



## FC Barrington Goalkeeper Curriculum and Philosophy for U13-U14

*Head Goalkeeper Coach: Ryan Frisbie*

### **Philosophy:**

This is where we believe the player has really begun to get an idea of what position they want to play, especially the goalkeeper position. The player who chooses to be a Goalkeeper will be “full time”. This does not mean that the player will not continue to work on his or her foot skills, it is just as important for the GK to have as good of foot skills as a field player. The time in goalkeeper trainings will carry the technical and tactical aspect of the game. The keeper will begin to learn how to deal with situational parts of the game along with seeing outcome before they happen “reading the game.” This will come through the GK trainings along with the team trainings. Goalkeepers must build confidence at this age and really begin to separate themselves from the rest of the keepers at their age. This is done through competition, repetition, and overall understanding of the position. Each player at the age of 13/14 is capable of learning how to communicate with their teammates and tell them what is happening on the field. Communication is something that will be learned through experience of overall play and training.

### **Training Sessions:**

Goalkeeper training sessions will become more advanced at this age; it will continue to work on the technical aspect of the game such as diving, catching, and footwork, and as they progress through out the year the tactical aspect of the game will be put into their trainings. For example we will start to teach them how to put a team into transition, when to punt, roll, or throw. The other parts of these trainings will involve collecting crosses, and how to communicate with the center backs, all the way to the mid-field. Keepers must be prepared to add this part into their game, as they grow into this position it is vital for a team to know what is going on, on the field.

### **Training Points:**

- Technical (principles of goalkeeping)
  - Set Position
  - Catching
  - Proper Break Away Form
  - Diving Technique save, step and save, step power, save reaction, save recovery
  - Dealing with crosses, chipped served, catching, punching both unopposed and opposed
  - Angles and Availability –control and increase range of passing
  - Distribution (i.e. Goal kicks, punts, throwing, and rolling)
- Footwork
  - Introduction of cross step
  - Drop step to goal
  - Shuffling
- Tactical
  - Decision Making
  - Transition
  - Communication
  - Line Play (when to come off, when to stay back)
  - Wall Building
- Psychological
  - Motivational

- Training and preparation
- Lifestyles/discipline
- Dealing with competition
- Physical confrontation (collisions during the game)
- Dealing with pressure (external/internal)
- Dealing with both success and failure
- Fitness
  - Warm ups and cool downs
  - Stretching, mobility, and strengthening exercises
  - Plyometric exercises
  - Recovery exercises
  - Agility
  - Footwork all direction (all goalkeeping movements)
  - Speed – 20 yards maximum