



**NIKE
SOCCER**



#WeAreVSA

GOALKEEPING CURRICULUM AND METHODOLOGY

2018-2019

GOALKEEPING PHILOSOPHY

GOALKEEPING MODEL

SHOT-STOPPING

- GAME IQ
- DECISION MAKING
- EXECUTION

POSSESSION

- GAME IQ
- DECISION MAKING
- EXECUTION

CROSSES

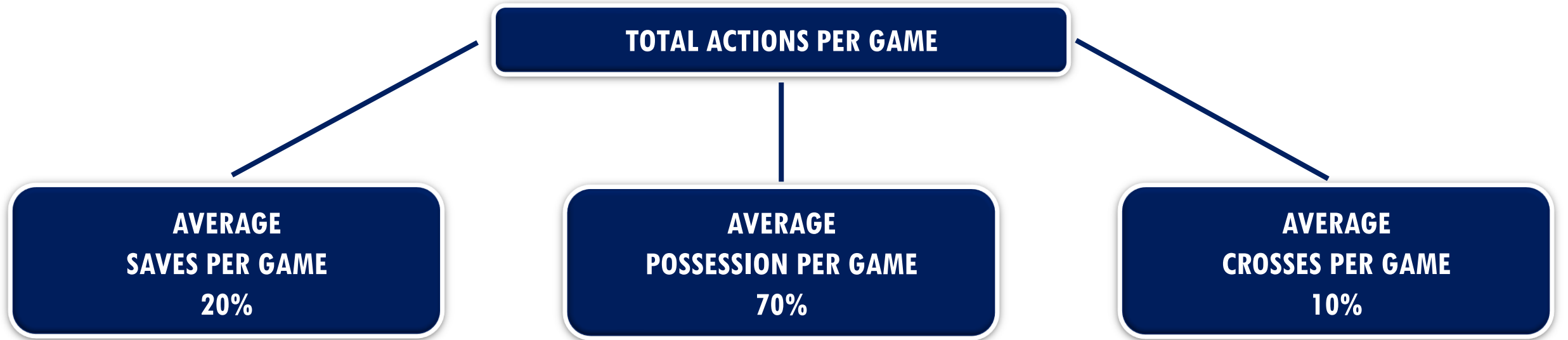
- GAME IQ
- DECISION MAKING
- EXECUTION

COMMUNICATION

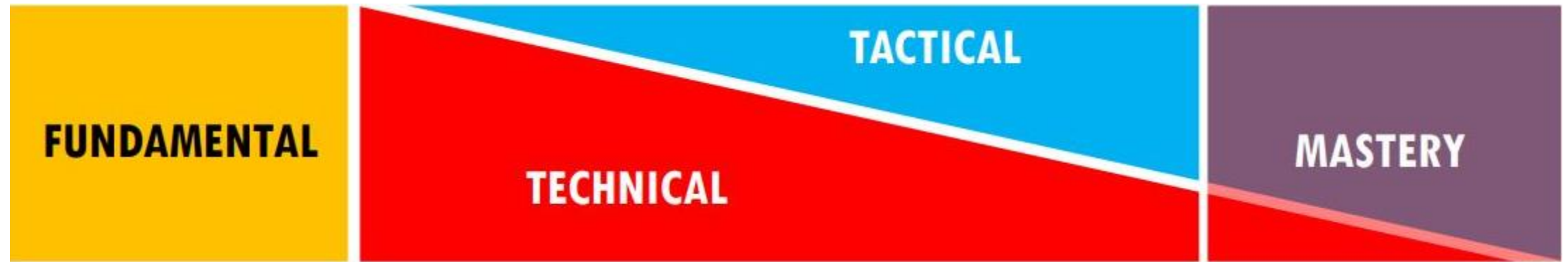
- GAME IQ
- DECISION MAKING
- EXECUTION



MATCH DEMANDS



STAGES OF DEVELOPMENT



FUNDAMENTAL

TACTICAL

TECHNICAL

MASTERY

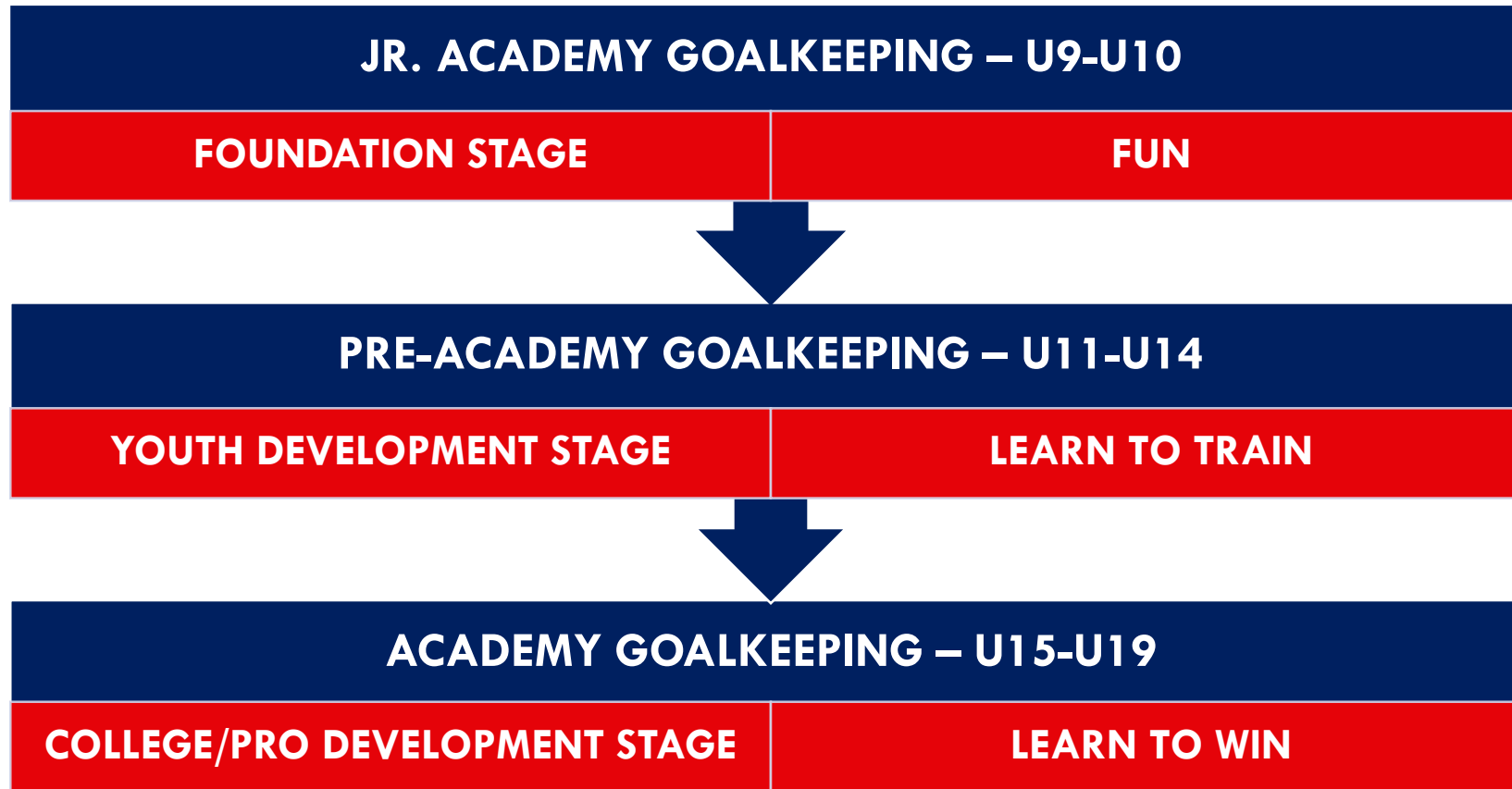
**U9-U10
JR. ACADEMY**

**U11-U14
PRE-ACADEMY**

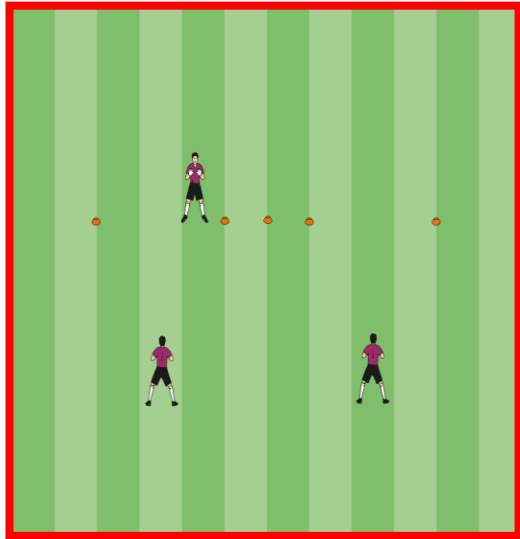
**U15-U19
ACADEMY**



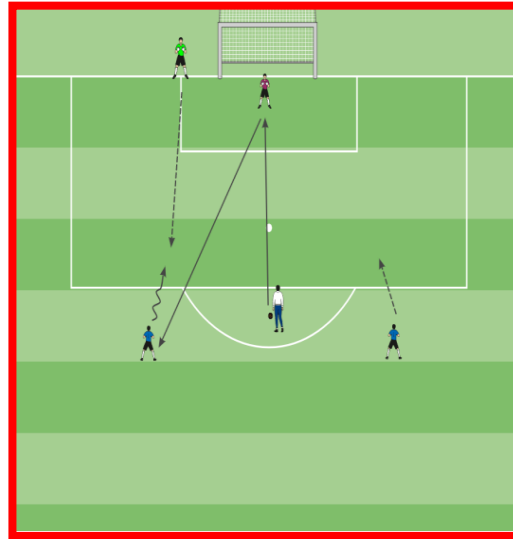
STAGES OF DEVELOPMENT



TRAINING SESSION STRUCTURE



STAGE 1
TECHNICAL STAGE



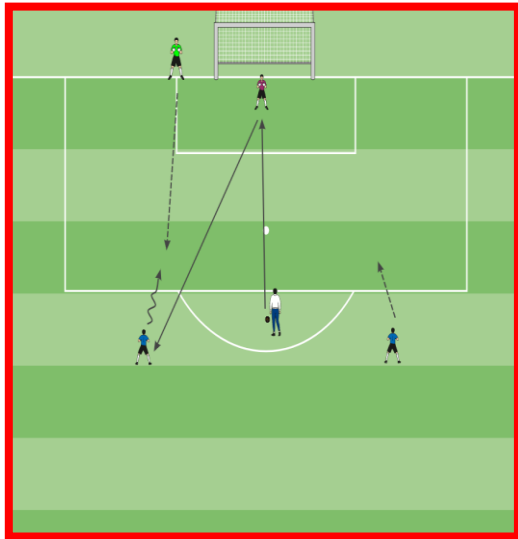
STAGE 2
PRESSURE/DECISION MAKING



STAGE 3
GAME STAGE / INTEGRATION
INTO TEAM TRAINING



DETAILS OF A TRAINING EXERCISE



GAME IQ – POSITIONING and VISUAL CUES

DECISION MAKING – TIMING, CHOICE of TECHNIQUE, HOLD/DEFLECT

EXECUTION – TECHNIQUE, EFFICIENCY, EFFECTIVENESS



GOALKEEPER EXPECTATIONS

1. **GOALKEEPERS WILL ATTEND ALL GOALKEEPER SESSIONS UNLESS OTHERWISE ARRANGED WITH THEIR HEAD COACH AND GOALKEEPING STAFF.**
2. **UPON ARRIVAL TO TRAINING, SHIRTS WILL BE TUCKED IN.**
3. **EQUIPMENT EXPECTATIONS**
 - A. **GLOVES WILL REMAIN CLEAN FOR TRAINING AND MATCH DAY!**
 - B. **GOALKEEPER WILL HAVE SEPARATE PAIRS OF GLOVES FOR TRAINING AND MATCHES!**
 - C. **GOALKEEPERS SHOULD HAVE A HAND TOWEL IN GOAL WITH THEM AT ALL TIMES**
4. **GENERAL EXPECTATIONS**
 - A. **BE ON TIME**
 - B. **RESPECT ALL STAFF, PLAYERS, REFEREES AND SPECTATORS**
 - C. **WORK HARD**
 - D. **ENJOY THE PROCESS!**

