



VIRGINIA LEGACY

---

## **Goalkeeping Curriculum – Overview**

### ***Goalkeeping Fundamentals:***

- Movement – Quick and efficient feet, good balance, control
- Catching and Parrying - Technique
- High Balls and Service – Decisions, Catching and Punching
- Communication and Organization – Early, clear, precise, consistent
- Focus – No plays off

### ***Goalkeeper Attributes:***

- Aggressive – Dictates play, owns the penalty area, committed when a decision has been made
- Detail-Oriented – Fundamentally sound, consistent, student of the game
- Focused – Plugged in, alert, forward-thinking, aware
- Physically Excellent – Explosive, quick, strong, in control
- Mentally Tough/Resilient - Short memory, willing to push limits, never gives up
- Leader – Communicates, organizes, takes charge, projects confidence and calm

### ***Goalkeeper Training Categories:***

- Footwork
- Handling (Catching/Parrying)
- Crosses (Decision/Catching/Punching)
- Distribution (Hands/Feet)
- Communication (Organizing/Motivating/Directing)

### ***Goalkeeper Training Keys for Coaches:***

- Focus on fundamentals – Work hardest on the things you do the most
- Quality repetition – Do not waste time
- Create competition – With other GKs, with the clock, etc.
- Be creative – Goalkeeping is very technical, make it interesting
- Work on your kicking at every opportunity
- High tempo and positivity – have a good plan
- Understand that goalkeeping hinges on mentality – know your goalkeepers

### ***Final Thoughts for GKs:***

- Make the saves you should make – the rest will take care of itself
- Catch everything you can, and put the rest into safe places
- Be a vocal leader – your teammates WANT to hear you
- Distribute as high up the field as you can while maintaining possession
- Be aware of the game situation – time remaining, opponent tendencies, etc.
- Do the small thing correctly every time – this builds your confidence and that of your team
- Organize while the ball is moving, and have awareness of the entire field

**Note from the Director:**

The information provided above is by no means an exhaustive list of qualities, attributes and techniques for goalkeeping. It is meant to be a guide, and to establish a fundamental understanding of which topics will be covered by the VLSC GK coaching staff.

If an individual GK has other topics and/or techniques they feel would be beneficial, modifications to individual training plans can be made. However, please understand that in a group setting, the GK coach will be working to provide the most value for the most players within the guidelines above.



VIRGINIA LEGACY

---

## **Goalkeeping Curriculum – Player Attributes**

Goalkeeper *Player Attributes* is a comprehensive list of qualities essential to success as a goalkeeper. The attributes are divided into the four main areas of evaluation – Physical, Technical, Tactical, and Psychosocial. To be a successful goalkeeper, players must be competent in all of these areas.

The rating system provides the goalkeeper with an assessment of where the coach views their development. The scale is designed to help the goalkeeper understand how to progress from developmental stages to the highest levels in the club, and ultimately beyond, if they so desire. The scale is only effective, however, if the GK is committed to regularly attending training sessions, so the GK coach can accurately assess their progress.

*Player Attributes* is designed to provide regular feedback to the goalkeeper, and help them understand their strengths and weaknesses. This in turn will guide training sessions, and assist the goalkeeper coach in planning for a goalkeeper's growth in the club. The goal is to provide each GK with an assessment at the completion of each segment of the season.





VIRGINIA LEGACY

---

## **Goalkeeping Curriculum – First 5**

The Goalkeeping Curriculum *First 5* provides the GK coach with a baseline evaluation of their goalkeeper(s). *First 5* covers fundamental goalkeeping tasks and responsibilities, and will ideally be accomplished in the first five training sessions of a new season, or with a new goalkeeper or goalkeepers.

The associated coaching points are not meant to be exhaustive, merely a few of the most important ones.

As with all other coaching, the way the GK coach presents information, and the GK coach's attention to detail will ultimately determine the effectiveness of First 5.

Day	Topic	Activity	Coaching Points
1	Footwork	Ladders	stay balanced, quick change of direction, foot in contact with the ground for short time, weight forward, upper body relaxed
	Catching	Static Catching (ground and air)	set position, weight forward, hands in front, cushion the ball, hands move together, tuck it away,
2	Footwork	Ladders, short doggies	scissor step, weight forward, shoulders square to the field, explosive change of direction, small steps when changing direction, balance
	Catching	Volleys/Shooting from angles (add movement)	good starting position, set position, relax, cushion the ball, tuck it away
3	Footwork	Short lateral movements	set and go, move forward
	Catching	short lateral movements with volley	head and shoulders behind the ball, hands to the ball
	Collapse Dive	one/two steps into dive	step forward, shoot the hands out, reload quickly
4	Footwork	Crucifixes	drop step/crossover, balance, face the field
	Catching	High ball service from hands, then shot	early decision, communication, J-step, change of pace, catch at the highest point
	Crosses	No pressure crosses, add pressure	be vocal, call early, prepare for contact
Boxing		make the decision early, flat surface contact, compact motion	
5	Footwork	moving around cones combined with one and two-touch passing	good first touch, body behind the ball, play with pace
	Crosses	boxing progression	two fist, one fist
	Distribution	cross, then distribute (throw, punt, dropkick)	hit your target, "friendly" ball, consistent drop and technique