



FC Barrington Goalkeeper Curriculum and Philosophy for U8-U9
Head Goalkeeper Coach: Ryan Frisbie

Philosophy:

Ages U8 and U9 goalkeepers are in the beginning stages of becoming a goalkeeper. At this age of development, the goal is to develop the keepers into wanting to play on a consistent basis (at least a half a game). It is very important for Goalkeepers at this age to focus on developing their foot/eye skills along, with hand/eye coordination. The majority of the focus should be on their dribbling, shooting, and passing, basic soccer techniques.

Goalkeeper training:

Goalkeeper training will consist of specific and basic techniques. Players can expect training 1 day per week dedicated to the goalkeeper forms and techniques. The techniques that will be taught are essential in the young goalkeeper's development. Each Keeper will become confident to use the skills and techniques taught to them in a game.

This is just to give the player and idea of how training for this position will be taught. The player should never feel as they have to play goalie all the time at the ages of 8 and 9.

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
- 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
 - Short Volleying (Both Feet)
 - Punts
- Shot stopping
 - Getting body behind ball
 - Moving across line
 - Angle play
- Psychological
 - This needs to be fun for anyone who plays Goalkeeper, Simple progressions will benefit each player- “one step at a time”