



FC Barrington Goalkeeper Curriculum and Philosophy for U10-U12

Head Goalkeeper Coach: Ryan Frisbie

Philosophy:

Goalkeepers at the ages of 10 years old through 12 years old are still trying to figure out what position suits them best. Each player is different; this is why the Full-Time Goalkeeper will not be stressed. Though at the age of 12 the goal for the player is to find that they're starting to figure out what position they may be. Goalkeepers at this age are still learning how to develop technically, and it will be important for them to understand how to do things technically as they grow into the position.

Goalkeeper trainings:

The Goalkeeper trainings at this age will be a continuation of skill work and minor tactical training. The goalkeepers will continue to have the technical aspects of ages 8 and 9 reinforced into their trainings with communication added to their training. The players will be taught when to call "keeper" or tell the defense to say "away" or "out". This part of the keepers' development is crucial, so that as the player gets older he/she will be comfortable to take control in the back. Each keeper will learn how to do the following skills:

Fitness:

- Warm ups and cool down
- Introduction to importance of stretching
- Flexibility and Mobility exercise

Skills and Techniques:

- "W" or Triangle Catch- This will be used for balls shot at chest to head level.
- Basket Catch- Will be used for balls shot chest to ankles height
- Scoop Catch- Balls that are shot on the ground (a rolling ball)
- Diving-Beginning stages (Collapse, Low, Medium, and High)
 - Proper body position
 - Proper hands position
 - Proper landing position
- 1 vs 1 –basic principles
- We will look for Quality not Quantity
- Collecting the cross on a ball in the air
- Tactical training- Explaining the basic role of the role of the GK
 - When to Call "Keeper"
 - When to call "Away"
- Distribution- Keepers have to be able to find different ways to get the ball to players these ways will be taught in a simple start
 - Bowling roll
 - Baseball throw
 - Goal kicks
 - Punts
- Shot stopping
 - Getting body behind ball
 - Moving across line
 - Angle play