

Goalkeeping Age Objectives

Distributed by US Soccer-Peter Mellor National Teams Goalkeeping Coach and Coordinator

6-8 Year Olds

Technical: **Hand Eye** coordination and balance games.

Tactical: **Rotation of all players** through the goals so that every player is exposed to Goalkeeping. **Let the game be the teacher.**

Psychological: **FUN, FUN, FUN, games must be enjoyable.**

Fitness: **FUN movement games.**

8-10 Year Olds

Technical: Principles of Goalkeeping

Footwork Exercises

Getting Set (feet)

General Handling Techniques-**Thrown service-All Heights-Small Goal**

Distribution-Rolling and Throwing to a teammate, Control and Short Passing w/ both feet, Short volleying from the hands both feet, Striking a still ball.

Ball Familiarity (size 4)

Tactical: Rotation of players through the team. Everybody plays in each position

Psychological: FUN and enjoyable, Simple Progression of Techniques-"One Step at a Time".

Fitness: Teach Warm up-Cool Down and Stretching Exercises, from down to the ground and up to set position.

10-12 Year Olds

Technical: Principles of Goalkeeping

Footwork Exercises

Getting Set

General Handling Techniques

Basic Diving Techniques-General Breakdown of them

Dealing with Crosses-Thrown Services

Distribution-1st touch receiving, control and short passing w/ both feet, Under arm bowling, side and overarm

Throwing to targets, Volleying from the hands, Goal kicks

1v1 Basic Principles

"Quality Not Quantity"

Tactical: Explain the basic tactical role of the goalkeeper-Positional Play-Basic Angle play-Into line and down the line of

The flight of the ball ("Attacking the ball")

Psychological: Simple progression in techniques-Set Standards, Pay Attention to Detail-What Qualities Does a Goalkeeper Need?

Fitness: Warm Ups and Cool Downs

Introduction to the Importance of Stretching

Flexibility and Mobility Exercise (Footwork)

Check Height, Weight, and Vertical Jump 3 times per year (Jan/May/Sept-keep records)