



U17/18/19- Goalkeeper



Technique:	<ul style="list-style-type: none">• Footwork (set position)• General handling• Shot stopping (catch or deflect, recovery save)• All dives<ul style="list-style-type: none">-Collapse knee-Step and save-Power step and save• Narrowing the angle• Crosses (unopposed and opposed, working with the defensive unit)• Distribution<ul style="list-style-type: none">-Throws (all techniques)-Kicks (all techniques)
Tactics:	<ul style="list-style-type: none">• Distance of support/Playing off your line (recognizing pressure on and off the ball)• Decision making- last line of defense and first line of attack• Presence• Organization of the defensive unit for transition• Organization on set plays- corners and free kicks
Physical:	<ul style="list-style-type: none">• Warm ups and cool downs• Goalkeeper specific stretching, flexibility and mobility• Footwork exercises• Recovery exercises• Agility exercises• Plyometric exercises• Weight training- low weights/high repetitions• Speed- 20 yards maximum
Mental:	<ul style="list-style-type: none">• Application/Attitude• Following a coach's game plan• Composure/Temperament/Dealing with the pressure• Concentration• Confidence• Consistency• Courage• Criticism- internal/external• Desire/Determination/Winning mentality• Personal goal setting- imagery