



# The Orange Way

Approach to Development for Goalkeepers

CALGARY BLIZZARD SOCCER CLUB

# Strategic Goals

## Blizzard's Commitment to Our Members

- **Develop great people and a better player** in line with the positive habits they already have. Blizzard's goal is to help each player understand the importance of key society values through the game they are playing whilst growing and maintaining a love for soccer. Soccer for Life.
- **Develop the individual player** with a clear & consistent identity linked to the objective characteristics associated to their development as a child In the Foundations Phase (Roots & Core Programming).
- **Develop the group of players** with a clear & consistent identity linked to the game at higher levels with an emphasis of getting players to higher levels (Reach Programming).
- **Continue to educate parents and our coaches** in line with LTPD on the world's best practices associated to player & coach development.

# Goalkeeper Building Blocks

- Blizzard has a building block approach to goalkeeper development. Goalkeepers follow a path focused on technique and skill development.
- As competency increases tactical elements are introduced.
- An extensive curriculum is designed within each building block.
- Proficiency within the required skills of each block is important to ensure that the keeper can support the next stage of the curriculum.
- As keepers progress through the Pathway they will continue to work on elements of preceding stages to ensure they are consistently and simultaneously challenged on all levels.



# Roots Goalkeepers (U6 – U11)

## **Technical preparation**

- first contact with the ball, first experience “in goal”
- gradually learning the goalkeeper’s techniques
- introduction to playing the ball with the feet

## **Physical preparation**

- physical qualities (stamina, speed, coordination, suppleness, etc.) are developed through different games

## **Psychological preparation**

- respecting the coach-educator, team-mates, opponents and referee
- learning to be “alone”
- making the goal the “castle” to be defended
- developing the courage (not to be afraid of the ball)



# Core Goalkeepers (U12 – U15)

## **Technical preparation**

- continuing improvement of the acquired techniques
- moving on to the “big pitch” and the “big goal”
- working on high balls
- improving playing the ball with feet
- understanding the goalkeeper’s role in the team
- increasing the difficulty of the situations encountered

## **Physical preparation**

- the development of specific physical qualities (stamina, speed, suppleness, relaxation) by means of special exercises
- coordination exercises, both with and without the ball

## **Psychological preparation**

- learning to make the right decisions, taking command
- learning to retain self-control and staying calm
- learning to maintain concentration
- learning to make the goal his/her territory

# Reach Goalkeepers (U16 – U19)

## **Technical preparation**

- mastering acquired techniques
- mastering high balls
- mastering playing the ball with feet
- confident with goalkeeper's role in the team
- increasing the difficulty of the situations encountered both in games and in training

## **Physical preparation**

- the development of specific physical qualities (stamina, speed, suppleness, relaxation) by means of special exercises and goalkeeper specific training
- coordination exercises, both with and without the ball

## **Psychological preparation**

- making the right decisions, taking command
- retaining self-control and staying calm
- maintaining concentration
- dominating the goal area (his/her territory)

# Blizzard Goalkeeper Pathway

