

Region 1 Goalkeeper Camp Curriculum

Under 13/14

Points of emphasis

- 1) **Introducing footwork exercises for the goalkeeper position**
- 2) **Shot stopping: handling, collapse/extension diving, stance**
- 3) **Angle play: encouraging play off goal line, proper angle play for shot stopping**
- 4) **Distribution: kicking, punting, throwing, dealing with backpasses**
- 5) **Identification and selection of gks who are athletic, even if raw technically – we can't keep selecting gks who have NO athleticism or limited athleticism, yet technically are more polished. Must emphasize a mix with this age group for final pool selection.**

Introduce: dealing with crosses, high balls, 1v1's

Tutorials: Psychology of goalkeeping, goal setting, etc./ideas for self training

Under 15/16

Points of emphasis

- 1) **Footwork: as related to all aspects of goalkeeping**
- 2) **One v. One: Advanced technical and tactical aspects of breakaway saves**
- 3) **Crosses: High balls under pressure, boxing, managing the box, dominating the penalty area, extending the goalkeeper's range**
- 4) **Advanced tactics with backpasses; demanding the ball back, correct decision of whether to play short or long, speed of play, etc.**
- 5) **Three goal situation**

Tutorials: a) Introduction to understanding zonal defense

b) Fitness/strength and conditioning for the goalkeeper position

c) Leadership and handling of pressure (leadership more key)

Under 17/19

Points of emphasis

- 1) Evaluation based on in-game/on field performance
 - 2) High level of technical/tactical application in the following areas:
 - a) shot-stopping and 1v1's
 - b) crosses and box management
 - c) distribution (goalkeeper starting the counter attack/ longer service as an offensive tactic)
 - 3) Communication: Managing zonal defense/organizing team on all restart situations
 - 4) Athletic ability: demonstrates that they are athletic enough to meet the demands of the regional team
Demonstrates that they are familiar with what they can and can't do physically, and play to the best of their abilities given those restrictions
- Tutorials:
- a) preparing for the next level: The College Game
 - b) Advanced Management of the Zonal Defense
 - c) Psychology: Maintaining confidence in goal; concentration in matches