



# Goalkeeping Curriculum

Director of Goalkeeping

Stacy DeLonge

## Cap City Athletic Goalkeeping Philosophy

At Cap City Athletic, we believe in developing the whole person through the game of soccer. Our specific goalkeeping philosophy is much the same. We believe, like field players, that in order to enjoy and excel within the position, the instructional focus should be on the four pillars of the game: Technical, Tactical, Physical and Psychological.

At the younger ages, fun, safety and technique are emphasized while at the intermediate and older age groups, decision making, mentality/confidence and physical presence will be the concentration. Our staff recognizes that attention to detail in all areas of goalkeeping is what will set our goalkeepers apart.

## Programming: Technical Training, Team Training and Match Training

### Technical Training

Cap City goalkeepers will be split into **four** technical training groups according to age. These groups are as follows: **Basic** (U9-U10), **Beginner** (U11-U12), **Intermediate** (U13-U14) and **Advanced** (High School). Multiple technical training sessions will be provided for each of these age groups. For more information and a comprehensive breakdown of what each level entails, please see page 3.

### Team Training

The Cap City goalkeeping staff will also attend team training sessions to provide both technical and tactical instruction within the team practice environment. Skills focused on are: proper warm up techniques, decision making, communication and organization within the small sided game.

### Match Training

Cap City goalkeepers will also have staff attending home matches. Staff will help with proper goalkeeper warm ups as well as pre-game, halftime and post game analysis with a focus on game management.

# Four Technical Training Levels of Goalkeeping

## **BEGINNER LEVEL – U10 and Younger**

The **BEGINNER LEVEL** is the youngest age group of goalkeeping training that is offered by Cap City. This is the first level where an introduction of proper “save” technique through basic body coordination movements including footwork and handling will be taught. Self protection within the position will be emphasized as well as technique. An overall **FUN** and **SAFE** environment!

## **BASIC LEVEL – U11 and U12**

The **BASIC LEVEL** is the next age group where keepers are introduced to a more extensive training environment. Basic communication, distribution and positioning will be taught as well as an introduction to tactical awareness. An elementary understanding of the goalkeeping mentality and presence is formed. Again, the primary focus will be on high repetitions – with an emphasis **on technique first, save second.**

## **INTERMEDIATE LEVEL – U13 and U14**

In the **INTERMEDIATE LEVEL** - Cap City goalkeepers are put into an environment that includes an added amount of technical saves that require more skill. Tactical application is taught through proper decision making. Set pieces and verbal organization are introduced as well. The focus at the Intermediate Level is making the save, whether it be clean or scrappy. Physical fitness and strength are areas of emphasis as well as the psychological aspect of the game – “short term” memory and mental skill development.

## **ADVANCED LEVEL – High School Age**

The **ADVANCED LEVEL** is the last youth group of goalkeeping before the college game. The focus in this level is decision making (i.e. shot “saver” vs shot “stopper” – or get the “hold” vs giving up a rebound). A higher demand on tactical awareness and sophistication of shot saving is placed on the **ADVANCED LEVEL** goalkeeper. Organization and reading the game are emphasized to reduce shot stopping opportunities. Physical fitness and strength training are stressed as well as learning how to handle pre-game, game and post-game goalkeeper psychology.

**ADVANCED LEVEL** Goalkeepers will all receive one on one personal, sit down meetings with our Cap City GK Staff focusing on High School/College Goals.

## Introduction to “Cap City Goalkeeping Concepts” Chart

	Beginner	Basic	Intermediate	Advanced
<b>Technical</b>				
Scoop	X			
Front Smother		X		
Basket Catch	X	X		
Contour	X	X		
High Contour & Side Contour	X	X		
Collapse Dive/Kick Out Save	X	X		
Extension Dive	X	X		
Tipping		X	X	
Punch/Box			X	X
Parrying: Heal/Finger Tip			X	X
Deflection/Reaction			X	X
Breakaway		X	X	X
Thru Ball		X	X	X
Crosses/Serves			X	X
Passing		X	X	X
Punt			X	X
Drop Kick			X	X
Bowl	X	X	X	X
Baseball	X	X		
Sling			X	X
Goal kick	X			
Driven Ball			X	X
<b>Tactical</b>				
Distribution		X	X	X
Angles			X	X
Game Positioning				
Decision Making		X	X	X
Communication		X	X	X
Organization		X	X	X
3-Goal Situation			X	X
Anticipation	X	X	X	X
Reading the Game		X	X	X
Dead Ball Org/Set Piece/Walls			X	X
<b>Physical</b>				
Agility/Plyo-metrics		X	X	X
Balance/Coordination			X	X
Reaction Time				
Core, Leg, Upper Strength	X	X	X	X
Anaerobic Fitness	X	X	X	X
Aerobic Fitness		X	X	X
<b>Psychological</b>				
Work Rate			X	X
Presence			X	X
GK Mentality			X	X
Mental Recovery			X	X
Tone/Urgency				
Non-Verbal Communication	X	X	X	X

## In Detail: **BEGINNER LEVEL** – U10 and Younger

The **BEGINNER LEVEL** is the youngest age group of goalkeeping training that is offered by Cap City. This is the first level where an introduction of proper “save” technique through basic body coordination movements including footwork and handling will be taught. Self protection within the position will be emphasized as well as technique. An overall **FUN** and **SAFE** environment!

### Technical Skills to be Learned:

1. Scoops
2. Basket Catches
3. Contour Catches
4. High Contour (High Balls)
5. Side Contour (Collapse Dives)
6. Collapse Dives
7. Passes and Back Passes
8. Punts
9. Bowl Throw/ Sling Throw

### Tactical Skills to be Learned:

1. Basic Communication
  - a. KEEPER!
  - b. AWAY! CLEAR!

### Physical Skills to be Learned:

1. Agility
  - a. Fast Footwork/Cones
  - b. Hurdles
2. Balance and Coordination
  - a. One/Two foot balancing skills
  - b. Hand Eye/Foot Eye Coordination Skills

### Psychological Skills to be Learned:

1. Work Rate
  - a. An introduction to the expectation of how hard to work as a goalkeeper.

## In Detail: BASIC LEVEL – U11 and U12

The **BASIC LEVEL** is the next age group where keepers are introduced to a more extensive training environment. Basic communication, distribution and positioning will be taught as well as an introduction to tactical awareness. An elementary understanding of the goalkeeping mentality and presence is formed. Again, the primary focus will be on high repetitions – with an emphasis on **technique first, save second**.

### Technical Skills to be Learned:

1. Front Smother
2. Side Contour (for collapse dives)
3. Collapse Dives
4. Kick Out Saves
5. Parrying (heel of hand)
6. Parrying (fingertips)
7. Breakaways
8. Sling Throw
9. Goal Kick

### Tactical Skills to be Learned:

1. Angles
2. Game Positioning
3. Communication
4. Organization
5. Anticipation/Reading the Game

### Physical Skills to be Learned:

1. Agility
  - a. Fast Footwork/Cones
  - b. Hurdles
2. Balance and Coordination
  - a. One/Two foot balancing skills
  - b. Hand Eye/Foot Eye Coordination Skills
3. Reaction Time
4. Core Strength

### Psychological Skills to be Learned:

1. Work Rate
2. Presence
3. GK Mentality
4. Mental Recovery
5. Verbal Communication – Tone
  - a. None Verbal Communication – Body Language An introduction to the expectation of how hard to work as a goalkeeper.

## **In Detail: INTERMEDIATE LEVEL – U13 and U14**

In the **INTERMEDIATE LEVEL** - Cap City goalkeepers are put into an environment that includes an added amount of technical saves that require more skill. Tactical application is taught through proper decision making. Set pieces and verbal organization are introduced as well. The focus at the Intermediate Level is making the save, whether it be clean or scrappy. Physical fitness and strength are areas of emphasis as well as the psychological aspect of the game – “short term” memory and mental skill development.

### Technical Skills to be Learned:

1. Kick Out Save
2. Extension Diving/Power Dives
3. Tipping
4. Punching/Boxing
5. Deflection/Reaction Techniques
6. Breakaways
7. Drop Kicks/ Goal Kicks
8. Baseball Throw
9. Crosses and Serves

### Tactical Skills to be Learned:

1. Distribution
2. Game Positioning
3. Decision Making
4. Communication
5. Organization
6. 3-Goal Situation
7. Anticipation
8. Reading the Game
9. Dead Ball Organization

### Physical Skills to be Learned:

1. Agility
2. Plyo-metrics
3. Reaction Time
4. Lower/Upper Body Strength
5. Core Strength
6. Anaerobic Fitness
7. Aerobic Fitness

### Psychological Skills to be Learned:

1. Work Rate
2. Presence
3. GK Mentality
4. Mental Recovery
5. Verbal Communication
6. Non-Verbal Communication

**In Detail: [ADVANCED LEVEL](#) – High School Age**

Technical Skills to be Learned:

1. Advanced Shot Stopping
2. Deflection/Reaction Saves
3. Breakaways and Thru Balls
4. Crosses and Serves (extending range)
5. Baseball Throw
6. Goal Kick

Tactical Skills to be Learned:

1. Distribution (game management)
2. Decision making
3. Communication
4. Organization
5. 3-Goal Situation
6. Anticipation
7. Reading the Game
8. Dead Ball Organization

Physical Skills to be Learned:

1. Agility
2. Plyo-Metrics
3. Reaction Time
4. Lower/Upper Body Strength
5. Core Strength
6. Anaerobic Fitness
7. Aerobic Fitness

Psychological Skills to be Learned:

1. Work Rate
2. Presence
3. GK Mentality
4. Mental Recovery
5. Verbal Communication
6. Non-Verbal Communication



Team training and match evaluation should focus and incorporate the following:

TECHNIQUE	DISTRIBUTION	TACTICAL	PHYSICAL	PSYCHOLOGICAL
Scoop	Passing	Distribution	Agility	Work Rate
Front Smother	Punt	Angles	Plyo-metrics	Presense
Basket Catch	Goal Kick	Game Positioning	Balance/ Coordination	GK Mentality
Contour	Bowl	Decision Making	Reaction Time	Mental Recovery
High/Side Contour	Sling Throw	Communication	Lower/Upper Body Strength	Verbal Communication
Collapse Dives	Drop Kick	Organization	Core Strength	Non-Verbal Communication
Kick Out Save	Baseball Throw	3-Goal Situation	Anaerobic Fitness	
Extension Dive		Anticipation		
Tipping		Reading the Game		
Punching/Boxing		Dead Ball Ogranization		
Parrying				
Deflection/Reaction Save				
Break Aways				
Through Ball				
Crosses/Serves				



#OurCity #OurClub #ELEVATE