

# WAKE FOREST

**Training the Goalkeeper with the Team:**  
**Presented by: Wake Forest University Assistant Coach**  
**Bobby Muuss**

As coaches we all know how difficult it is to organize a training session using our goalkeepers as goalkeepers for the entire session. We are not all lucky enough to have goalkeeper coaches training our goalkeepers while we train the team. Today I am going to focus the session on training the goalkeeper with the team. Ways to keep your goalkeeper active in a training session while improving the field player's ability at the same time. I feel that when training a club team the more repetition for the goalkeeper the better. I hope you find this session useful. I this session should help the overall technique not only for the goalkeeper but for your entire team.

## **Warm-up 1**

You have to make sure your team and goalkeepers are warmed up properly before he or she begins to do their session.

1. Have team in a square moving around without a ball.
2. A. Have the team break up into groups of two and play a tag game.  
In groups of two, you need to tag your partner, when they get you, you must get them again.  
(Add variations)  
  
B. Play the same tag game but now everyone must shuffle. This way the goalkeepers are working on their footwork.

**Notes:**

## **Warm-up 2**

Have the team in a square moving around with a ball. Goalkeepers without a ball and going around an receiving as many balls as they can from the field players.

- a. Balls played on the ground
  - b. Balls played in the air
  - c. Driven balls (open up the distance)
1. Have players play a ball into the goalkeeper then must sprint around the goalkeeper and the goalkeeper lays it off for them.

**Notes:**

## **Phase #1**

Make sure everyone has a ball. Every player should be dribbling around in a grid. Goalkeepers should be bouncing and catching at their waste.

1. When I say play each player leaves their ball and finds another ball. Goalkeepers do the same but they need to scoop the ball with good technique.

Each player is now juggling the ball. Goalkeepers are still bouncing and catching.

2. When I say play each player plays the ball in the air, goalkeepers bounce the ball to the ground. Everyone needs to find another ball and begin to juggle that ball, goalkeepers need to catch the ball in the air and begin to bounce and catch again. (field players can not use there hands)
3. Make it a competition; the last person to get another ball has some fitness at the end of each set.

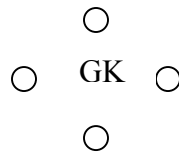
**Notes:**

**Phase #2**

Put the team in groups of four and one goalkeeper per four. Position the players around the goalkeeper about 8 yards apart. Give each field player a ball and a number. The coach calls out a number, the goalkeeper must find the player playing the ball and collect it. This is working on the goalkeepers quickness and technique as well as their concentration and conditioning

1. Have field players play balls on the ground. (Their feet should always be moving)
2. Have field players play balls in waste height.
3. Have field players play balls in the air.

Each time the goalkeeper misses a shot; they have to do 5 push-ups at the end. Each time the field player misses the target they must do 5 push-ups each at the end of the drill. (Add in numerous variations)



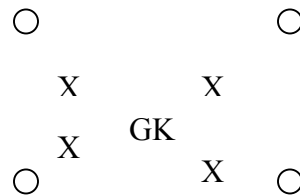
**Notes:**

### **Phase #3**

The next part of the session we want to add in a simple 4 vs. 1 drill. Make a tight grid, based on the age of your players. The younger the child the bigger you want to make it, so they can get the passing down. Put the goalkeeper in the middle to start. He or she is not aloud to dive. We want them to get in the path of balls and trying to get their hands to make saves. No diving. If the goalkeeper wins the ball then the person he or she won the ball from goes in to middle. The goalkeeper on the outside must use their feet. Today goalkeepers must use their feet. Field players use only feet.

Coaches Points for the goalkeepers.

- Stay low
- Get body behind the ball
- Move feet quickly
- Close down space
- Get hands to the ball



**Notes:**

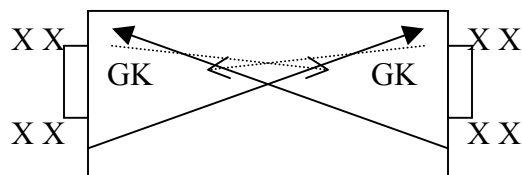
### **Phase #4**

Towards the end of the session I like to go to goal. This will benefit the goalkeepers as well as the field players. To start you need two goals with at least two players on each post, half the balls with each goal. Ball gets played diagonal to the opposite goal to a field player. Player gets two touches, one to receive and other to strike a ball on goal. Players rotate goals.

1. Balls are players on the ground at goalkeeper (concentrate on players technique in striking balls. Make sure goalkeepers are set and getting body behind the ball.
2. Players start to pick the ball up off the ground and play balls at the goalkeepers.
3. Players go to goal to score

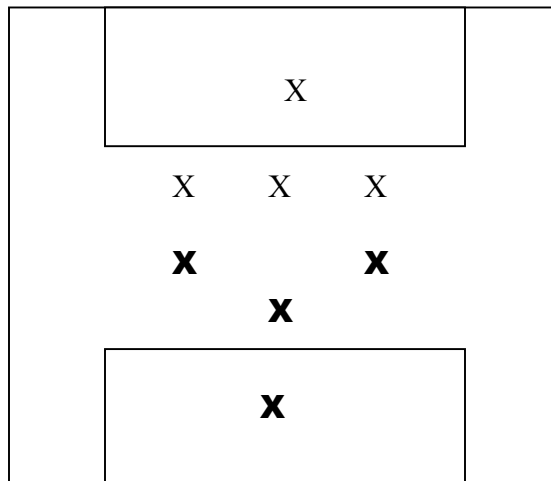
Use different variations on the serve to the opposite player.

**Notes:**



**Phase #5**

The final activity I like to end this session with is a simple game 4vs4 or bigger. You divide the team evenly. Each team has a goalkeeper. You add any restrictions you want for the teams. Make sure you concentrate on the goalkeeper's distribution. In small-sided games their distribution is key.



**Notes:**

I hope that this session was helpful and you can use it in preparing your team with your goalkeeper in mind.