

Goalkeeper Activity Catalog



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GK Footwork & Handling

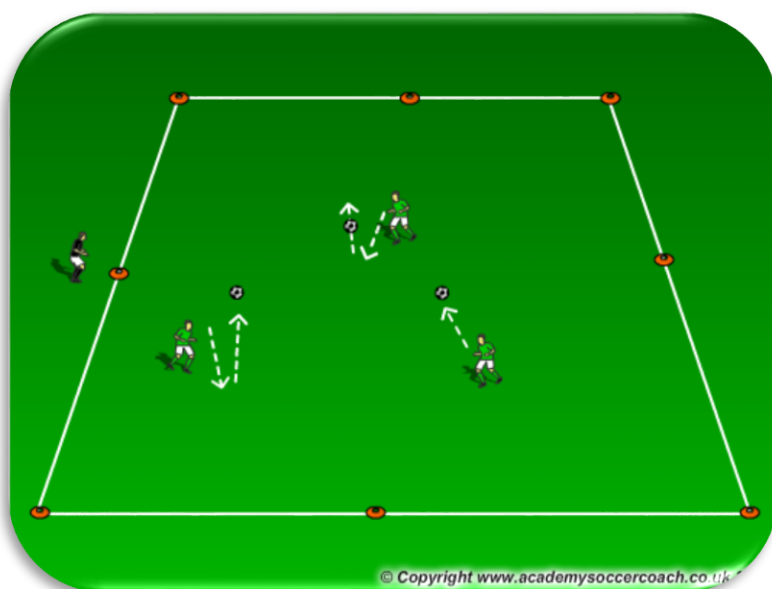
Reinforce 3 types of save techniques – Scoop, Basket, and High Ball Catch.

- High Ball Catch – Players should track the flight of the ball while in the air. If possible they should take a positive step towards to intended area of the arrival of the ball (this will cut down space, speed, time, ad velocity of the ball). Bend the knees slightly to remain in an athletic GK position. With their furthest hand (front hand) they should make early contact on top of the ball slowing down the momentum. Simultaneously the closest hand (back hand) should move into support the bottom half of the ball. The finishing shape of the hands should focus on a diamond shape, or thumbs behind the ball. The feet & hands should move at a positive angle towards the flight path of the ball if at all possible with the rest of the torso & body angled towards the ball. Once in possession secure the ball and keep the elbows up to protect GK from defenders.
- Basket Catch - Players should track the flight path of the ball in the air. If a High Ball Catch is not possible then they should prepare their body to “receive the ball” after their hands make contact. . If possible they should take a positive step towards to intended area of the arrival of the ball. (This will cut down space, speed, time, ad velocity of the ball). Bend the knees slightly to remain in an athletic GK position. DO NOT ALLOW THE BODY TO MAKE CONTACT FIRST. The palms of the downs should be open facing upward. The “heels” of the palms of the hand should make contact with the ball first, while the fingers of the hand wrap around the outside of the ball. As the hands secure the ball, the player should bring the ball into their body to absorb the speed & pace of the ball. The ball should arrive near their torso. If possible keep the head & eyes up while finishing the save to identify possible teammates to outlook the ball. Once in possession secure the ball and keep the elbows up to protect GK from defenders.
- Scoop Catch – Players should track the flight path of the ball on the ground. If possible they should take a positive step towards to intended area of the arrival of the ball (this will cut down space, speed, time, ad velocity of the ball). Bend the knees slightly to remain in an athletic GK position. As the ball arrives open the palms of the hand and position the fingers downward. Strive to make early contact with the hand on the side of the arrival of the ball (back hand), with the hand furthest away (top hand) arriving from the side with palms down, and fingers facing downward to secure possession on the side of the ball. The two hands and the ground should make for 3 points of contact. Strive to main on feet as often as possible, to allow for any recovery save opportunity. If possible keep the head & eyes up while finishing the save to identify possible teammates to outlook the ball. Once in possession secure the ball and keep the elbows up to protect GK from defenders.

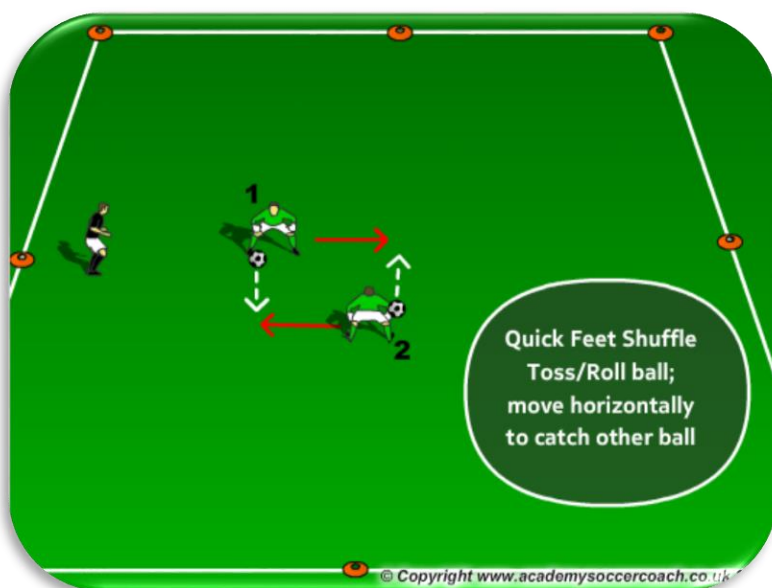
GK Footwork & Handling

General principles for proper technique

- Getting Set (feet) – weight on toes, knees bent, chest up (not over knees), hands ready and comfortable at side
 - Quick feet (don't cross step) – short shuffle steps to keep feet under body to set & dive



GK Shuffle & Catch – each GK has a ball. Bounce the ball at various heights in front of GK. To bounce ball, GK should start with two hands around the ball, and bring it over their head. Be on the balls/toes of their feet and push ball into the ground.



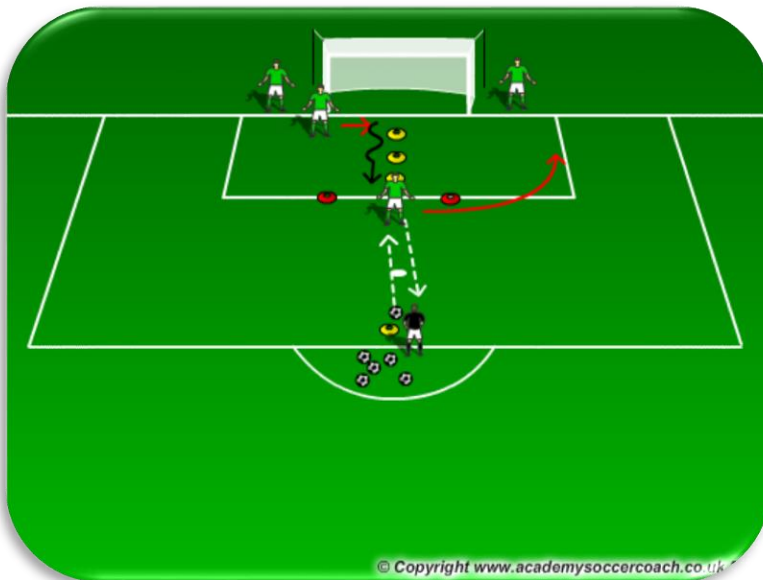
GK Shuffle & Catch (horizontally) – Players should be facing one another 4-8 yards apart (based on age & ability of players) – roll the ball, or toss to the intended space. Repeat for repetitions, or time based pre-determined by coach's preference. **Exercise should continue for no more than 1 minute.

GKs should shuffle feet, and slide to maintain set/ready position. Get in line with the flight path of the ball. Maintain still torso & head to track the flight path of the ball. Use appropriate save technique (High ball, Basket, or Scoop catch) based on service. Coach/Server to vary service type server – high, medium, or low balls.

GK Footwork & Handling



GK "W" Footwork & Handling - Build a "W" Pattern with cones, flags, poles, or discs. Cones should be 5-8 yards apart (based on age & ability of players). Follow the "W" Pattern. GK finish the pattern, get set and make save.



GK Agility & Catch - Lay out 3-4 cones/hurdles in center of 6 yard box, with a "goal" (red cones) 8 yard wide on 6 yard box line.

GKs move through agility cones based on coach's choice of footwork (1 foot, 2 feet, horizontal & turn, etc.)

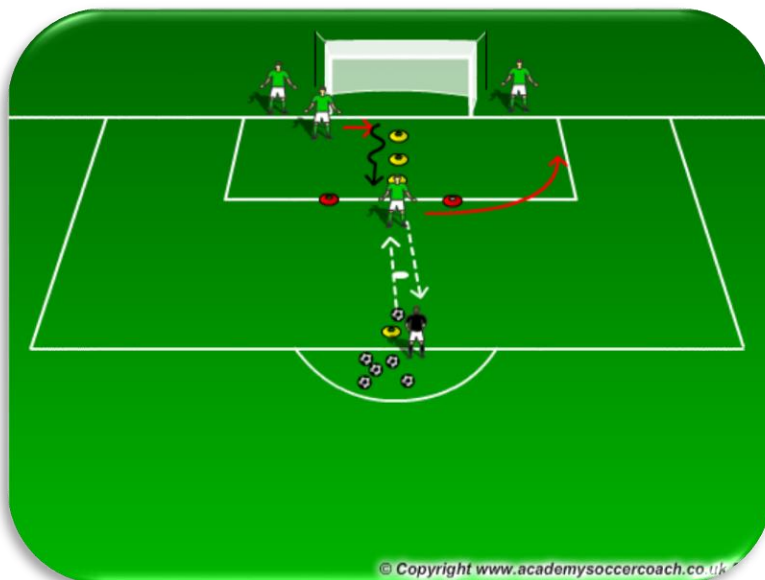
Get "set" on **red goal line** – hands & feet ready for save. Use appropriate save technique (High ball, Basket, or Scoop catch) based on service. Coach/Server to vary service type server – high, medium, or low balls.

GK Footwork & Handling



GK Agility & Catch - Lay out 3-4 cones/hurdles in center of 6 yard box, with a "goal" (red cones) 8 yard wide on 6 yard box line.

GKs move through agility cones based on coach's choice of footwork (1 foot, 2 feet, horizontal & turn, etc.)



GK Mental Agility, Footwork & Handling - Set out 4 different colored cones – red, orange, yellow, blue 5-8 yards apart (based on age & ability of players). GK start in center of space. Coach calls out color (red, blue, yellow, or orange). GK quick shuffle feet, touch cone, and then move forward towards service.

***Coach can call out multiple colors (based on age & ability of players).*

GK Footwork & Handling

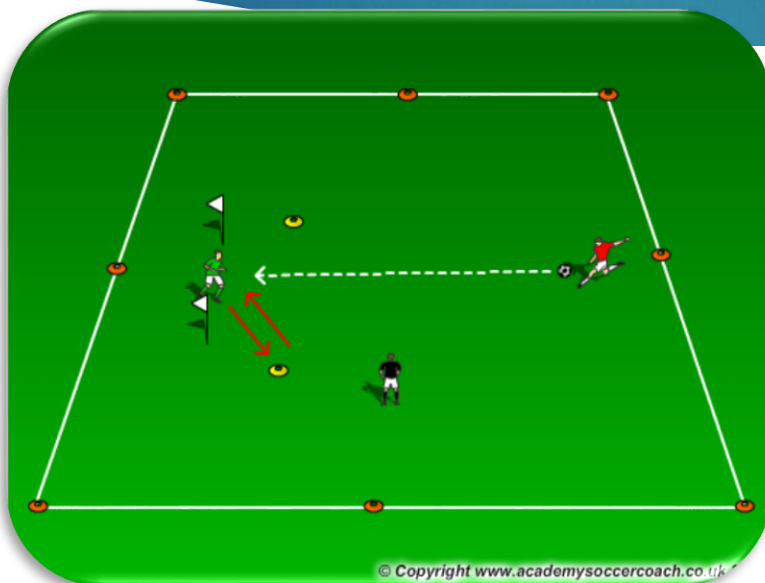


GK Agility Triangle – Build a “triangle” with flags, discs, poles, or cones 8x8x8 yards (based on age & ability of players). Set 3 servers 10-15 yards away (based on age & ability of players) with balls at each cone. Make save from 1st server, and turn to field service from 2nd server. Repeat for repetitions, or time based pre-determined by coach’s preference.

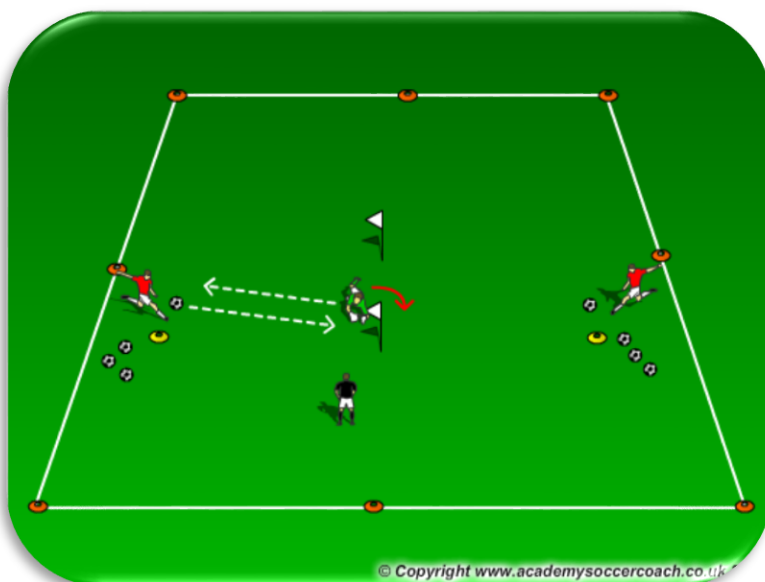


GK Quick Feet & Handling x 6 – Set up 3 servers with cones and balls 10-12 yards off “goal-line” (based on age & ability of players). GK to start in center of space. Follow 1-2-3-3-2-1 pattern for 6 services.

GK Shot Stopping & Recovery



GK – Shuffle, Set, Save – Set up a goal 8 yards wide using cones, discs, flags, or poles. Place 2 cones 5-8 yards away from the center of the goal (based on age & ability of players). Place a server with balls 10-25 yards away in the center of the goal (based on age & ability of players). GK to shuffle to right or left cones (based on Coaches command), touch the cone, and recover to center of the goal to field service.



GK – Set, Save, Turn – 2 Goals – Set up a “goal” with 8 yards wide in center of space with flags, poles, cones, or discs. Place 1 cone on either side of the “goal” with a server 10-25 yards away (based on age ability of players). Servers should have balls at their cones. GK to get set in goal. Field 1st service, make save, and turn for second service. Repeat for repetitions, or time based pre-determined by coach’s preference.

GK Shot Stopping & Recovery



GK – Distribution, Agility, Save – Set up 3-4 agility cones or hurdles 2-3 yards apart (based on age & ability of players). GK is to distribute with their hands use technique specified by goal (over-hand toss, bowl, side throw). Move towards agility cones and use quick technique pre-determined by coach (1 foot, 2 feet, in & out, etc.)



GK Recovery & Save – Place cone on opposite side of GKs 3-4 yard off far post. Coach/server is placed 8-15 yards away (based on age & ability of players) from their starting line. GK to start on the ground lying on their side touching the far post from their line. On coach's command, players recover quickly to their feet. Touch the cone, and recover back to the opposite side of the goal.

GK Shot Stopping & Recovery



GK – 1st Save & 2nd Save - Set up 3 cones 10-15 yards away (based on age & ability of players), with servers & balls at each cone. GK should start on a post, and move towards FURTHEST away server. Field service, make save. Then recover centrally to field service from central server. Rotate to field services from each post.



GK – 1st Save & 2nd Save - Set up 2 cones 10-15 yards away (based on age & ability of players), with servers & balls at each cone. GK should start on a post, and move towards central server. Field service, make save. Then recover and move horizontally to field service from wide server. Rotate to field services from each side.

GK Shot Stopping & Recovery



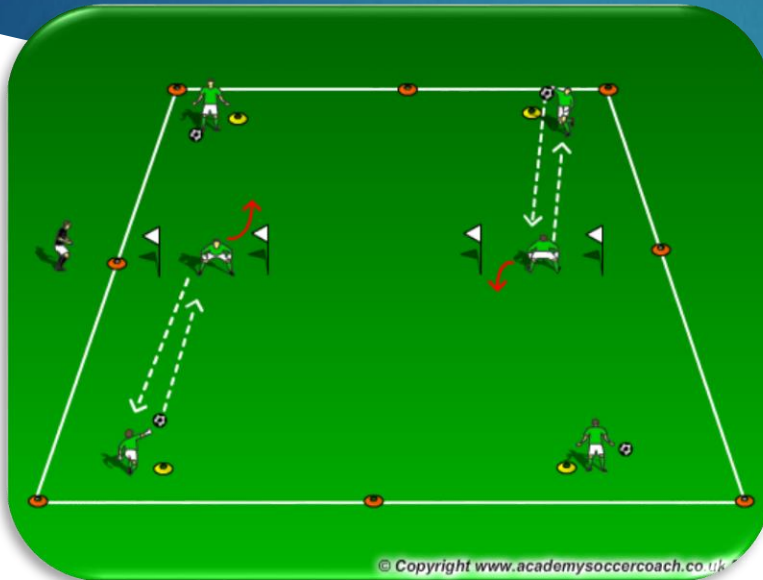
GK – Live Shots – Set up 2 groups of shooters based on available number of field players. Use 3 cones for pattern passing for shooters in order for GK to track a moving ball. Player 1 passes to player 2, Player 1 moves toward cone for shot on goal. Repeat for repetitions, or time based pre-determined by coach's preference.

GK Distribution

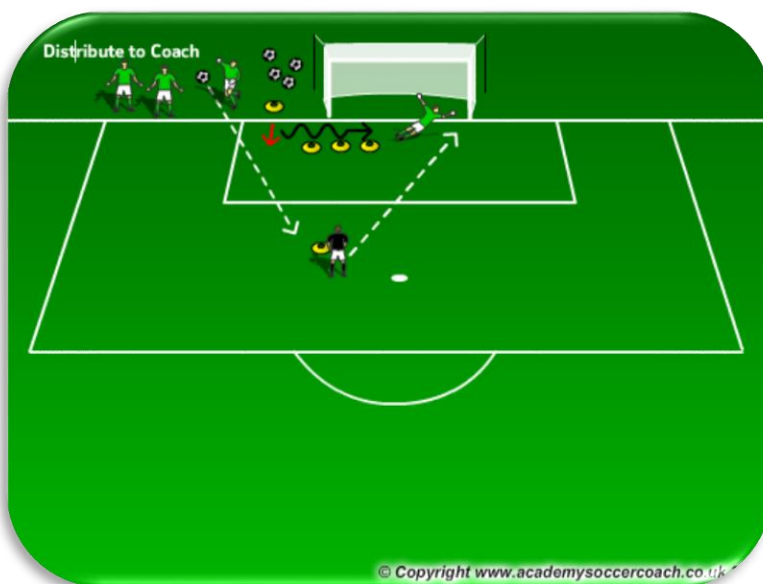
Reinforce 3 types of hand distribution techniques – Over hand throw, bowl, or side throw.

- Over-hand throw – Similar to a “baseball throw.” GK should maintain possession with two points of contact (two hands on ball, hand/fingers & forearm, hand/fingers & elbow pocket) – based on age & ability of players. With secure possession of the ball, step towards your target. Keep knees slightly bent, torso/chest up, and release ball. Follow through with arm, and continue momentum towards target taking several steps toward area of pass. The release point should strive to be even with the as it relates to the distance of height relative to the GK. The trajectory of the ball should be high-low in an arching manner. It should have limited loft time, as this is a high paced pass over space. This can also be used to “bounce” a ball into space, or towards a teammate. Finishing motion should be “erect,” and should/head should not be facing downward.
- Bowl throw - Similar to a bowling alley motion. GK should maintain possession with two points of contact (two hands on ball, hand/fingers & forearm, hand/fingers & elbow pocket) – based on age & ability of players. With secure possession of the ball, step towards your target. Knee should be out in front of the body leading towards area of pass. Arm should come back behind body, and then quickly forward placing the ball on the ground. The trajectory of the ball should be low on the ground. It should be at a medium pace going forward with front spin motion. Follow through with arm, and continue momentum towards target taking several steps toward area of pass. Finishing motion should be “erect,” and should/head should not be facing downward.
- Side toss throw – Similar to a “side arm throw” in baseball/American Football. GK should maintain possession with two points of contact (two hands on ball, hand/fingers & forearm, hand/fingers & elbow pocket) – based on age & ability of players. With secure possession of the ball, step towards your target. Knee should be out in front of the body leading towards area of pass. Arm should come back at waist height behind the body, and then quickly in front of the body leading towards the area of the pass. The release point should be waist height even with the rib cage. . Follow through with arm, and continue momentum towards target taking several steps toward area of pass. The trajectory of the ball should be a “looping” ball with greater flight time than an over-hand throw. The trajectory of the ball can also be bounced into the space, or towards a teammate. Finishing motion should be “erect,” and should/head should not be facing downward

GK Distribution



GK Distribution Hands – Set up a “goal” with flags, poles, cones, discs, etc. 8 yards wide. Place 1 cone on either side with a server & balls. GK is to distribute with their hands use technique specified by coach (over-hand toss, bowl, side throw). Field service, make save, return the service back to the service; turn & begin again. Repeat for repetitions, or time based pre-determined by coach's preference.



GK – Distribution, Agility, Save – Set up 3-4 agility cones or hurdles 2-3 yards apart (based on age & ability of players). GK is to distribute with their hands use technique specified by coach (over-hand toss, bowl, side throw). Move towards agility cones and use quick feet technique pre-determined by coach (1 foot, 2 feet, in & out, etc.)

GK Distribution



GK – Cross & Distribute - Set up 2 “goals” 20-30 yards away from the goal (based on player's age & ability). Place 2 cones outside the 18 yard box 20-30 yards away (based on players age & ability) with servers and balls. Serves should dribble before their service. Coach/Server to vary service type from wide areas – high, medium, low, in-swing, out-swing, & lofted, as well as their service point in relation towards the end line. GK should track the flight of the ball, make the save and then distribute to the targets identified by the coach. Repeat for repetitions, or time based pre-determined by coach's preference.



GK – Cross & Distribute - Set up 2 “player targets” 20-30 yards away from the goal (based on player's age & ability). Coach or server should be positioned inside the 18 yard box 10-12 yards away (based on player's age & ability). GK should field service, make save, and then distribute. Coach/Server to vary service type from wide areas – high, medium, low. Once possession the GK should distribute to the target's feet identified by the coach. Repeat for repetitions, or time based pre-determined by coach's preference.

GK High Balls & Crosses

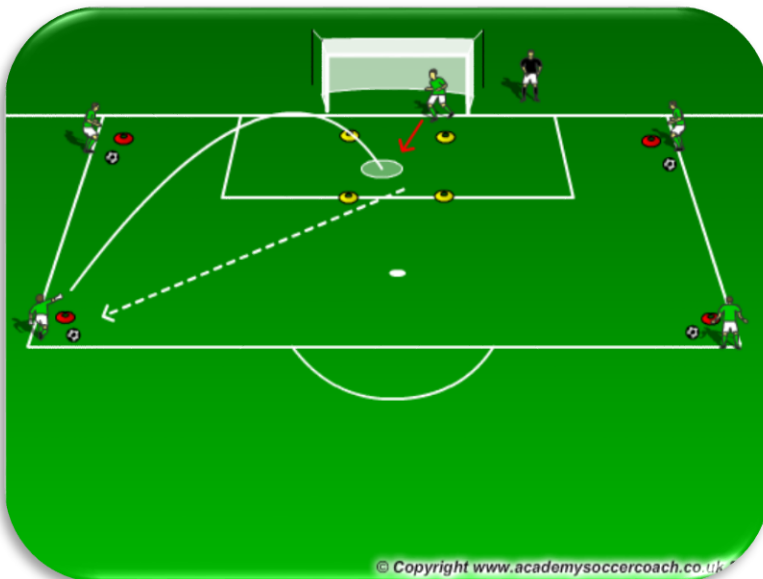
Reinforce 3 types of receiving high balls & crosses techniques – Parrying, Punching, and High Ball Cross Save.

- Parrying – Players should employ the parry save to redirect a shot on goal wide of the frame, or over the cross bar if they are not able to catch the ball cleanly. Parrying shots can be used with the single hand, or both hands.
- Punching - Players should employ the punch save to redirect a shot on goal wide of the frame, or over redirect a cross if they are not able to catch the ball cleanly. Punching shots can be used with the single hand, or both hands.
- High Ball Cross Save - As the ball is traveling towards the GK, or an intended area the GK should track the flight path of the ball with their eyes. Moving their feet quickly, using small steps they should position their point to attack the ball in the air. The GK should jump off one leg to attack the ball at the highest point they can achieve. Their hips should be slightly angled, preferably parallel to the goal line. This will allow them to collect the ball facing forward. As the player elevates collect the balls with both hands outstretched over their head. Upon collection and they travel back to the ground, the GK should secure the ball into their body by wrapping the ball into their chest, and protecting it with their elbows from any on coming defenders.

GK High Balls & Crosses



GK – Agility & Perry – Place 3 cones from the center of the goal angled to one side of the goal every 2-3 yards (based on the player's age & ability). Place 1 cones and balls 8-10 yards away (based on players & ability) to act as service point for cross. GKs move through agility cones based on coach's choice of footwork (1 foot, 2 feet, horizontal & turn, etc.).

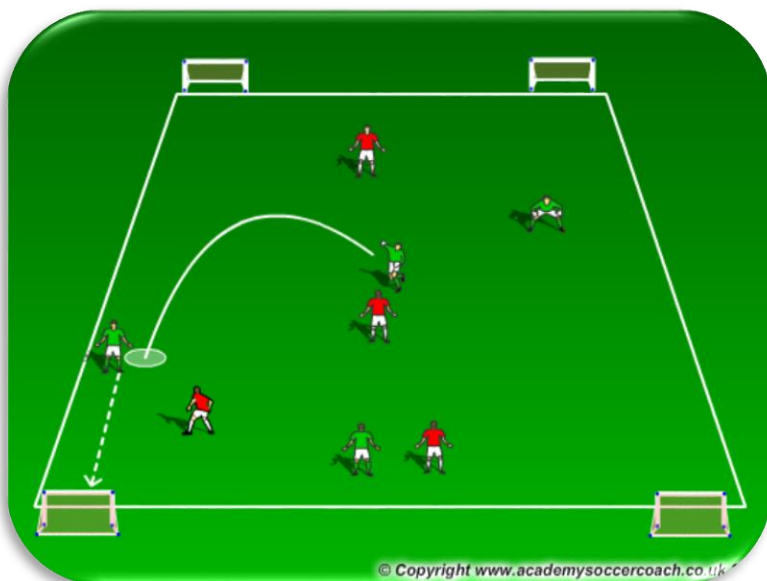


GK – 4 Corner Crosses - Place a target area in the six yard box 8x8x8x8 (based on player's age & ability level). This is the "target area." Place 4 cones in the 4 corners of the final third of the field (based on age & ability of players). Station 1 server and balls at each cone. The servers send balls to the "target area," for the GK to collect and return to server.

GK High Balls & Crosses



GK – 4 Corner Crosses - Place a target area in the six yard box 8x8x8 (based on player's age & ability level). This is the "target area." Place 4 cones in the 4 corners of the final third of the field (based on age & ability of players). Station 1 server and balls at each cone. Include 4 "target runners" to enter space unopposed to redirect the service onto the frame. The servers send balls to the "target area," for the GK to collect and return to server.



GK Handball - Played similar to soccer on the ground, and basketball. Set up a field 30W x 40L (based on player's age & ability) with 2 goals in each corner, making a total of 4 goals. Play 4v4 (or as numbers allow). THERE IS NO RUNNING WITH THE BALL, AS IN AMERICAN FOOTBALL. Players must advance the ball through the 3 GK Passing Techniques – Over-hand throw, bowl throw, or side throw. Dispossession and steals are similar to basketball rules for infractions.

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