VIRGINIA SOCCER ASSOCIATION

GOALKEEPING CURRICULUM AND METHODOLOGY
GOALKEEPING PHILOSOPHY

- SHOT-STOPPING
  - GAME IQ
  - DECISION MAKING
  - EXECUTION

- POSSESSION
  - GAME IQ
  - DECISION MAKING
  - EXECUTION

- CROSSES
  - GAME IQ
  - DECISION MAKING
  - EXECUTION

- COMMUNICATION
  - GAME IQ
  - DECISION MAKING
  - EXECUTION
MATCH DEMANDS

TOTAL ACTIONS PER GAME

- AVERAGE SAVES PER GAME: 20%
- AVERAGE POSSESSION PER GAME: 70%
- AVERAGE CROSSES PER GAME: 10%
VIRGINIA SOCCER ASSOCIATION

FUNDAMENTAL

U9-U10
JR. ACADEMY

TECHNICAL

U11-U14
PRE-ACADEMY

TACTICAL

U15-U19
ACADEMY

MASTERY
JR. ACADEMY GOALKEEPING – U9-U10

FOUNDATION STAGE

PRE-ACADEMY GOALKEEPING – U11-U14

YOUTH DEVELOPMENT STAGE

ACADEMY GOALKEEPING – U15-U19

COLLEGE/PRO DEVELOPMENT STAGE

LEARN TO TRAIN

LEARN TO WIN

FUN
TRAINING SESSION STRUCTURE

STAGE 1
TECHNICAL STAGE

STAGE 2
PRESSURE/DECISION MAKING

STAGE 3
GAME STAGE / INTEGRATION INTO TEAM TRAINING
TRAINING EXERCISE DETAILS

GAME IQ – POSITIONING and VISUAL CUES

DECISION MAKING – TIMING, CHOICE of TECHNIQUE, HOLD/DEFLECT

EXECUTION – TECHNIQUE, EFFICIENCY, EFFECTIVENESS
GOALKEEPER EXPECTATIONS

1. GOALKEEPERS WILL ATTEND ALL GOALKEEPER SESSIONS UNLESS OTHERWISE ARRANGED WITH THEIR HEAD COACH AND GOALKEEPING STAFF.

2. UPON ARRIVAL TO TRAINING, SHIRTS WILL BE TUCKED IN.

3. EQUIPMENT EXPECTATIONS
   A. GLOVES WILL REMAIN CLEAN FOR TRAINING AND MATCH DAY!
   B. GOALKEEPER WILL HAVE SEPARATE PAIRS OF GLOVES FOR TRAINING AND MATCHES!
   C. GOALKEEPERS SHOULD HAVE A HAND TOWEL IN GOAL WITH THEM AT ALL TIMES

4. GENERAL EXPECTATIONS
   A. BE ON TIME
   B. RESPECT ALL STAFF, PLAYERS, REFEREES AND SPECTATORS
   C. WORK HARD
   D. ENJOY THE PROCESS!