



# Vienna Youth Soccer

## Goalkeeping Program



*“I couldn’t have been a great goalkeeper without power, agility and quickness.”*

Hope Solo



## VYS Goalkeeping Philosophy

Our goalkeepers are given specific training on a weekly basis during the season, focusing on a number of specific skills that are required to be successful at the position.

### - Agility

The quality of being agile; the power of moving the limbs quickly and easily; Quickness of motion; as, strength and agility of body.

### - Instruct and conduct play

The ability to organize and provide outfield players with information. Ensure that the team remains organized and focused.

### - Technical with both feet and hands

Demonstrating a high level of technical ability with both hands and feet. The ability to show a level of consistency..

### - Quick and powerful

Moving quickly and lightly. The ability to produce a lot of physical strength or force.

### - Decision making

The act or process of deciding something especially with a group of people.



## Session Structure

VYS Goalkeeping sessions will be specific to the position, involving repetition to perfect the skill that the session is based upon. Every session will involve high levels of intensity to create game-like situations. Most importantly, the session will be competitive and **FUN**.

Session Structure	<u>Warm-up</u> - Physical development - Technical development  <i>15 Minutes</i>	<u>Technical Phase</u> - Unopposed - Repetition  <i>20 Minutes</i>	<u>Skill Phase/Small-Sided Game</u> - Opposed  <i>20 Minutes</i>	<u>Debrief</u> - Discussion of coaching points - Player feedback  <i>5 Minutes</i>
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Week	Session Focus	Technical points	Tactical points
1	Footwork	<ul style="list-style-type: none"> <li>On toes</li> <li>Do not cross feet</li> <li>Short and fast steps</li> </ul>	<ul style="list-style-type: none"> <li>Stay in line with the ball</li> <li>Adjust your position before making a save</li> </ul>
2	Handling	<ul style="list-style-type: none"> <li>Position of hands (W/basket/smother)</li> <li>Strong wrists</li> </ul>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>Timing of dive(save)</li> <li>Preparation (On toes/Knees bent/Shoulders facing forward)</li> <li>Catch or push away?</li> </ul>
3	Distribution	<ul style="list-style-type: none"> <li>Inside of foot/laces</li> <li>Standing foot next to the ball</li> <li>Follow through</li> <li>Body position</li> </ul>	<ul style="list-style-type: none"> <li>Direction of first touch</li> <li>Take an active touch</li> <li>Step into the ball</li> <li>Choice of throw (under-arm or over-arm)</li> <li>Hands or feet?</li> </ul>
4	Positioning	<ul style="list-style-type: none"> <li>Feet – Shoulder width apart</li> <li>Knees bent</li> <li>Shoulders facing forwards</li> </ul>	<ul style="list-style-type: none"> <li>Reduce the size of the goal by stepping off the line</li> <li>Get into the line of the ball to cut of the angle</li> </ul>
5	Dealing with high balls/crosses	<ul style="list-style-type: none"> <li>Timing of jump</li> <li>Extend arms to the highest point</li> <li>Bring front knee up for protection and elevation</li> </ul>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>Vocal</li> </ul>
6	Rushing out (1 on 1s)	<ul style="list-style-type: none"> <li>Quick footwork</li> <li>Bent knees</li> <li>Hands up, ready</li> </ul>	<ul style="list-style-type: none"> <li>Patience</li> <li>Do not commit too early</li> <li>Stay in line with the ball</li> </ul>



## Key areas of focus

1. Footwork with and without the ball
2. Handling
3. Positioning (Angles)
4. Distribution
5. Dealing with high balls/crosses
6. Breakaways (1 on 1s)



Age Group: U9-U19

Session 1

Topic: Footwork on and off the ball

Week: 1

Equipment: Balls, pinnies, cones, bow-nets, ladders

**Pre Warm-up Task:** 5 minutes

In pairs – High and Low catches. GK's vary the type of catch they are making. 1 GK will catch into the chest vs 1 GK catching a high ball. Vary the type of catch, progress to diving (low/mid/high).



**Warm-up/ Physical Development:** 10 minutes / Field Area: Half Field

Groups of 4. 2 GK's are performing quick feet through the cones, 2 players are serving the ball into the GK. GK is catching from a standing positioning. Feeders plays mid and high balls.

**Progression:** Diving catches (low/mid).

**Coaching Points:** Perform at a high tempo, positioning of hands (W), On toes with knees bent.



**Technical Practice:** 15 minutes / Field Area: Half Field

Same as above except GK's are working from an angle. *Rotate roles and angles.*

**Progression:** Diving catches (low/mid).

**Coaching Points:** Perform at a high tempo, positioning of hands (W), On toes with knees bent, inform GK of positioning (Slightly off the line with front post covered).



**Skill/ Small Sided:** 15 minutes / Field Area: Half Field

GK sideways steps out to cone, once the GK has touched the cone they must prepare for a shot from the feeder (low/mid/high). Perform this drill on both sides. *Rotate roles and angles.*

**Coaching points:** Quickness of feet to sidestep quickly along the ground, eyes on the ball at all times, powerful first step off the front foot to allow for a clean and effective dive, decision making (Catch or push away?).



**Extended Small Sided:** 20 minutes / Field Area: Half Field

7 v 7 + 2 magic players. Green team score a goal by shooting into 1 of the 3 small goals. Yellow team attempt to score on the main goal. When the green team are defending the furthest player back becomes the GK. When the yellow team are defending they are only allowed to tend 1 goal. Magic players pass with their hands.

**Progression:** All players can intercept with their hands (diving).

**Coaching points:** Awareness on the field, correct technique (with feet, hands and diving), awareness of positioning when tending the goal, communication.

Create a FUN, SAFE and CHALLENGING environment where the player loves their soccer. Players must strive to master the ball, be excellent at the basics of ball control, passing, dribbling and shooting. Coaches must develop the physical elements in combination with developing the technical and tactical elements of the game.





Age Group: U9-U19

Session 2

Topic: Footwork and Handling

Week: 2

Equipment: Balls, pinnies, cones, bow-nets, ladders

**Pre Warm-up Task:** 5 minutes.

In groups of 4. Focusing on passing and receiving. Work in both directions using both feet. Example: When working clockwise (left foot to receive, right foot to pass).



**Warm-up/ Physical Development:** 15 minutes / Field Area: Half Field

Handball. Teams can only score by throwing or volleying at goal. Players can only move off the ball and can only receive with their hands. If the ball is dropped or intercepted, the opposing team gains possession.

**Coaching points:** Quickness of feet to find space, eyes on the ball at all times, powerful first step off the front foot to allow for a clean and effective dive, decision making (Catch or push away?). Positioning of hands (W), Information.

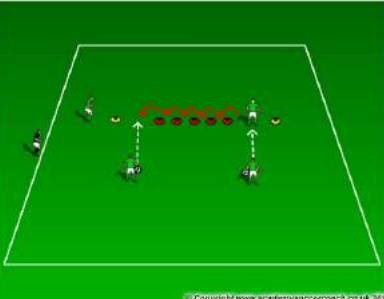


**Technical Practice:** 15 minutes / Field Area: Half Field

In pairs, players take it in turns to perform quick feet to a cone before returning to the middle and catching a ball fed in by their partner. *Switch roles*

**Progression:** Increase number of cones they must touch. Diving catches (low/mid).

**Coaching Points:** Perform at a high tempo, positioning of hands (W), on toes with knees bent. Sideways movement, do not cross feet, knees bent, hands in set position.



**Skill/ Small Sided:** 15 minutes / Field Area: Half Field

In groups of 4. 2 players are serving and 2 players are receiving. Players receiving work through the cones, left to right. Once they have worked through the cones the GK then catches the ball from the server. Once they have caught the ball they throw it back. *Perform the action 4-5 times before rotating.*

**Progression:** Diving catches (low/mid).

**Coaching Points:** Perform at a high tempo, positioning of hands (W), on toes with knees bent, do not cross feet.



**Skill/ Small Sided:** 15 minutes / Field Area: Half Field

In groups of 4. 2 players are throwing/striking the ball into the GK. GK performs quick feet around the manikin, touches the cone in front before attempting to save the shot. GKs switch sides immediately after saving the shot.

**Coaching Points:** Perform at a high tempo, positioning of hands (W), on toes with knees bent, do not cross feet, reaction time.

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Session 3

Topic: Distribution (Feet and hands)

Week: 3

Equipment: Balls, pinnies, cones, bow-nets, ladders

**Pre Warm-up Task:** 5 minutes.

In pairs. Feeder plays into partner by striking with the foot (Laces), partner catches the ball and plays back immediately. *Rotate roles.*



**Warm-up/ Physical Development:** 10 minutes / Field Area: 5 x 10 yards

In pairs. Players pass with the inside of their right foot, receiving (mobile touch) with the outside of their right foot. *Perform with feet and hands.*

**Progression:** Perform with left foot. Receive with different parts of the foot.

**Coaching Points:** Quality of pass (Weight and accuracy), Quality of first touch (Active touch, out of feet), body shape, communication (Verbal/Non-Verbal).



**Technical Practice:** 15 minutes / Field Area: 10 x 20 yards

In groups of 4. 2 players at either end. Player curves run to a central cone and receives a pass from opposite side. Player then turns and passes to team mate from where he began his run. Play then continues in the opposite direction. *Perform with feet and hands.*

**Coaching Points:** Quality of pass (Weight and accuracy), Quality of first touch (Active touch, out of feet), body shape, communication (Verbal/Non-Verbal).



**Skill/ Small Sided:** 15 minutes / Field Area: 10 x 30 yards

In groups of 4. 1 player feeds the ball into the GK. GK then distributes the ball left and then right. *Rotate roles. Perform with both feet and hands.*

**Coaching Points:** Quality of service from feeder, preparation (Feet, should width apart, on toes, knees bent, hands ready), Quality of distribution from GK.



**Skill/ Small Sided:** 20 minutes / Field Area: 30 x 40 yards

4 v 4 + 2 Target players. Teams score by playing from 1 target player to the other.

**Progression:** Limit players to 2 touch.

**Coaching Points:** Quality of pass (Weight and accuracy), Quality of first touch (Active touch, out of feet), body shape, communication (Verbal/Non-Verbal), visual awareness, angle and distance of support.

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Session 4

Topic: Positioning (Angles)

Week: 4

Equipment: Balls, pinnies, cones, bow-nets, ladders

**Pre Warm-up Task:** 5 minutes.

In groups of 4. Focusing on passing and receiving. Work in both directions using both feet. Example: When working clockwise (left foot to receive, right foot to pass).



**Warm-up/ Physical Development:** 15 minutes / Field Area: Half Field

In groups of 4/5. 3/4 feeders throw/strike the ball at the GK. GK begins in the middle of the square. Perform quick feet to the edge of the square before saving the shot from the feeder.

**Coaching Points:** Quality of strike from feeder, quick footwork, rushing out, body position, set position, reactions, quality of distribution back to feeder.



**Technical Practice:** 15 minutes / Field Area: Half Field

In groups of 4. Using string, the coach provides the best angle for the GK. GK starts on the goal line, on the feeders command GK attacks the shot and attempts a save.

**Progression:** Diving save (low/mid/high).

**Coaching Points:** Quality of strike from feeder, quick footwork, rushing out, body position, set position, reactions, quality of distribution back to feeder.



**Skill/ Small Sided:** 15 minutes / Field Area: Half Field

In groups of 4. 3 feeders (Left, right and central) striking the ball at the GK from different angles. GK must adjust feet and set themselves before attempting to save a shot at the left post. GK then adjusts feet to save a central shot before finishing at the right post. *Players rotate clockwise*

**Coaching Points:** Quality of strike from feeder, quick footwork, body position, set position, reactions, quality of distribution back to feeder.



**Skill/ Small Sided:** 15 minutes / Field Area: Half Field

Handball. Teams can only score by throwing or volleying at goal. Players can only move off the ball and can only receive with their hands. If the ball is dropped or intercepted, the opposing team gains possession.

**Coaching points:** Quickness of feet to find space, eyes on the ball at all times, powerful first step off the front foot to allow for a clean and effective dive, decision making (Catch or push away?). Positioning of hands (W), Information.

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Session 5

Topic: Dealing with high balls & crosses

Week: 5

Equipment: Balls, pinnies, cones, bow-nets

**Pre Warm-up Task:** 5 minutes.

In pairs. Distribute from hands to each other, along the ground, into the chest, and in the air.



**Warm-up/ Physical Development:** 10 minutes / Field Area: 30 x 40 yards

Players begin with a ball each moving around in the area; sideways steps, forwards, backwards movement. Begin by bouncing the ball and catching. Then move onto high-knee skipping to get the knees up and the body ready for jumping.

Lastly, have the keepers moving and bouncing the ball, then throwing it high on the coaches call, and catching it.

**Coaching Points:** Do not cross feet, hand/eye coordination, vocal, knee out for protection and balance when landing, extend arms to highest point.



**Technical Practice:** 15 minutes / Field Area: 15 x 40 yards

In groups of 4. 3 players are on the outside of a square (5 x 5 yards) feeding high balls to a GK in the middle of the square. Once the GK catches the ball they then distribute back to the feeder. The GK then touches a cone before catching the next feeders ball.

**Competition:** Highest number of catches in 1 minute.

**Coaching Points:** Move feet at speed, shoulders facing forward, vocal, hand/eye coordination, timing of jump, knee out for protection and balance when landing, extend arms to highest point.



**Skill/ Small Sided:** 15 minutes / Field Area: 15 x 40 yards

In groups of 4. 3 players are feeding a high ball from different angles. The GK touches a post before attempting to catch a high ball. **Rotate positions**

**Competition:** Group that makes 6 catches each the quickest, wins.

**Coaching Points:** Move feet at speed, shoulders facing forward, vocal, hand/eye coordination, timing of jump, knee out for protection and balance when landing, extend arms to highest point.



**Skill/ Small Sided:** 20 minutes / Field Area: 30 x 40 yards

Handball. Teams can only score by throwing or volleying at goal. Players can only move off the ball and can only receive with their hands. If the ball is dropped or intercepted, the opposing team gains possession.

**Coaching Points:** Move feet at speed, shoulders facing the ball, vocal, hand/eye coordination, timing of jump, knee out for protection and balance when landing, extend arms to highest point.

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Session 6

Topic: Breakaways (1 v 1)

Week: 6

Equipment: Balls, pinnies, cones, bow-nets

**Pre Warm-up Task:** 5 minutes.

In pairs. Distribute from hands to each other, along the ground, into the chest, and in the air.



**Warm-up/ Physical Development:** 10 minutes / Field Area: 25 x 40 yards

Players begin with a ball each moving around in the area; sideways steps, forwards, backwards movement. Begin by diving with the ball in hands (left and right). Lastly, have the balls placed on the ground. On the coaches whistle the players dive onto the nearest ball.

**Progression:** Number of whistles represents the number of balls that the players must dive onto.

**Coaching Points:** Do not cross feet, hand/eye coordination, vocal, body position when diving, protection of the ball.



**Technical Practice:** 15 minutes / Field Area: 20 x 25 yards

In groups of 4. GK rushes out to the central cone before diving onto the ball which is played in by the feeder. Feeder will announce which way the ball will be played (left or right). *Rotate roles*

**Coaching Points:** Quick feet, body position, On toes, eyes on the ball, progression when diving (knee, hip, shoulder), protection of the ball.



**Skill/ Small Sided:** 15 minutes / Field Area: 25 x 40 yards

4 v 4. Teams attempt to score on goal in a 1 v 1 situation with the GK. *Rotate roles*

**Progression:** Competition: Team that scores the most goals in 3 minutes, wins.

**Coaching Points:** Quick feet, body position, On toes, eyes on the ball, progression when diving (knee, hip, shoulder), protection of the ball. Patience (Do not commit early).



**Skill/ Small Sided:** 20 minutes / Field Area: 25 x 40 yards

4 v 4. Teams are attempting to score on goal. Players can win possession by diving onto the ball. Players can only score with their feet.

**Coaching Points:** Quick feet, body position, On toes, eyes on the ball, progression when diving (knee, hip, shoulder), protection of the ball. Patience (Do not commit early), Communication.

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