



Youth Academy Keepers

Category: Goalkeeping: 1 v 1

Difficulty: Beginner

Am-Club: Boise Timbers Thorns
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Description

Youth Keeper Training. An introduction to playing the position.

Technical warmup & Distribution (20 mins)

Organization of Session

In a area roughly based 30x40, players all warmup with a ball focusing on touches and the different surfaces of the foot. THEN: players distribute the ball as a keeper to players with out a ball. 1 ball per 2 players, freedom of movement, freedom of collection of ball (feet, hands, etc..)

Key Points

Distribution focuses on proper technique with rolling a ball out "bowling style" and overhand/sidearm technique.

Coaching Points

Proper technique when in distribution focuses on a fully extended arm where the ball is not released until the arm is in front of the body/face in a 70 to 90 degree angle.



Collection/saves (15 mins)

Organization of Session

Space roughly 10x12 per pair

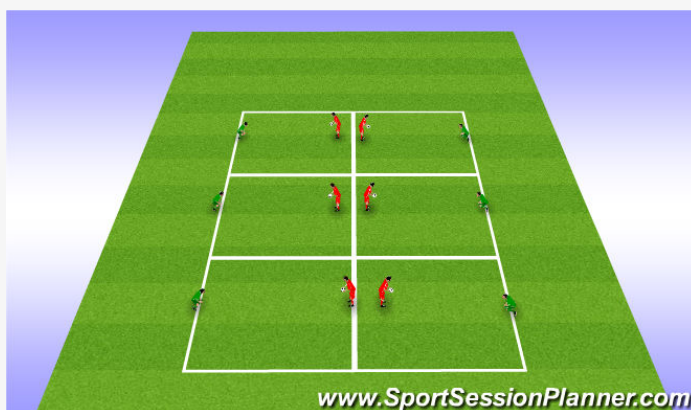
Players pair up with a partner- one distributes ball while the other collects it. Multiple distribution techniques, multiple collection techniques. Distribution techniques; Overhand/sidearm, bowling, playing from feet, Collection techniques; High balls, catch saves, dive left/right, kneel down, dive down,

Key Points

For lateral saves we focus on falling perpendicular not backward, straight on collections focus on moving toward the ball and collecting in same motion(shuffling feet), High Ball is meeting the ball at its highest point and protecting your self,

Coaching Points

Collection techniques focus on the hands moving as a unit(W, M or the Diamond), and covering/securing the ball after saves. Starting stances; left/right leg forward, base set, shuffling feet to move forward,



Keeper Wars (15 mins)

Organization of Session

Space roughly 20x25 per pair or as space allows,

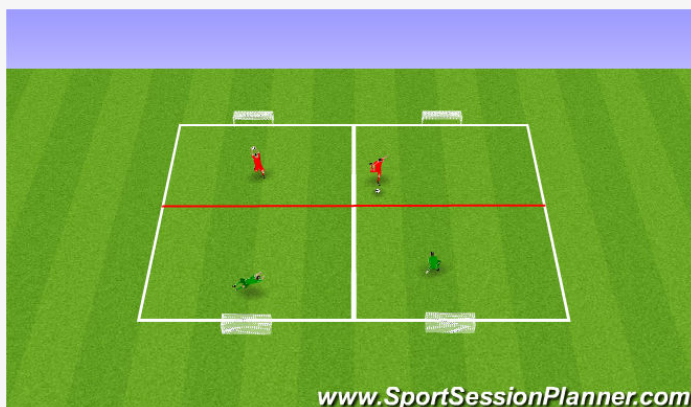
One on One each player defending a 8 foot goal, object is to throw or kick the ball into the opponents goal from your own half,

Key Points

Hands lead the body but the body must follow on saves, proper use of hands.

Coaching Points

Hands move as a unit, starting footwork, jumping off 1 foot, Near foot when going left or right



4v4 soccer with keepers (25 mins)

Organization of Session

Finish Practices with 4v4 soccer with keepers, all rules apply. (30x40 fieldsize)

Key Points

We are rewarding keeper play not field players!!!

Coaching Points

proper foot work, and shot stopping.

