



U13/14- Goalkeeper



Technique:	<ul style="list-style-type: none">• Set position• General handling/ Basic shot stopping/ Catching<ul style="list-style-type: none">-All heights• Diving<ul style="list-style-type: none">-Collapse-Step and save-Power step and save-Reaction save-Recovery save• Dealing with crossed balls (catching & punching)<ul style="list-style-type: none">-Chipped serve-Flighted serve-Driven serve-Unopposed and opposed• Distribution<ul style="list-style-type: none">-Throws (roll, side arm, over arm)-All kicks (goal kicks, volleys, half volleys, dealing with back passes unopposed and opposed. Control and increase range with both feet)
Tactics:	<ul style="list-style-type: none">• Communication• 1v1 Principles• 1v1 with the defense• Distance/Angles/Availability to support the defense
Physical:	<ul style="list-style-type: none">• Warm up and cool downs• Plyometric exercises• Goalkeeper specific stretching, flexibility and mobility exercises• Footwork all directions/planting of feet for change of lateral direction• Speed- 18 yards max distance (penalty box)
Mental:	<ul style="list-style-type: none">• Match and training preparation• Growth and development (diet and nutrition, healthy lifestyle)• Dealing with positive and negative assessments (praise and criticism)• Dealing with selection and tryouts with positive and negative results• Soccer terminology