



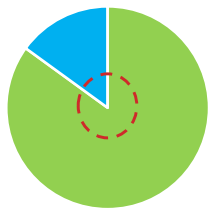












## GOALKEEPER ACADEMY CURRICULUM (Blizzard U9-U11)

OBJECTIVES	SCHEDULE	TRAINING DOSAGE														
<p><b>Technical:</b> Goalkeeper sessions will focus on learning the 6 main attributes of the technical goalkeeping pillar. Repetition is a vital part to master any skill and will be the main focus of these sessions.</p> <p><b>Physical:</b> Sessions will include non-soccer specific movements to improve the physical demands of being a goalkeeper. These will include agility through cones/poles, Hand-eye coordination drills</p> <p><b>Psychological:</b> Build, motivate, inspire, and mentally prepare young goalkeepers through the coaching atmosphere.</p> <p><i>Although all sessions scratch the surface of the 4 goalkeeping pillars, the main focus of the Goalkeeper Academy Curriculum will be the Technical aspect.</i></p>	<p style="color: red; text-align: center;"><i>It is very important that goalkeeper training be tailored toward the age and ability level of the goalkeepers in the group. Far too often, coaches plan out their sessions, without taking these factors into account.</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">CURRICULUM</th> <th style="width: 50%;">Club</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">  </td> <td style="text-align: center;">  </td> </tr> </tbody> </table>	CURRICULUM	Club			 <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #f2f2f2;"> <th>GAME</th> <th>TECHNICAL</th> <th>PHYSICAL</th> <th>TACTICAL</th> <th>PHSYC.</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">0%</td> <td style="text-align: center;">85%</td> <td style="text-align: center;">15%</td> <td style="text-align: center;">0%</td> <td style="text-align: center;">Integrated</td> </tr> </tbody> </table>	GAME	TECHNICAL	PHYSICAL	TACTICAL	PHSYC.	0%	85%	15%	0%	Integrated
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### CONTENT

CURRICULUM				FOUR PILLARS
WEEK	Technique	Practice Focus	Psychological/Social	
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position	
2	Set Position	The set position is the foundation of being a great goalkeeper. Session focus will be the importance of a correct set position	Learn Through Mistakes	
3	Handling Technique	Practice, practice, practice to improve both technique and co-ordination	Delay On The Catch	
4	Diving Technique	This session will focus on the basic technique for low and mid-high dives	Attacking The Ball	
5	1v1 Technique	Coming out low and decisions on whether you can smother the ball or stay on your feet	Quick Off Your Line	
6	Short Distribution	Touch work & passing/receiving skills over 10-15 yard distances.	Focus On Technique	
7	Shot Stopping	Agility, footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat	
8	Crossing Technique	Focus is on timing your jump, pushing off the correct foot and attacking the ball	Keep Your Eye On The Ball	
9	Shot Stopping	Movement from 1v1, to shot stopping to work on positions around the goal.	Positional Play	
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right.	Be the Winner	








## GOALKEEPER ACADEMY CURRICULUM (Blizzard U12-U14)

OBJECTIVES	SCHEDULE	TRAINING DOSAGE										
<p><b>Technical:</b> Goalkeeper sessions will focus on learning the 6 main attributes of the technical goalkeeping pillar. Repetition is a vital part to master any skill and will be the main focus of these sessions.</p> <p><b>Physical:</b> Sessions will include non-soccer specific movements to improve the physical demands of being a goalkeeper.</p> <p><b>Tactical:</b> Positions around the net and decisions on when to stay and when to go will be integrated.</p>	<p><i>It is very important that goalkeeper training be tailored toward the age and ability level of the goalkeepers in the group. Far too often, coaches plan out their sessions, without taking these factors into account.</i></p>											
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<p><b>Psychological:</b> Build, motivate, inspire, and mentally prepare young goalkeepers through the coaching atmosphere.</p> <p><i>Although all sessions scratch the surface of the 4 goalkeeping pillars, the main focus of the Goalkeeper Academy Curriculum will be the Technical aspect. U12-U14 will also touch their toes into the tactical side of goalkeeping.</i></p>		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 12.5%;">GAME</th> <th style="width: 12.5%;">TECHNICAL</th> <th style="width: 12.5%;">PHYSICAL</th> <th style="width: 12.5%;">TACTICAL</th> <th style="width: 12.5%;">PHSYC.</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">0%</td> <td style="text-align: center;">75%</td> <td style="text-align: center;">15%</td> <td style="text-align: center;">10%</td> <td style="text-align: center;">Integrated</td> </tr> </tbody> </table>	GAME	TECHNICAL	PHYSICAL	TACTICAL	PHSYC.	0%	75%	15%	10%	Integrated
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CURRICULUM			FOUR PILLARS
WEEK	Technique	Practice Focus	Psychological/Social
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position
2	Set Position	Game realistic movements will be created to keep goalkeepers moving in good positions before setting in the line of the ball.	Movement In Good Positions
3	Handling Technique	This session will cover the 3 main handshapes a goalkeeper uses to make a save. Low block, medium scoop & high catches.	Decision Making
4	Diving Technique	Diving takes strength, agility, flexibility and timing to master. This session will focus on low, mid-high & high saves.	Attacking The Ball
5	1v1 Technique	Execution of blocking & smothering technique involved in 1v1's	Be Confident & Be Brave
6	Short Distribution	Touch work & passing/receiving skills over 10-15 yard distances.	Focus On Technique
7	Shot Stopping	Agility/footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat
8	Crossing Technique	Focus is on timing your jump, pushing off the correct foot and attacking the ball	Time Your Jump
9	Shot Stopping	Multiple shots in each set. Readjusting after saves have been made.	Recovery Positions
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right.	Be the Winner



## GOALKEEPER ACADEMY CURRICULUM (Blizzard U15-U17)

OBJECTIVES	SCHEDULE	TRAINING DOSAGE										
<p><b>Technical:</b> Goalkeeper sessions will focus on learning the 6 main attributes of the technical goalkeeping pillar. Repetition is a vital part to master any skill and will be the main focus of these sessions.</p> <p><b>Physical:</b> Sessions will include non-soccer specific movements to improve the physical demands of being a goalkeeper.</p> <p><b>Tactical:</b> Keepers now should have a good understanding of the Technical &amp; Physical aspects of the keeper sessions. We now look to add correct decision making into their game.</p> <p><b>Psychological:</b> Build, motivate, inspire, and mentally prepare young goalkeepers through the coaching atmosphere.</p> <p><i>Although all sessions scratch the surface of the 4 goalkeeping pillars, the main focus will now shift to a larger portion of tactical information. How keepers make decisions, what decisions are made and how to execute those decisions.</i></p>	<p style="text-align: center;"><i>It is very important that goalkeeper training be tailored toward the age and ability level of the goalkeepers in the group. Far too often, coaches plan out their sessions, without taking these factors into account.</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">CURRICULUM</th> <th style="width: 50%;">Schedule</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">  </td> <td style="text-align: center;">  </td> </tr> </tbody> </table>	CURRICULUM	Schedule									
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CURRICULUM			FOUR PILLARS
WEEK	Technique	Practice Focus	Psychological/Social
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position
2	Set Position	Recovery from shot stopping into good set positions.	Recovery into good positions
3	Handling Technique	This session will cover the decision to use the 3 main handshapes a goalkeeper uses to make a save. Low block, medium scoop & high by this age group keepers should have excelled in low dives. we now focus on high & cross handed saves. Decision on when to parry & when to catch.	Decision Making
4	Diving Technique		Decision Making
5	1v1 Technique	Gamelike scenarios of 1v1, 2v1, 3v2. Decision & communication is key	Decision Making
6	Short Distribution	Touch Work & Passing/receiving skills over 15-25 yard distances.	Distance Control
7	Shot Stopping	Agility, Footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat
8	Crossing Technique	Dealing with crosses & highballs under pressure	Read The Flight
9	Shot Stopping	Multiple shots in each set. Readjusting after saves have been made.	Recovery Positions
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right.	Be the Winner



The diagram shows a central image of a goalkeeper in a yellow kit. Surrounding it are four colored boxes representing the pillars:

- Technical (Red):** Distribution, Set Positions, Crosses, One-One, Diving, Handshape
- Physical (Red):** Speed & Agility, Reaction Time, Coordination, Balance, Power & Strength
- Tactical (Green):** Decision Making, Awareness, Communication, Game Understanding, Bravery, Positional Play
- Mental (Green):** Confidence, Understanding Teammates, Training Mentality, Manage Emotions, Handle Pressure, Resilient