

## MYSA Winter Symposium Coaching Session

Friday, February 6<sup>th</sup>, 2009

7:30–8:45 p.m. Field session: Room 200 AB & IJ

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Description: One of the more common issues team coaches face is getting intensive training for their goalkeepers in the course of team training. The most frequent way to address this in recent years has been to try to combine the goalkeeper into team training, which is an important and relevant consideration. However, there are still many team training topics that simply do not require goalkeeper participation, and there is a danger that we neglect intensive training for the goalkeepers if this model is not thoughtfully applied. Like field players, goalkeepers need regular, intensive technical training to perform at a high level on match day.

Therefore, this presentation will examine the possibilities of intensive pairs training for goalkeepers. Specifically, topical modules in the areas of the game-day warm-up, footwork, fitness, handling and distribution, diving, reactions, and shot-stopping will be presented in a pairs format. More than thirty distinctive exercises will be presented. The idea here is that once team goalkeepers are able to master these modules, the coach can easily assign a relevant module for the goalkeepers to work on while the team is working on topics where it is difficult to comb in the goalkeepers. The idea, again, is to maximize the intensity and productivity in the team training environment for this very specialized position.

### ***Challenges Associated with Coaching Goalkeepers in the Team Training Environment:***

- portions of most field sessions do not require goalkeeper participation.
- very few club *teams* have goalkeeper coaching specialists on staff and available at every training session.
- goalkeepers, like field players, need intensive, specialized and frequent touches on the ball in training to be sharp on game day.
- tendency to send goalkeepers off to work in a corner and without curriculum or oversight.
- 2009 NSCAA Convention: 16 of 22 observed sessions had no distinctive goalkeeping component.
- "Ignore them (goalkeepers) at your peril." – Tony DiCicco

### ***Pairs Training Exercises***

- Warm-up/Footwork/Fitness (10 exercises)
- Handling (10 exercises)
- Diving (10 exercises)
- Reactions (10 exercises)
- Shot Stopping (10 exercises)

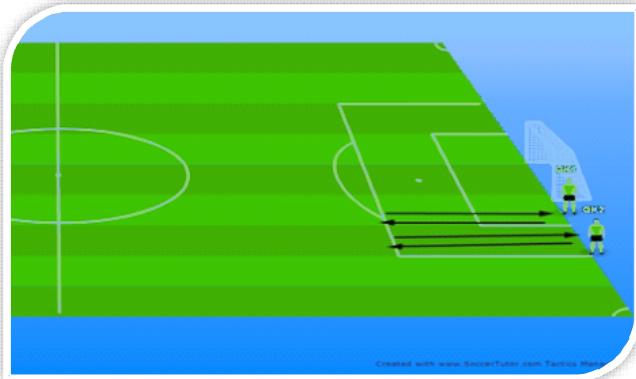
The modules are *not* designed as free standing sessions, and it is not recommended that they be used in this fashion. Rather, the idea here is to present a variety of fairly simple, yet intensive and challenging environments that are easy for the team coach to select, blend and oversee in the course of team training, or in a purely goalkeeper training setting. Most team coaches have an idea as to *what* their

goalkeepers need to work on, but lack the *time* and *tools* to easily implement specialized training for their 'keepers. This set of exercises is designed to address this concern.

## Module 1: Warm-up/ Footwork/ Fitness



### 1-1: Box Warm-up Runs



**1-1 Box Warm-up Runs.** Footwork inside the 18-yard box. Progression: Jog out, jog back; jog out, jog back; high knees out, high heels back; shuffle out, shuffle back; jog out, backpedal back. Static stretch. This is a basic warm-up that has an added benefit in allowing the goalkeeper time to get comfortable in the 18 yard box.

## 1-2: Agility Ladder



**1-2 Agility Ladder.** Suggested patterns: Fast footwork; carioca; one-footed hops (for speed); two-footed hops (for height); one step per rung (running); two steps per rung (running); two rungs up and one rung back (both feet). Progression: One partner stands at the side of the ladder and chest-passes balls to her partner in the ladder while the footwork is in progress. The ladder is an outstanding goalkeeper training tool, as patterns can encourage quick footwork; powerful jumping; agility, and coordination.

## 1-3 : Line Shuffle with Handling



**1-3 Line Shuffle with Handling.** The partners face each other with one of the two rows of cones between them. First, they stand for 5 seconds in their ready position. Then they shuffle together the length of the cone line and then move to the other cone line and shuffle back (reverses footwork). The ready position is slightly different for every goalkeeper, but the general principals are: Feet shoulder width apart; weight on the balls of the feet; shoulders over toes; hands either at the sides (ball in close) or in the “handcuff” position in front of the body; head steady; legs slightly bent. Progression: Add a ball and chest pass throughout the footwork; bounce pass throughout the footwork. Add two balls: One partner chest-passes and the other bounce passes throughout the footwork. One partner chest passes and the other returns the ball at knee height. The shuffle step is the most critical of the goalkeeper’s footwork requirements and typically is the set-up to making a save. This exercise combines this critical