



Trends and Areas of Focus in Modern Goalkeeping

Virginia Soccer Association Goalkeeping Staff



Objectives



- Identify key areas of focus in modern goalkeeping
- Identify how VSA can implement these key areas of focus into training
- Show examples and relevant information to support these trends in modern goalkeeping



Keys In Modern Goalkeeping



1. Muscle Memory
2. Increased usage of goalkeepers' feet in possession
3. Use of different energy systems during goalkeeper training
4. Increased decision making in training environment
5. What does every goalkeeper need?



Muscle Memory

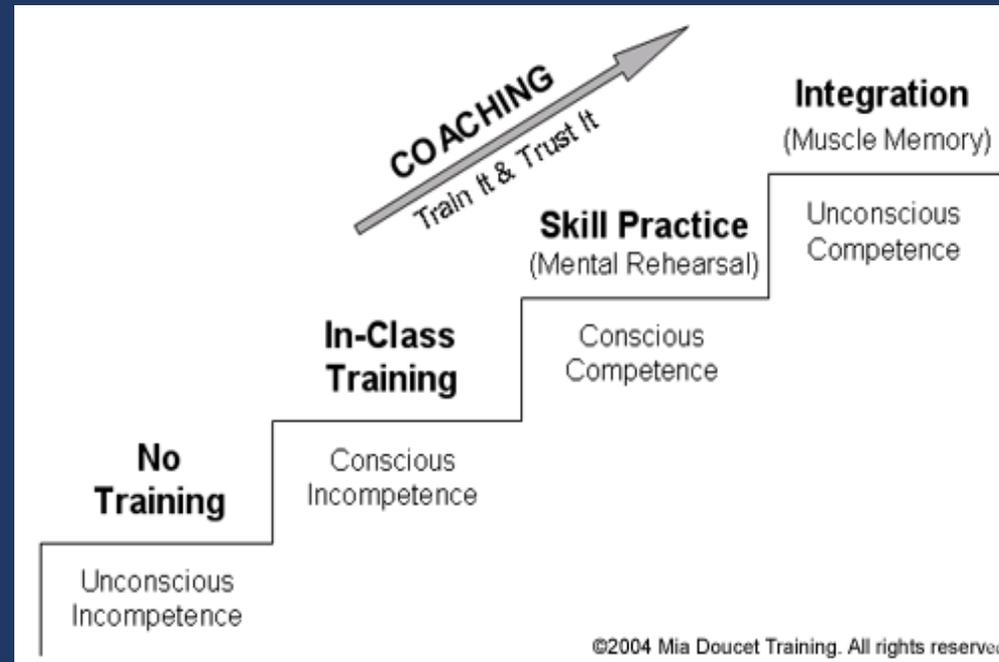


Every movement a goalkeeper makes leaves a “memory trace.”

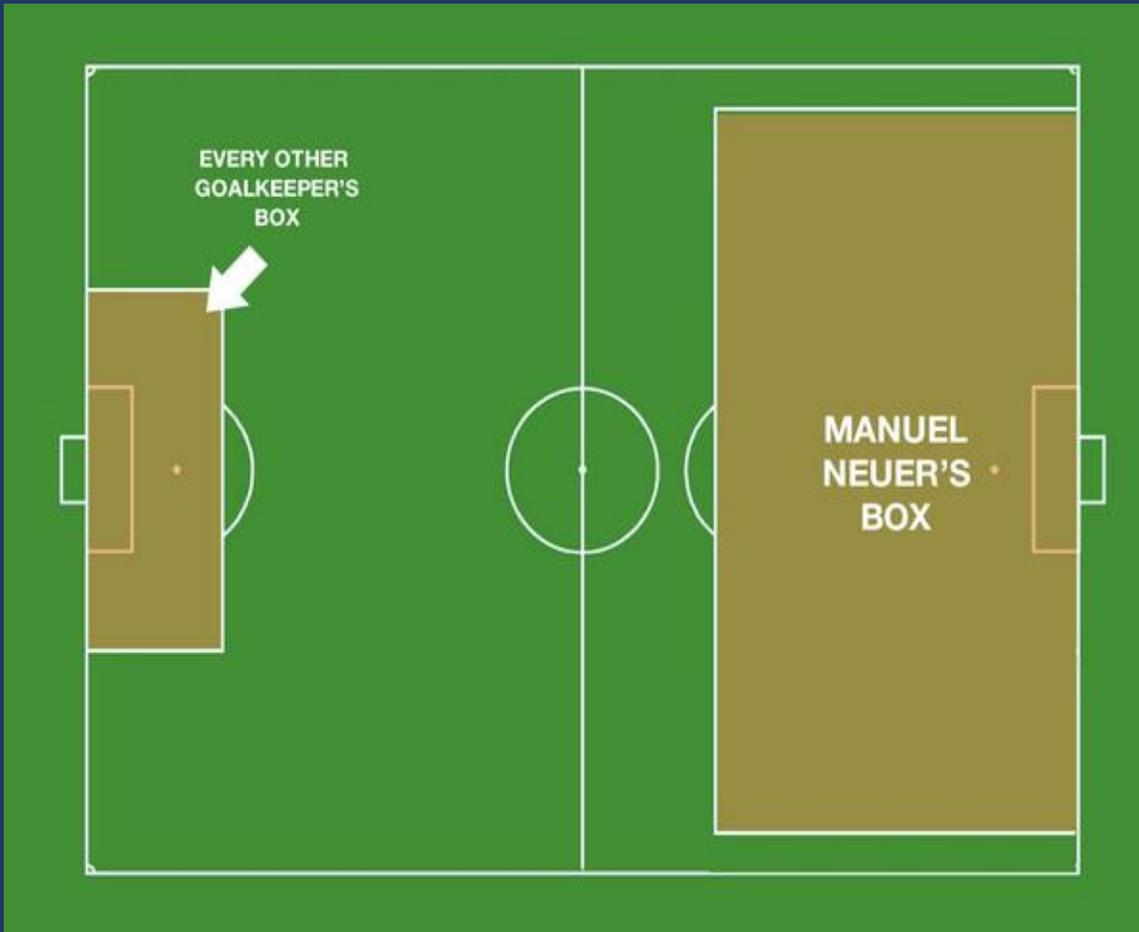
Everything we do must have a purpose

We must teach efficiency

- Proper technique
- Repetition
- No wasted effort



Use of Goalkeeper's Feet



In the modern game, a goalkeeper uses their feet for 82% of each game. That is equal to nearly 74 minutes of a 90 minute game!

Goalkeepers must use their feet every session

Services (volleys, half-volleys, shots, etc.)

Building out of the back

Integration into team training



Use of Different Energy Systems



Goalkeepers must remain the most athletic member of a team.

To properly train a goalkeeper, we must address different energy systems

Aerobic- 24 hours recovery time

Anaerobic- 72-96 hours recovery time

Weekly Micro-Cycle

Monday- Recovery/Aerobic Day

Tuesday- Power Day (Anaerobic)

Wednesday- OFF

Thursday- Functional/Aerobic Day

Friday- Speed Day

Saturday- Game

Sunday- OFF



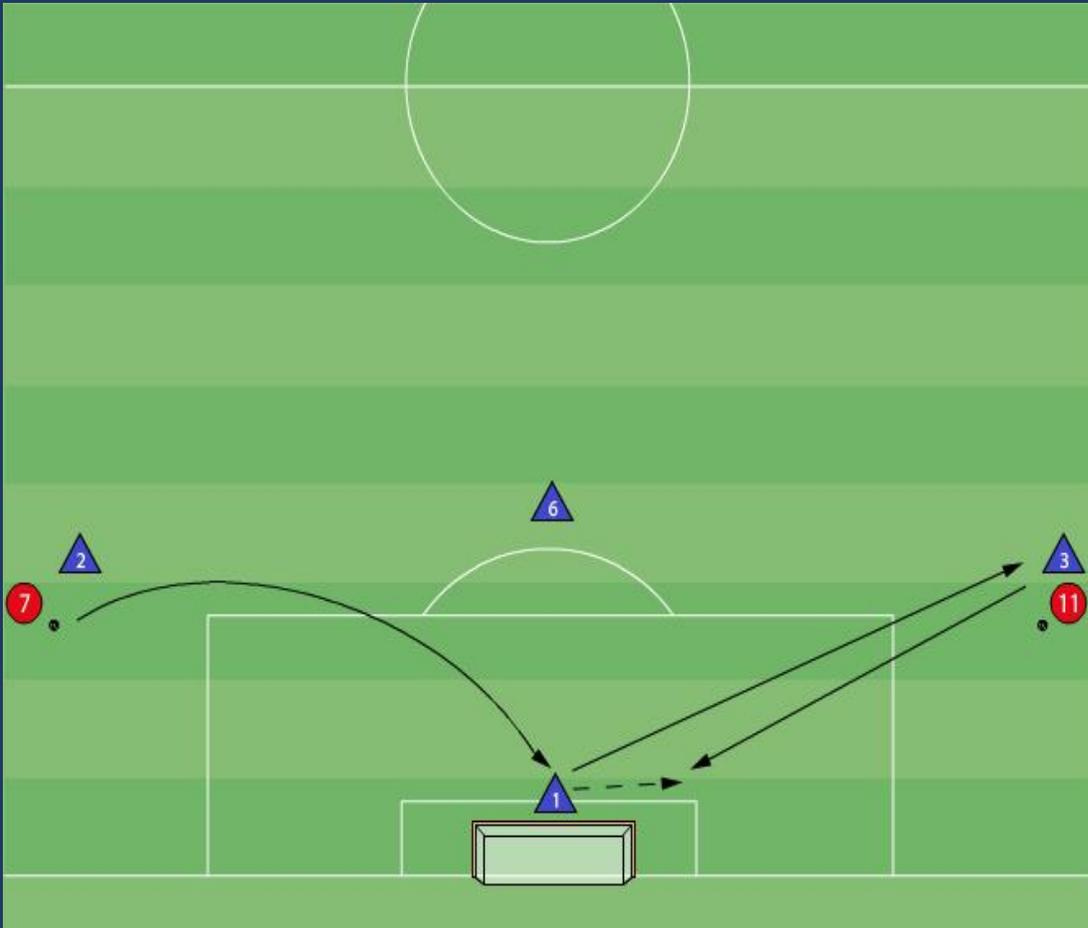
Decision Making



Top level goalkeepers must be able to make quick, correct decisions under pressure.

During training, it is important that we incorporate decision making for the goalkeeper.

- Integration into team training
- Game realistic training
- Realistic consequences for bad decisions



What Do All Goalkeepers Need?



In order to succeed, every goalkeeper needs the following:

- A plan
- Feedback
- A next step
- Encouragement

We must adapt to the goalkeepers we are coaching

“Goalkeepers do not care what you know, until they know that you care” - Lisa Cole

