



## U15/16- Goalkeeper



<b>Technique:</b>	<ul style="list-style-type: none"><li>• Footwork (set position)</li><li>• General handling techniques</li><li>• Shot stopping (catch or deflect, recovery saves)</li><li>• All Dives<ul style="list-style-type: none"><li>-Collapse</li><li>-Step and save</li><li>-Power step and save</li></ul></li><li>• Narrowing the angle</li><li>• Crosses (served from all areas/angles unopposed and opposed)</li><li>• Distribution<ul style="list-style-type: none"><li>-Throws (improved range, power, variation- all techniques)</li><li>-Kicks (goal kicks, volleys, half volleys, dealing with back pass under pressure, control and first touch with both feet, variation of pass)</li></ul></li></ul>
<b>Tactics:</b>	<ul style="list-style-type: none"><li>• Support- Angles/Distances</li><li>• Communication- working with the defensive unit- recognizing pressure on and off the ball</li><li>• Presence</li><li>• Making adjustments to stay in line with the ball (footwork)</li><li>• Organization in defending set plays, free kicks and corner kicks</li></ul>
<b>Physical:</b>	<ul style="list-style-type: none"><li>• Warm ups and cool downs</li><li>• Stretching, flexibility, mobility and strengthening exercises</li><li>• Plyometric exercises</li><li>• Recovery exercises</li><li>• Agility exercises- low intensity/low repetitions</li><li>• Weight training- low weights/high repetitions</li><li>• Footwork all directions (all goalkeeping movements)</li><li>• Speed- 20 yards maximum</li></ul>
<b>Mental:</b>	<ul style="list-style-type: none"><li>• Training and match preparation</li><li>• Lifestyles/discipline</li><li>• Living away from home</li><li>• Dealing with competition</li><li>• Physical confrontations</li><li>• Dealing with pressure- internal/external</li><li>• Dealing with both success and failure</li></ul>