

RIO RAPIDS SC GOALKEEPING: Director: Bryan Huskisson A.K.A Coach Whitey

### **2018 RIO RAPIDS SC GOALKEEPING CURRICULUM OVERVIEW**

The 2018 Fall Season Goalkeeper Curriculum is an 8 week program focusing primarily on the basic fundamentals of the youth goalkeeper position with the intention of increasing the educational and performance level of every goalkeeper. The program is specifically designed to increase skill level on an individual basis while instilling a positive and winning mentality as a team player. Developing self-esteem and character is just as important as developing proper technique. This philosophy is to create a safe, open learning environment where players can build upon their successes and learn from their shortcomings while enjoying the game and having fun.

### **RIO RAPIDS SC GOALKEEPING TRAINING SCHEDULE: FALL 2018**

<b>WEEK #1:</b>	<b>BACK TO BASICS:</b> Positioning & Ball Handling
<b>WEEK #2:</b>	<b>CATCHING:</b> Contour, Basket, Low Basket, High Contour
<b>WEEK #3:</b>	<b>DIVING:</b> Lateral Contour Catch, Distribution & Comm.
<b>WEEK #4:</b> **NO PRACTICE	<b>BREAK-A-WAYS &amp; 1 V 1'S:</b> 5 Step Process
<b>WEEK #5:</b>	<b>HIGH BALLS:</b> <b>(Beginner/ Inter)</b> Positioning & Approach Distribution <b>(Advanced)</b> Approach, Catch &
<b>WEEK #6:</b>	<b>CROSSES &amp; CORNER KICKS:</b> <b>(Beginner/ Intermediate)</b> Positioning & Approach <b>(Advanced)</b> Positioning, Re-starting Play
<b>WEEK #7:</b>	<b>ONE VS. ONE REVIEW &amp; PENALTY KICKS</b>
<b>WEEK #8</b>	<b>SEASONAL REVIEW</b>

\*U10 intermediates may train with 11-12 goalkeepers

\*U11 beginners may be asked to train with U9/10 goalkeepers

\*U12 intermediates may train with U13+ goalkeepers depending on size and technique

## **RIO RAPIDS SC GOALKEEPER EXPECTATIONS:**

- Show up on a consistent basis
- Show up on time (or as close to)
- Be dressed like a keeper:
  - Wear GK gloves
  - GK jersey or long sleeve shirt
  - Padded pants, shorts, or warm ups
  - Cleats, shin guards, & socks
- Bring a ball & water
- Bring a gear bag for loose items
- Have a positive attitude and an open mind
- Have a desire to learn about goalkeeping
- Be prepared to work hard

### **GOALKEEPER LEVEL DEFINITIONS:**

**Beginner:** Someone who has had no formal training, who started playing the position within the last 1-2 years, and/or someone who is incapable of demonstrating proper technique the majority of the time.

- The goal for beginner goalkeepers is to gain a love for the position and to acquire the basic fundamental skills that the position requires. The training should be fun yet challenging and it should inspire the student to want to return to the training grounds.

**Intermediate:** The majority of all youth keepers. These individuals have had 1-2 years of formal training can demonstrate proper technique in the following areas of goalkeeping: basic catching, relaxed diving, distribution with feet and hands, keeper communication, basic understanding of the break-a-way save, and ability to catch the ball above the head.

- The goal for intermediate goalkeepers is to refine their technique, while learning how to have a positive effect on the outcome of the game by applying those skills. Training should instill a sense of pride and establish a level of respect for the development process of creating a successful goalkeeper. The requirements of the position during this phase will begin to evolve and ultimately determine the goalkeeper's true commitment to the position.

**Advanced:** 14 yrs or older, able to demonstrate an above average competency in the following technical areas of goalkeeping: clean catching and securing the ball, relaxed and power diving, distribution with feet and hands, effective goalkeeper communication, effective break-a-way saves, and ability to catch the ball above the head within a crowd.

Advanced goalkeepers will possess the following characteristics: ability to display leadership qualities on and off the field, ability to read an offensive attack and organize his/her defenders as it unfolds, ability to distribute the ball effectively as a offensive player, set up walls and organize defense during set pieces, ability to attack high balls/ crosses under pressure, ability to make quick decisions, and ability to cope and recover from mistakes.

- The goal for advanced goalkeeper is to establish a training routine that constantly challenges the keeper to extend their boundaries and understanding of the position's requirements offensively and defensively. A limited time will be devoted to technical maintenance as the majority of the training will focus on decision making opportunities and team concepts. The ability to contribute to the game strategy through communication and organizational skills eventually takes precedence over shot stopping. Although, our primary function is to stop the ball from entering the goal.