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## Role of Coach & Practice Considerations

Three (3) stage FIFA goalkeeping training approach:

### Stage 1

- Standing Saves
- Ball Mastery
- *2-3 Practices*

### Stage 2

- Diving Saves
- Ball Mastery
- *Until Mastered*

### Stage 3

- Transition to game related scenarios
- *Monthly*
- *Restart at stage 1*

Preparation Key Points:

- ✓ Use available resources to prepare each training session in advance
- ✓ Write notes so they can be a reminder during practice
- ✓ Pay particular attention to equipment
  - Ensure the balls properly inflated
  - Players have proper apparel and equipment

Coaching Methodology:

- ✓ Demonstrate: Visual and Verbal
- ✓ Rehearse: Allow players opportunity to perform skill/ combination
- ✓ Assess/ Reassess: Determine if key factors are achieved

Coaching Techniques:

- ✓ Start Simple:
  - It is important that you start simple and increase the level of difficulty
- ✓ Get the Ball Moving:
  - A demonstration paints a thousand words. Avoid a long winded explanation of the activity
- ✓ Active Coaching:
  - Once the group is working, it is essential that the needs of all players are addressed.
  - Be active and engage with the players
- ✓ Demonstration Position
  - Position yourself so that every player can see you
  - Speak with authority before or after demonstrating - not during

Stage 1: Standing Saves & Ball Mastery

Technique

- Feet shoulder width apart
- Knees slightly bent
- Elbows in front of the body
- Reaching forward
- Two (2) surfaces behind the ball

Service– (From Hands)

- Ground height
- Waist height
- Chest height
- Head height
- Aerial height

Ball Mastery

- Control & Receiving the Ball
- Running with the Ball
- Distribution & Passing
- *Roll/ sidearm/ overarm Throws*
- *In-step/ Laces/ Volley Kicks*

Outline: Goalkeeping Specific Practice (Before or after team practice)

- ❖ Warm-up: (10 mins)
  - Agility/ Coordination activities
  - Ball Mastery: running with the ball/ juggling/ passing
- ❖ Core Session: (15 mins)
  - Standing saves
  - Movement + Standing Save
  - Distribution by throwing and kicking
- ❖ Cool Down: (5 mins)
  - Review Training
  - Stretching

Stage 2: Diving Saves & Ball Mastery

<u>Technique</u>	<u>Type of Service</u>	<u>Ball Mastery</u>
<ul style="list-style-type: none"> <li>• Correct standing save position</li> <li>• Push off laterally from the same leg as side of the dive</li> <li>• Extend arms</li> <li>• Always attacking the Ball</li> </ul>	<ul style="list-style-type: none"> <li>• Without Ball</li> <li>• Stationary</li> <li>• Ball in Movement from Hands</li> </ul>	<ul style="list-style-type: none"> <li>• Control &amp; Receiving the Ball</li> <li>• Running with the Ball</li> <li>• Distribution &amp; Passing</li> <li>• <i>Develop Stage 1 Throws &amp; Introduce Javelin</i></li> <li>• <i>Develop Stage 1 Kicking &amp; Introduce half-volley</i></li> </ul>

Outline: Goalkeeping Specific Practice (Before or after team practice)

- ❖ Warm-up: (10 mins)
  - Agility/ Coordination activities
  - Ball Mastery: running with the ball/ juggling/ passing
  - Standing Saves
- ❖ Core Session: (15 mins)
  - Diving Saves (ground + medium height, bounce)
  - Movement + Dive Save
  - Distribution by throwing and kicking
- ❖ Cool Down: (5 mins)
  - Review Training
  - Stretching

### Stage 3: Transition

Various game related scenarios should be reviewed with the goalkeepers to help them connect techniques learned from exercises to the game

- Positioning
- Set pieces (free kicks)
- Decision making

- ❖ Warm-up: (10 mins)
  - Agility/ Coordination activities
  - Standing Saves
- ❖ Core Session: (15 mins)
  - Movement + Dive Save
  - Positioning
    - ✓ Encourage quality over speed
- ❖ Cool Down: (5 mins)
  - Review Training
  - Stretching