as straight as possible. A higher progression is to take the knee into the armpit and hold for a short pause.

Lunge Walk Backwards
Moving backwards, lunge back about ¾ your body height and spring back up to a standing position. Continue to lunge backwards.

Frankenstein Walk
Place both arms straight, forward, shoulder-height and interlock the thumbs. With each marching step, bring one foot to the opposite hand. With the next step, repeat for the other foot. Key on the balance while one leg is up, and the plant leg is as straight as possible.

Long Adductor Stretch
Stand sideways to the direction that you are moving with feet approximately 1½ to 2 shoulder widths apart. KEEP BOTH HEELS ON THE GROUND at all times in this activity. Bend the knee of the lead leg (‘upstream’) and keep your body weight over this leg as you attempt to get the ‘downstream’ calf to touch the ground. Most athletes cannot get all of the way down if both heels stay on the ground, but can get close. As soon as you either touch that calf to the ground or hit the bottom point of the available motion, pivot on ‘upstream’ leg and repeat for the other leg moving across the field.

Spiderman
Assume a push-up position. Move the left foot to the immediate outside of the left hand. Press the hips down towards the ground. Then, keeping the right arm straight, attempt to get the left forearm flat onto the ground. Crawl forward back to a push-up position and repeat with other leg.

Buttock Kicks
Jog forward and as each leg comes off the ground, kick the buttocks hard enough to make a smacking sound. Return by jogging backward kicking heels to the buttocks.
Heel Walk
Walk on your heels only with straight legs with the toes as high in the air. Do not let the feet rotate out to the side – keep them pointing forward. Do this for 3-4 minutes. Older teams can do this for 5 to 7 minutes

While Heel walking, perform:
Rapid Hand Touch
One hand lightly touching the other forearm and both elbows slightly bent. Tap one hand against the middle of the opposite forearm as many times as possible in 10 seconds. Repeat with the opposite hand. Repeat with each hand for 20 and then 30 seconds. Keep the taps as light and rapid as possible.

Core Strength Training
There are many myths about developing a solid ‘core’ of muscles throughout the shoulder blades, torso and hips. From both performance improvement and injury prevention, the key is to develop muscles that balance on all sides of the body’s ‘core’ more so than pure muscle strength.

Base Level

Forearm Bridging
Assume a push-up position except rest your elbows and forearms on the ground instead your hands (‘bridging’ your body from feet to forearms). Keep body rigid from toes to shoulder. No sagging in shoulder blades, spine, hips, buttocks or knees. Hold this rigid position 1) facing down, 2) flip over, rest on your forearms and heels facing up, 3) facing right on your left forearm and left foot and 4) facing left on your right forearm and right foot. Perform in all 4 directions (face up, face down, on right forearm, on left forearm) and hold for as long as you can or 30 seconds (which ever is longer). Repeat 1 more times for each of the 4 positions. (max 1½ minute break between each – preferably 30 second break). (TOTAL 8 minutes)

Superman
Lying on the ground upon your abdomen, lift both thighs and both arms off of the ground as though you were flying through the air. It is important that you keep both the arms and legs straight (no bending at the knees or elbows) and do not twist at the spine to accomplish this task. Hold for as long as you can or 30 seconds (which ever is longer). Repeat 2 more times. (TOTAL 2 minutes)

Slow Abdominal hold
Sit with knees and hips bent and feet flat on floor. Slowly slide the hands down your legs as you slowly let yourself back into a sit-up position. Stop when your fingertips touch the edge of your kneecaps closest to your hips (yes, that’s pretty low). Hold for as long as you can or 30 seconds (which ever is longer). Repeat 2 more times. (TOTAL 3 minutes)

Abdominal Bridges 2 Legged
Lie with the torso flat on the ground and with the knees and hips bent so that the feet rest flat on the ground. Keep the arms out to the side for support. By contracting the buttocks, low back and hamstring muscles; lift the torso so that it forms a straight line from the knees to the shoulders. Lift the toes so that the only contact point is with the heels and your shoulders. Hold for as long as you can or 30 seconds (which ever is longer). Repeat 2 more times.

(TOTAL 3 minutes)
Progress to elbow support only and then no upper extremity support.

Forearm STARS
In a forearm bridge position facing down, remain in a straight and stable position and lift one foot off of the ground without modifying the body positioning. Hold for 15 second each leg. Repeat for a forearm position
bridge facing up. Repeat 1 more times each position. **(TOTAL 4 minutes)**

**TYI’s**
Lying on your abdomen, place your arms to the side making a letter “T”. Lift the straight arms off of the ground. Hold for 10 seconds. While the arms are still off of the ground, move the arms overhead and make a letter “Y” and hold for 10 seconds. While the arms are still off of the ground, move the arms again and make a letter “I” and hold for 10 seconds. Repeat 2 more times. **(TOTAL 3 minutes)**

**Transverse Abdominals**
On each side of your lower abdomen, place 2 fingers of each hand about a palm width to the sides of your belly button. Press these fingers firmly into your lower abdomen. Start the exercise by GENTLY drawing the lower portion of your stomach (the area from slightly above your belly button to the pubic bone) down towards your spine. Do not move your pelvis, hold your breath or let your chest rise. You should feel the muscle under your fingers become tight. You do not need to use a maximum effort. Use only as much effort as needed to feel the muscle become tense. Breathe normally the whole time. A light strain should be felt deep in the lateral and lower abdomen. 10 repetitions of 30 seconds.

**Push-up Progression**
Try these for 10 pushups to each side for each activity. No more than 30 second recovery between each.
- Push-ups feet parallel and shoulder width apart, hands and shoulder width apart
- Push-ups feet parallel and shoulder width apart, hands staggered one higher than shoulder and one lower than shoulder. Change positions midway through 30 seconds.
- Push-Up and then bring right knee to right elbow *without* arching your spine; Push-Up and then bring left knee to right elbow *without* arching your spine;
- Push-Up and then bring right foot under your body and straight leg kick it to have it meet your left hand with both your right leg and left arm straight (sound like a Twister game? – we’re just getting you ready for college). Push up and repeat with opposite leg.
- Push-up and then rotate right so right hand goes up in air making a “T” with your body and only left hand and feet on ground; Push-up and then rotate right so right hand goes up in air making a “T” with your body and only left hand and feet on ground;

**Advanced Level**

**Abdominal Presses**
Lying on the ground upon your spine, have a partner stand close to you with their ankles in between your shoulders and neck straddling your head. Grab onto their ankles with your hands and bend at the waist so that both of your legs lift straight into the air but your spine remains on the ground. Have your partner mark the height of your feet into the air with their hands. Then, your partner is to raise their hands 1-1½ feet higher into the air. You must curl at the abdomen and press both your hips and legs into the air to touch their hands. You should feel this in the lower abdomen. Repeat up to 50 times in one set.

**Side Sit-Ups**
The athlete lies on their side with the knees slightly bent and the partner holds down to the ground firmly at the knees and shins by staddling the legs. The athlete crosses their arms over the chest and bends at the waist lifting their torso off of the ground and making the shoulders square to their partner. Repeat up to 50 times in one set for each side.
**Physioball Walk Outs with Push-Up**

Lie down with a physioball between the abdomen and the ground. Keep the legs pinched together and walk with the arms like a wheelbarrow without falling off of the physioball. When the ball reaches your feet, perform full, deep push up. Walk the ball back in while maintaining balance.

**Advanced Push Up Progression**

- Push Up with elevated straight legs (on a bench), hands on ball instead of feet on ball, shoulder width grip
- Push Up with elevated straight legs (on a bench), hands on ball instead of feet on ball, narrow “W” grip
- Feet on ground, forearms on ball, gradually walk ball out with forearms until body is straight from heels to shoulders and forearms are bent in front of you (also called ‘Preacher Bridge’ a it appears you are in prone praying position)

**Handstand**

Hands on ground and physioball under abdomen, elevate your legs into a full Handstand keeping your chest on the physioball. Hold for a full 30 seconds and then a slow eccentric let down. Perform 5 times each of 30 seconds.

**Physioball Pike Progression**

Assume a push-up position with a physioball between both thighs and the ground. Keep the legs pinched together and lift the hips into the air by bending at your waist. This causes the ball to roll down your legs. When the ball reaches your ankles, hold for 5 seconds and slowly lower the hips to the starting a position. This motion should look like a slow press to a handstand. Walk the ball back in while maintaining balance.

- Pike Progression
  - Perform the pike while bending your knees and hips (2-legged Jackknife)
  - Perform the pike while using only one leg
  - Perform the pike while using only one leg bending your knee and hip (1-legged jackknife)

**Physioball Bridging**

Lying on the ground upon your spine, bend the knees and hips so that the feet are flat on the ground. Place each arm on the ground palm side down. Lift the hips by squeezing the buttocks so that the body forms a straight line from the shoulders to the knees. Progress by reducing the amount of arm support from full arms, to only upper arms to no arms. Remember to prevent sagging at the buttocks. Hold for 30 seconds.

- Bridge Progression
  - Ball at heels, bridge to neutral, no arm contact with ground
  - Ball at heels, bridge to neutral, on forearms only (spine elevated)
  - Walk ball in with heels, bridge to neutral, on forearms only (spine elevated)
  - Ball at base of cervical spine, feet on ground, bridge to hyperextension in the spine, arms across chest lift one leg into air
  - Ball at lumbar spine feet on ground, overhead med ball throw into air (catch by partner)
  - Ball at lumbar spine, feet on ground, ¼ Sit-up
Speed Ladder
Goalkeepers must be in control of their body at all times. Speed ladders will help goalkeepers control their body weight and keep their center of gravity. The ladder drills below are written in a progression for coaches to follow.

Technique
- March Forward
- Run Forward
- Run Backward
- Run Double Steps Forward in ever rung
- Run through ladder and sprint beyond end
- Run through ladder, cut at end and sprint
- Cross-country skier facing forward
- Sideways step in/step out
- Cross-country skier facing sideways (T&F) one foot in each run
- Cross-country skier facing sideways (T&F) both feet in each run
- Sideways jump in/out

Rhythm Development
- Ickey Shuffle
- Double Ickey - Two steps outside ladder (second step is light)
- Triple Ickey
- Backwards Ickey
- Sideways Ickey
- Wide ickeys with balance
- Cross-over ickeys with balance (2 steps outside)
- Juke Ickey (In/In/Out/Out/In/In – next rung)

Hops/Jumps
- 2 Legged Jumps facing forward (land bent knee)
- 1 Legged Hops facing forward (land bent knee)
- 2 Legged Jumps facing sideways (land bent knee)
- X hops along one side (cross legs / no cross legs)
- ¼ Hops
- Split Straddle Cycle Jumps
- Split Straddle Cycle Jumps with Buttock Kicks
- Lace Jumps (ankles together, hop in and out on same side as ladder)
- Lace Hops (hop in and out on same side as ladder)

Balance
Working on balance will help goalkeepers with their reaction speed.

Explosive muscle contractions are less valuable when the body is not able to utilize these contractions in an effective body movement pattern. Development of a high level of balance are effective for joint injury prevention, control of the entire body and a primary tenant to speed development and progression.
With goalkeeper medicine ball (4 pounds)
Stand on one leg, minimal hopping, knee flexed approximately 30, hips flexed approximately 30 hold for 30 seconds (SLB 30/30/30). Switch legs.
SLB 30/30/30 with medicine ball chest pass catch with partner. Switch leg.
SLB 30/30/30 with medicine ball overhead catch with partner. Switch leg.
SLB 30/30/30 with medicine ball rotational catch with partner. Switch leg.

Single Leg Dynamic Balancing at Touching Foot at Four Points
Imagine while standing on right foot, that you are at the center of a clock face. Have the left foot touch at each clock number moving clockwise from 12 through nine while balancing on the right. Switch and repeat while balancing on the right foot touching counterclockwise from 12 through 3 while balancing on the left foot. Advanced progression can have the same activities performed holding a 5 pound dumbbell. Complete for 3 straight minutes.

Single Leg Dynamic Balancing at Touching Hand at Four Points
Imagine while standing on right foot, that you are at the center of a clock face. Have the left hand touch at each clock number moving clockwise from 12 through nine while balancing on the right foot. Switch and repeat while balancing on the right foot touching counterclockwise from 12 through 3 while balancing on the left foot. Progress to standing on the right foot and having the left hand touch the ground at the same positions and then switch legs. Advanced progression can have the same activities performed in the sand or on a mini trampoline. Complete for 3 straight minutes.

With physioball
Balance on top of the physioball in the following progression. Assure that you have a soft and giving surface to balance on. A good example is a soft, grassy field. Stop where you can no longer safely complete the activity. Remember that a physioball does not kick out to the opposite direction when you come off of the ball – but actually can come out in the same direction meaning you essentially ‘spin’ while falling off – often landing faster than expected.
Each of these should last no more than 2 minutes with no more than 5 balancing bouts per training session
- Sitting on ball with no limbs touching ground
- Luge Position lying flat on your back with your body parallel to the ground
- Kneel-Sit on the ball
- Kneel Upright on the ball
- On all 4’s on ball
- Standing
- Standing with squats
- Physioball Wrestling
  Two athletes grab a physioball and without moving their hand placement on the ball or their foot placement on the ground, attempt to push, pull or twist their partner off of their stance or to lose their grip. This can also be performed with a soccer ball (although it is somewhat easier) or while balancing on a variety of objects.
Team Games

1. Shooting and Handling (8v8)

**Set Up**
- Field Size – 36 x 44
- Can use plus players
- 4 from each team or inside the field of play.
- 4 from each team are on the outside.
- Outside players have 1 or 2 touches.
2. Flank Service Game

Set Up
- Field 36-44 yards or larger with plus players in channel
- 4v4 in game
- 1 pt for scoring during the flow of the game
- 3 pts for scoring off a flank service

Modifications
Flank players can go to goal and overlap a player on the field. Once they overlap the players switch roles.
3. 4 Goals - 6v6 + 2

**Set Up**
- 6v6 + 2
- Field is 60 x 40

**Progressions**
- Goalkeepers are right behind the end line and can only communicate.
- Goalkeepers can play in either goal on their side.

4. 5v5 + Targets

**Set Up**
- Field is 18 yards long by full width of field
- There are four 2-3 yard goals. One at each corner of the field.
- 5v5 on the field
- 2 targets (targets for your team are located next to the goal that you team is trying to score in.

**Variations**
- Targets can be restricted by touch. (1 or 2 touches)
- This game will help the goal keeper work on: communication, flank play, distribution and shot handling.
Appendices
Additional Information

Pre Game Warm Up

Pre game warm up should cover all aspects of goalkeeping that will arise during the course of the game.

Things to consider when planning a warm up:
- Dynamic Flexibility
- Handling
- Collapse Dive
- Crosses
- Shots
- Kicking Game (goal kicks, punts, drop kicks, one touch and two touch back passes)
- Breakaways
- Goalkeeper with a coach
- Goalkeeper on their own

Coaching Points for Techniques

Basic Handling
Basket Catch – This form of handling is for a ball driven mid– trunk height or lower.
- Hands and arms parallel
- The goalkeeper’s fingers point towards the ground
- The goalkeeper’s feet are in a split stance. The goalkeeper is more balanced and stronger in this position to deal with a low driven ball.
- The goalkeeper should get their body behind the ball and save through the ball
- The goalkeeper should not go down on there knees.
- The ball is brought into the body to secure it.
- The basket is formed by the upper body (flexed at waist; the arms and the hands)

Contour Catch-The contour catch is for a ball driven around chest to head height.
- Hands are together and the fingers are pointed up.
- The goalkeeper should catch the back and top half of the ball. This prevents the ball from going behind the goalkeeper.
- The goalkeeper’s elbows should be bent and hands out in front of them. This will allow the goalkeeper’s arms to act like shocks and take the force out of the ball.
- The ball must be caught in front of the goalkeeper not close to their body - they can not cushion the shot if their hands are to close to their body. The hands are the strongest in front of the goalkeeper’s body.

High Contour
The high contour is the same technique as the contour exempt this technique is used for balls played above the head. The goalkeeper’s hands should be together and their hands out in front of them.

Side Contour
The side contour is the same technique as the contour and high contour catch. The difference is that the fingers and hands are pointed outward. Hands are still together and parallel. This catch is used most often when a goalkeeper is diving for a ball.
Collapse Dive

- The step leading into the save should be in a lateral-forward direction, the lead foot moving in the direction of the ball and placed just in front of the opposite foot in such a way that the heel is even with the toe of the opposite foot. In the course of play if this step is taken in a fashion too forward the keeper has yet to move in the direction of the ball and is forced to dive backwards to make up for having not yet moved towards making a save.

- Footwork

- step to dive to right side

- step to dive to left side

- Save is made with the hands moving simultaneously with the feet in order to lead the body behind the ball, the goal should always be to place the body behind the ball or be moving to do so.
- Attack the ball at the same plane/height as the ball is traveling, once the hands reach the ball, the body should follow, with the ball being secured against the ground.
- As much as possible the elbows are close throughout the save.
- If the ball is played on the ground the bottom hand should be driven along the ground well behind the ball serving to stop its momentum, the top hand serving to control the ball – balls driven low on the floor are trapped against the ground more than they are actually caught.

Associated Skills of Handling

1. Starting Stance—Setting

- The Goalkeeper’s weight should be forward in a balanced position on the balls of their feet. Head is relaxed but still.
- Feet should be about shoulder width apart.
- The Goalkeeper must bend at their knees and waist, they cannot be standing straight up this makes it hard to save low balls.
- Hands are out in front of the goalkeeper with their palms facing down. This is where the goalkeeper’s hands are strongest and can react the easiest to any ball played at the goalkeeper high or low.
- The goalkeeper must get set before for a ball is struck.

Pre-Stretch

The pre stretch is a biomedical term that translates to a step forward and un-weighting of the body via a slight leg extension. The step forward a goalkeeper takes to get into their set position. It is not a big step forward, this will cause the goalkeeper to be unbalanced and their weight backwards. The goalkeeper is not jumping forward into a set position either. Small step forward into a set that will allow a goalkeeper to load their legs and body to respond to a shot.
2. Basic Footwork
Shuffle/Mini Shuffle—The shuffle is used when the goalkeeper needs to travel a short distance in goal quickly.
Crossover—The goalkeeper should use the cross over step to travel a greater distance across the goal. The goalkeeper should only cross over there feet in front never behind.
Drop step—Drop step is used for crossed balls and balls played towards the cross bar. The key to this is that the goalkeeper steps back wards with one of there feet but always keeping their eyes up the field. This kind of footwork is faster then a back pedal and the goalkeeper remains more balanced to react to a high ball in this position.

3. Reload
• The reload is used to get off the ground quickly after making a save. The goalkeeper is in the collapse diving position on the ground.
• The goalkeeper must kick their top leg out to create momentum to get up while pulling with their abdominals muscles.
• The goalkeeper without the ball should use their bottom hand to push up to create momentum. With the ball the goalkeeper should not use their hands.
• The goalkeeper will end up in a set position ready to react to another shot.

Breakaways
1. Free Ball
The goalkeeper can win the ball before the attacker. The goalkeeper takes a long step towards the ball, lowering them to the ground. Hands shoot together along the ground. One hand should be behind the ball, the other hand on top of the ball and then the ground will act as a third hand. The goalkeeper needs to save through the ball so that they take the ball out of the strikers path. The goalkeeper should bring the ball in to their chest to secure the ball and tuck their head to protect themselves as the attacker goes over them.

2. Smother (50/50 ball)
The goalkeeper and attacker get to the ball at the same time. Smothering is used when the striker and the goalkeeper are going to get to the ball at the same time. The goalkeeper starts out like a free ball breakaway save. Takes a long step towards the ball to get low to the ground. Hands shoot along the ground to the ball. The elbows should be kept tight to ensure the ball does not go beyond the hands and arms. The goalkeeper should meet the ball at the same time the striker does. The goalkeeper hands are behind the ball so the wrists of the goalkeeper are making contact with the ball. This is not a handling technique. The fingers are together and around the ball so that the wrist and fingers smother the shot.

3. Play the next touch (stalking)
The stalking position is used when the goalkeeper can not win the ball out right - the attacker gets to the ball first. While the ball is moving the goalkeeper makes a quick decision - can they win the ball or not? If the answer is no, then the goalkeeper should steal as much ground as possible while the ball is traveling. This is called stealing ground. The key is to steal ground while the ball is off the attackers foot. The goalkeeper must get close enough that they cannot be chipped but far enough away that they will not be beat by one touch on the ball by the striker. Right before the ball reaches the attackers foot the goalkeeper must by set in a stalking position. This is a dynamic position the goalkeeper should be able to easily move in. This position is similar to the starting position. The main difference is that the hands are low to the ground so that the ball cannot go underneath the goalkeeper’s hands. Hands should be out in front of the goalkeeper because they are strongest in that area. Weight is forward in a balanced position on the balls of their feet. The goalkeeper should be able to move left and right from this position still keeping their shape. Palms should be facing the ball.
Advanced Handling

1. Extension Diving High
   - Footwork for extension diving typically varies little from that of collapse diving, with the step into diving being taken in the direction of the ball with the foot moving in a lateral-forward direction as previously diagrammed for collapse diving.
   - Moving out of this footwork appropriately termed “power-step” and into the propulsion phase of the dive it is crucial that the keeper maximize power via triple extension of the ankle, knee, and hip of the lead leg. Further, in an effort to increase momentum and power into the dive both arms should be driven in the direction of the ball.
   - While diving it is typically ideal for the keeper to attack the ball in as direct a line as possible with the body in an elongated position with the arms stretched accordingly maximizing carryover of power from the propulsion phase.
   - If the keeper is able to catch the ball it should be utilized in the landing phase of the dive in order to minimize the impact of the ground. In this case the keeper should ensure that the bottom hand is firmly behind the ball, while the top hand controls the movement of the ball upon impact as it meets the ground.
   - The first to hit the ground is thus, ideally the ball controlled safely in the keeper’s hands with the remainder of the keeper’s body following suit.

2. Extension Diving Low
   - Coaching points vary little for extension diving low from that of extension diving high. Ultimately the difference between the two types of diving rests in the trajectory to save the ball which is in large part a result of two components:
     - One, the keeper typically takes a slightly larger power step all the while moving in the same line towards the ball as previously discussed.
     - Two, the larger step culminates in a lower center of gravity assisting the keeper in pushing the body a greater distance along the ground.
   - As the keeper moves into the propulsion phase of the dive weight should be transferred to the outside of the lead foot. As the center of gravity moves outside of the foot, triple extension of the ankle, knee, and hip drive the keeper low and to the prospective area.

3. Extension Diving: 1-footed vs. 2-footed
   - Extension diving utilizing a two-footed take-off typically occurs when the keeper’s response time is minimal and a diving response must be made from the set-position.
   - In such cases the keeper begins immediately by moving the body’s center of gravity outside of the foot to which the save is to be made, while simultaneously compacting the legs resulting in flexion at the ankle, knee, and hip. With the weight now placed on the outer portion of the lead foot and the inner portion of the opposite foot, the keeper extends out of the ankle, knee, and hip of both feet to dive in the indicated direction.
   - The arms are utilized as previously indicated, driving in the direction of the movement to maximize momentum and therein power.

4. Parrying
   - From the elongated position, dependent on the height, position, and power of the ball the keeper may choose to parry with either both hands, the top hand or the bottom hand.
   - One-handed parrying: When parrying one-handed the determining factor regarding with which hand to parry is typically the height of the ball, with the keeper ultimately choosing the top or bottom hand dependent on which will stretch the body farthest. Balls moving higher into the goal, and above the keeper’s position are typically parried with the top hand, while those at lower heights are parried with the keeper’s bottom hand.
• Two-handed parrying: Typically used when the ball has too much pace for the keeper to catch but is not necessarily at full stretch. In such cases parrying via two hands ensures a solid surface.
• When parrying, the hand and fingers are an extension of the arm and remain as stiff as possible to allow for a solid surface for parrying ultimately moving through the ball at the time of the save. Safely parrying the ball wide is essential and should be stressed, but ultimately the ball must stay in front of the GK.

5. Back-to-the-Bar
• The timing and preference of using one or two hands in parrying lay in the trajectory of the ball in relation to the body position of the keeper and the distance from the goal.
• The 2-handed parry should be used when the keeper is square to the shooter and the ball played directly overhead and little footwork is required to make the save.
• The 1-handed parry should be advocated when the ball is slightly to either side of the keeper, or the keeper is forced to retreat to his line to make the save.
• The 2-handed parry is accompanied with a two-footed jump from the set position, the hips and shoulders remaining square to the field/shooter. Hands (open-handed and fingers extended) move together directly overhead to meet the ball and push it over the bar.
• The 1-handed parry is typically accompanied by sideways footwork leading to a one-footed jump, the hand closest to the field/shooter ideally being used to parry the ball;
• If the ball has dropped beyond and lower than the top hand, the bottom hand must be used. The hand used should remain open and fingers extended. The wrist should remain solid, the hand serving as an extension of the arm.

Distribution

Bowling
Used for relatively short distribution. The ball is drawn backwards behind the body as the GK steps forward into a lunge position with the leg opposite the distributing arm. Moving the ball forward the keeper releases the ball directly on the ground in order to ensure a user friendly pass, and follows through with the arm and moves to support his pass.

Baseball Throw
Used for mid-length distribution. The keeper draws the ball back even with the ear, simultaneously lowering the body into a lunge position with the leg opposite the distributing arm. The keeper begins forward motion of the ball via the elbow and shoulder to throw the ball at such a distance that the ball reaches the targeted player’s feet with pace but rolling cleanly on the ground.

Sling Throw
Used for longer distribution. The GK begins in a sideways position relative to the targeted player, with the non-distributing hand pointing towards the player and the distributing hand drawn back in the opposite direction. The keeper brings the ball directly over the top of the body with the trunk turning simultaneously to assist in throwing power. Following through the distributing arm continues to lead, the trunk following and the hips turning forward and the rear leg coming forward.
Note: Power may be increased by using the body’s momentum as the keeper begins the throwing movement. Smaller keepers are going to need to utilize both hands to control the ball in the backwards movement prior to beginning the throwing portion.
Half-Volley
Typically a faster method for distributing the ball to the targeted player at long distances unreachable via throwing. Ball may be dropped with either hand or both, although if possible dropping with the opposite hand is ideal (increases power due to greater involvement of the trunk and hip in the kicking movement). Keeper needs to find their own rhythm regarding the number of steps taken into the ball and the timing of dropping the ball.
Key points:
• Ball is dropped out of the hand(s) with control slightly in front of the body and plant foot;
• Kicking foot should maintain a toe down orientation with ankle locked;
• Ball is struck just after it has reached the ground with the foot moving directly through the ball in the direction of the target;
• Power is ultimately derived from the trunk, hip, and leg – the follow through should be in accord with this principal.

Volley
Used for longer distribution to outplay as many of the opposing players as possible when time of flight is not an issue. Again, the ball may be dropped with either or both hands, with the keeper being sure to drop the ball in a controlled fashion – the ball should not go up to come down. The GK should again be encouraged to find their own rhythm regarding steps into the ball.
Key points:
• Consistency in technique;
• Kicking foot should remain locked with toe down;
• GK may strike the ball straight forward, or at any angle – importance must be placed on movement through the ball as this ultimately determines the target being reached;
• Power is ultimately derived from the trunk, hip, and leg – the follow through should be in accord with this principal.
Leadership

Leaders are made...not born!

Leadership is Vision
plus Action!

• Leadership is the act of making a difference and the ability to mobilize others to realize success.

• Coaches have to facilitate, encourage and celebrate leadership!

“Leadership at its best is when the vision is strategic, the voice persuasive and the results tangible”

Michael Useem
Four Groups, 1 is for Leaders

- **Cop-Outs** – Set goal...but no action plan
- **Hold-Outs** – Have great goals...but are afraid to fail so don't engage emotionally and take no risk
- **Drop-Outs** – When the going gets tough, they quit
- **All-Outs** – Once they set their goals, they never lose sight. They have a “can do” attitude.

How to facilitate leaders?

- **Leaders look for, recognize and take advantage of the leadership moment!**
  - Coaches have to create leadership moments
- **Leaders lead through their core values**
  - “To be courageous...is an opportunity that sooner or later is presented to all of us.” John F. Kennedy
  - Coaches need to create Layers of Leadership
- **Emotional Intelligence**
  - Listening/Communication Skills
    - “Listening is a magnetic and strange thing, a creative force. When we are listened to, it creates us, makes us unfold and expand.” Karl Menninger
Leaders lead through Adversity

**KEEPING THE MAIN THING...THE MAIN THING**

- Coaches need to prepare players to deal with adversity
- Health Related
- Violence
- Legal
- Preparation & Action Plan

Leaders never accept a Lower Standard!

"The last human freedom is the ability to choose one's attitude in a given set of circumstances"
- Viktor Frankl

"An army of deer led by a lion is more to be feared than an army of lions led by a deer."
- Phillip II of Macedon

Coaches help Leaders create a team Culture
Qualities of Leaders

• Attitude determines Performance!

• To be a leader:
  • Lead yourself
  • Be credible to lead others
  • Lead by example
  • Lead verbally
  • Lead to make a difference

The Best leaders Empower other to Lead!

• Lead yourself...support leadership or move on! We don’t have time for you.

• What leadership roles do you create for your team?

• What can you do...to initiate, facilitate and create more layers of leadership on your team?

“The future belongs to those who believe in the beauty of their dreams.”
Eleanor Roosevelt
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- Bauer, Gerhard; *Soccer Techniques, Tactics and Teamwork.*
- Bisanz, Gero & Norbert Vieth; *Success in Soccer.*
- Bonfanti, Mario and Angelo Pereni; *The Complete Book of Soccer Restart Plays.*
- Caitlin, Mark; *The Art of Soccer.*
- Caruso, Andrew; *Soccer Coaching Development and Tactics.*
- Caruso, Andrew; *The Great Game.*
- Coerver, Wiel; *Score.*
- Critchell, Mick; *Warm Ups for Soccer: A Dynamic Approach.*
- Detchon, Jack; *Zonal Defending.*
- DiCicco, Tony; *Catch Them Being Good.*
- DiCicco, Tony; *The Goalkeeper Training Manual.*
- Dorrance, Anson; *Training Soccer Champions.*
- Errickson, Sven; *The England Coach.*
- Gregg, Lauren; *The Champion Within.*
- Goncalves, Jose. *The Principles of Brazilian Soccer.*
- Gorman, Barry with Lawrence Fine; *The Full Season.*
- Howe, Bobby; *Coaching the Player.*
- Hughes, Charles; *The Football Association Coaching Book of Soccer- Tactics and Skills.*
- Kentwell, Richard; *Dutch Soccer Drills Volume 1: Individual Skills.*
- Kentwell, Richard; *Dutch Soccer Drills Volume 2: Game Action Drills.*
- Kipnes, Barry D.; *PRIDE + A Coach's Handbook.*
- Marziali, Floriano and Vincenzo Mora. *Coaching the 4-4-2.*
- NSCAA, *The Soccer Coaching Bible.*
- Pererni, Angelo and Michele Di Cesare; *Zone Play.*
- Pronk, Nico & Gorman, Barry; *Soccer Everyone.*
- Schreiner, Peter; *Coordination, Agility and Speed Training For Soccer.*
- Schum, Tim; *Coaching Soccer. (Masters Press)*
- Simon; *Practice Games for Winning Soccer.*
- Simon & Reeves; *Soccer Restart Plays.*
- *Success in Soccer: the Magazine.*
- Verheijen, Dr. Raymond; *Conditioning for Soccer.*
- Wade, Alan; *Soccer Strategies.*
- Wade, Allen; *Positional Play.*
- Waiters, Tony; *Coaching the Team.*
- Waiters, Tony; *Coaching Set Plays.*
- World Class Coaching; *The Magazine.*
- Wrzos, Jerry; *The International Training Guide.*

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- Dewazien, Karl; *Practice for Champions.*
- Dewazien, Karl; *Tactics for Champions.*
- Dewazien, Karl; *Fundamental Soccer.*
- Quinn, Ron; *The Peak Performance.*
- Waiters, Tony and Bobby Howe; *Coaching 6, 7 and 8 Year Olds.*
- Waiters, Tony and Bobby Howe; *Coaching 9, 10 and 11 Year Olds.*
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The Indoor Game
  De Boer, Klaas; *Indoor Soccer.*
  Leight, Wes; *Indoor Soccer Tactics and Skill.*

Goalkeeping
  DiCicco, Tony; *The Goalkeeper Manual.*
  Luxbacher, Joe; *The Soccer Goalkeeper.*
  Machnik, Joe; *The Skills of Goalkeeping.*
  Machnik, Joe; *Goalkeeping Fitness and Tactics.*
  Machnik, Joe; *Goalkeeping- The Next Dimension.*
  Waiters, Tony; *Coaching the Goalkeeper.*

Psychology and Management
  Beswick, Bill; *Focus on Soccer.*
  Goleman, Daniel; *Primal Leadership.*
  Gorman, Barry; *The Personality Pyramid.*
  Martens, Rainer; *The Coaches Guide to Sport Psychology.*
  Useem, Michael; *The Leadership Moment.*
  Walton, Gary M.; *Beyond Winning: The Timeless Wisdom of Great Philosopher Coaches.*

Videos
  NSCAA; Club Tactical Development
  NSCAA; Futbol Moderno
  NSCAA; Goalkeeping Staff, DiCicco (coming January 2012)
  NSCAA; Player Development
  NSCAA; Soccer Coaches Guide - For Young Players 5-7 Years Old
  NSCAA; Soccer Coaches Guide - For Youth Players 9-12 Years Old
  NSCAA; Soccer Tactics - On the Attack
  NSCAA; Soccer Tactics - Defending to Win
  NSCAA; Technical Training - Critical Coaching Points
  DiCicco, Tony; Soccer Fun!
  DiCicco, Tony; The Champions Soccer Series with Brandi Chastain (Tapes 1-3)
  DiCicco, Tony; Goalkeeping, The DiCicco Method (3 DVD Series)
  Heinrichs, April; Training Girls and Women to Win
  International Tactics Limited (Jape Shattuck); Individual Attacking
  International Tactics Limited (Jape Shattuck); Individual Defending
  International Tactics Limited (Jape Shattuck); Group Attacking
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Soccer America www.socceramerica.com
Soccer Association for Youth www.saysoccer.org
Soccer Buzz Magazine www.soccerbuzz.com
Soccer Plus www.soccerpluscamps.com
Soccer Times www.soccertimes.com
United Soccer Leagues www.uslsoccer.com
United States Soccer Federation www.ussoccer.com
United States Soccer Players www.ussoccerplayers.com
United States Youth Soccer Association www.usyouthsoccer.org
Women’s Professional Soccer www.womensprosoccer.com
Women’s Soccer World www.womensoccer.com
World of Soccer www.worldofsoccer.com
About the National Soccer Coaches Association of America

The NSCAA is the largest coaches’ organization in the United States. Founded in 1941, the NSCAA represents more than 26,000 members. Core to its mission is advancing soccer through coaching education. This is pursued through a nationwide program of clinics and week-long courses, teaching more than 4,000 coaches each year.

The NSCAA is also firmly committed to fostering diversity. The NSCAA strives to accomplish this by nurturing a learning environment that respects differences in culture, age, gender, race, ethnicity, physical ability, sexual orientation, religious affiliation and socioeconomic status.

About the NSCAA Foundation

More recently, the NSCAA established the NSCAA Foundation. Its mission is to provide soccer coaching educational opportunities to underserved socioeconomic communities, geographic areas, and ethnic groups throughout the United States.

The Foundation firmly believes in the broader societal benefits of soccer as a recreational activity, an avenue for health and fitness, a means of building leadership skills, and a competitive sport. We believe we can provide these benefits through soccer coaching education. The Foundation’s primary program activity is direct financial support through grants and through scholarships to coaching education programs.

Why We Need an Endowment—The Case for Support

Several minority groups, most notably Hispanics, are the fastest growing population segments of the United States, yet often they face financial and social barriers. Other underserved groups, such as African Americans in urban communities and Native Americans in rural areas, face the same barriers.

The NSCAA Foundation began awarding grants four years ago. Grantees include the Special Olympics, organizations serving Hispanic youth and Native American youth, inner city groups in the District of Columbia, Atlanta, and Philadelphia, and flood victims of hurricanes Katrina and Rita.

Because the Foundation does not have an endowment, each year we grant only what we receive in annual contributions. And because we have never undertaken a comprehensive fundraising initiative, funds available for grants have been inconsistent. We award an average of about $15,000 in grants each year.

To keep pace with the growth of these underserved groups, and to reach largely overlooked urban communities, the Foundation must be financially positioned to support the increasing demand for coaching education.

If we have the ability to increase support for these underserved groups, we will be able to provide them a never-before-offered opportunity to join the American youth soccer experience that today is predominantly a suburban experience.

Therefore, the NSCAA Foundation has launched a campaign to establish a significant permanent endowment that will bring coaching education opportunities to underserved communities and groups throughout the United States. Our initial goal is $1,000,000. Each year a draw of 4% on this principal will enable the Foundation to make grants of approximately $40,000—nearly three times what we currently award.

A gift to the NSCAA Foundation endowment will ensure that we are able to provide financial support to many more underserved groups than at present, and that these educational outreach initiatives will continue well into the future.
### Coaching Outline

<table>
<thead>
<tr>
<th>Name: ___________________________</th>
<th>Topic: ___________________________</th>
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</thead>
<tbody>
<tr>
<td>Area: ___________________________</td>
<td>Objectives: ________________________</td>
</tr>
</tbody>
</table>

#### Organization and Equipment:

- **Outfield Players:** [ ]
- **Goalkeepers:** [ ]
- **Balls:** [ ]

**Other Equipment**


#### Warm Up:

**Coaching Points**

- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________

#### Exercise 1

**Organization and Coaching Points**

- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________

#### Exercise 2

**Organization and Coaching Points**

- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________
### Coaching Outline

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#### Organization and Equipment:

<table>
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<th>Outfield Players: [ ]</th>
<th>Goalkeepers: [ ]</th>
<th>Balls: [ ]</th>
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</thead>
<tbody>
<tr>
<td>Other Equipment ______________________</td>
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#### Warm Up:

<table>
<thead>
<tr>
<th>Coaching Points</th>
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#### Exercise 1

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#### Exercise 2

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</table>
Exercise 3

Organization and Coaching Points

Final Game

Organization and Coaching Points
College Credit For NSCAA Academy Courses

As a participant in a NSCAA Residential, Non-Residential or Special Topics course, you are eligible to apply for college credit through the University of Colorado. Information about credit hours and tuition cost is listed below.

<table>
<thead>
<tr>
<th>NSCAA Course</th>
<th>Semester Hour Credits</th>
<th>Tuition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2 Diploma*</td>
<td>1</td>
<td>$100</td>
</tr>
<tr>
<td>Level 5 Diploma</td>
<td>1</td>
<td>$100</td>
</tr>
<tr>
<td>Level 6 Diploma</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>National Diploma</td>
<td>3</td>
<td>$200</td>
</tr>
<tr>
<td>Advanced National Diploma</td>
<td>3</td>
<td>$200</td>
</tr>
<tr>
<td>Premier Diploma</td>
<td>3</td>
<td>$200</td>
</tr>
<tr>
<td>Goalkeeping Level 1 Diploma*</td>
<td>1</td>
<td>$100</td>
</tr>
<tr>
<td>Goalkeeping Level 2 Diploma</td>
<td>1</td>
<td>$100</td>
</tr>
<tr>
<td>Goalkeeping Level 3 Diploma</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>Advanced National Goalkeeping Diploma</td>
<td>3</td>
<td>$200</td>
</tr>
<tr>
<td>High School Coaches Diploma</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>Director of Coaching Diploma</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>Master Coach Diploma**</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>Level 3 Diploma</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>Level 4 Diploma</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>Special Topics: Algarve Cup Symposium</td>
<td>3</td>
<td>$200</td>
</tr>
<tr>
<td>Special Topics: Men’s Championship Clinics</td>
<td>1</td>
<td>$100</td>
</tr>
<tr>
<td>Special Topics: Women’s Championship Clinics</td>
<td>1</td>
<td>$100</td>
</tr>
<tr>
<td>Special Topics: Champions coaches Clinic</td>
<td>2</td>
<td>$150</td>
</tr>
<tr>
<td>Sports Safety: PREPARE (online course)</td>
<td>½</td>
<td>$65</td>
</tr>
<tr>
<td>NSCAA Annual Convention Clinic Sessions***</td>
<td>1</td>
<td>$100</td>
</tr>
</tbody>
</table>

* Credit for the State Diploma and the State Goalkeeping Diploma courses require submission of a short paper to meet college requirements for receiving credit. Details listed below in #4.

** For the Master Coach Diploma, register for college credit with UCCS after completion of all of the course requirements.

*** Course requirements for the NSCAA Annual Convention Clinic Sessions are listed in the materials provided for attendees at the convention.

COURSE REQUIREMENTS for COLLEGE CREDIT

1. Attend all the sessions and complete all course requirements for the NSCAA course or courses you are using to apply for college credit.
2. Download and complete the University of Colorado - Faculty Course Questionnaire. Return of this form is required.
3. Mail the completed Faculty Course Questionnaire to: Jay Engeln, 1724 Wood Avenue, Colorado Springs, CO 80907.
4. If taking the State Diploma or the State Goalkeeping Diploma you will need to complete a one-page paper describing how you will use the information learned in the course in your coaching career. Mail your paper along with the Faculty Course Questionnaire to the address listed in #3 above. Paper should be postmarked within two weeks of the conclusion of the course.
5. Complete the credit registration process with the University of Colorado (see the Credit Registration Process section on the reverse of this page). Credit registration must be completed within two weeks of the completion of the NSCAA course.
6. Please allow 6-8 weeks for processing of grades through the University of Colorado and verification of course completion with the NSCAA.
CREDIT REGISTRATION PROCESS

1. Go [http://www.tinyurl.com/nscaa-college-credit](http://www.tinyurl.com/nscaa-college-credit) or visit the College Credit link at www.nscaa.com.

2. Scan the list of courses for the specific NSCAA course you took and for which you wish to receive University credit. Each course listing will indicate the deadline to register in the University of Colorado online system, the number of credit hours available, and the tuition.

3. Make a note of the appropriate 5-digit call number above and the term designation (right-hand column), and then proceed to the LAS Extended Studies Registration page. The registration instructions will guide you through registration and payment. **Note:** online registration through UCCS can take up to two business days, so please do not wait until the last day to register.

4. Any questions regarding registration should be directed to the LAS Office of Extended Studies.
NSCAA Code of Ethics
(Adopted: 5/24/99)

1. Soccer is the player’s game. The paramount concern of coaches is the holistic development, welfare, enjoyment and safety of their players.

2. Coaches bear the responsibility for teaching players to strive for success while playing fairly, observing the laws of the game and the highest levels of sportsmanship.

3. Coaches shall treat officials with respect and dignity, and shall teach their players to do the same.

4. Our opponents are worthy of being treated with respect. Coaches will model such respect for opponents and expect their players to do likewise.

5. In both victory and defeat, the behavior of the coach shall model grace, dignity and composure.

6. Coaches shall adhere to the highest standards and the regulations of the institutions they represent: clubs, schools, sponsoring organizations and sports governing bodies.

7. Coaches have a responsibility to promote the interests of soccer, including treating the media with courtesy, honesty and respect.

8. Coaches shall model inclusive behavior, actively supporting cultural diversity while opposing all types of discrimination, including but not limited to, racism and sexism, at all levels of the game.

9. Coaches are responsible for taking an active role in education about, and prevention and treatment of drug, alcohol and tobacco abuse, both in their lives and in the lives of their players.

10. Coaches shall refrain from all manner of personal abuse and harassment of others, whether verbal, physical, emotional or sexual, and shall oppose such abuse and harassment at all levels of the game.

11. Coaches shall respect the declared affiliations of all players, and shall adhere to all guidelines and regulations on recruiting established by the governing bodies having oversight of their teams and leagues.

12. Coaches shall seek to honor those who uphold the highest standards and principles of soccer and shall use appropriate protocol to oppose and eliminate all behavior that brings disrepute to the sport – violence, abuse, dishonesty, disrespect and violations of the laws of the game and rules governing competition.
DON'T MISS A SINGLE GAME!

LIVE ON

Download the Full Schedule at MLSsoccer.com/calendar

Images courtesy of Getty Images. © 2012 MLS®. All Rights Reserved. Schedule and players subject to change.
Candidate Evaluation Form

Thank you for your participation in this NSCAA Coach Academy course. Please assist us in our commitment to the quality of the NSCAA Coaching Academy by completing this questionnaire. Your evaluation is valuable as we continue to strive to improve our courses.

Please evaluate each of the following by circling your choice; please add any comments you would like to add in the space following each question:

1. Pre Course:
   a. The registration process was timely and helpful.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   b. The pre-Academy information packet was informative and helpful in preparing for the course.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree

2. Site
   a. Lodging accommodations were sufficient and adequately close to lecture, meal and field sites.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   b. The quality of the food met my expectations for a coaching course.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   c. The quality of field facilities was sufficient for the course.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   d. The quality of the audio in the lecture facilities was sufficient.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   e. The quality of the visual presentations in the lecture facilities was sufficient.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree

3. Schedule
   a. The course schedule provided a good balance between learning and evaluation.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   b. The course schedule provided adequate time for preparation and planning.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree

4. Curriculum
   a. The curriculum provided for the course was helpful in providing structure and focus to the course.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   b. The curriculum content will provide an effective benefit to me in my coaching environment.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree

5. Lectures
   a. Presentations were organized, informative and information was clearly presented.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
   
   b. Assisted me in preparing for my field coaching sessions.
      [ ] Strongly Agree [ ] Agree [ ] Neither Agree or Disagree [ ] Disagree [ ] Strongly Disagree
6. Field Sessions
   a. Staff coaches provided clear, logical progressions.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   b. Provided information that I can use in my coaching environment.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   c. Coaching methodologies presented provided insight and ideas.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   d. Assisted me in preparing for my field coaching sessions.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree

7. The staff coach(es)
   a. Communicated clearly and effectively.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   b. Exhibited thorough understanding of the curriculum.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   c. Helped me prepare to use the course information with my team(s).
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   d. Created a spirit of collegiality during the course.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   e. Was engaged, receptive to and a good resource within the squad. Questions.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree

8. Overview
   a. This course will enhance my knowledge and effectiveness as a coach.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   b. The course was interesting and enjoyable.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree
   c. I will recommend this course to coaching colleagues.
      - [ ] Strongly Agree   [ ] Agree   [ ] Neither Agree or Disagree   [ ] Disagree   [ ] Strongly Disagree

9. What components of the course did you consider most beneficial?

10. What changes or additions would you recommend for the course?

   Feel free to share any additional information about your participation in this course in the space below.