

US Youth Soccer Workshop 2012

Goalkeeping
Collecting the Ball

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Players and Equipment

- Players:
 - 10 Field Players & 2 Goalkeepers
- Equipment:
 - 2 Goals
 - 12 Soccer Balls
 - 3 Colors of Pinnies (8 of each color)
 - 20 Disk Cones



Warm Up

2 Groups of 6

- 1 Goalkeeper in Each Group
- Players Pass & Move with Goalkeepers using both their hands and feet to receive the ball and distribute.

Coaching Points

- Goalkeepers work on their footwork & balance
- Body behind the ball
- Positioning of hands
- Use of feet to play the ball



1st Progression

2 Groups of 6

- 3 v 2 with Goalkeeper
- Possession is kept with team trying to find the Goalkeeper and play ball into them
- Goalkeeper gathers the ball and distributes the ball to his team

Coaching Points

- Goalkeepers work on their footwork, balance & support
- Body behind the ball
- Positioning of hands
- Use of feet to play the ball



2nd Progression

2 Teams of 6

- 5 v 5 with Goalkeeper
- Each team play possession and try to find their Goalkeeper and play a ball into them
- Goalkeeper gathers the ball and distributes the ball to his team

Coaching Points

- Goalkeepers work on their footwork, balance & support
- Body behind the ball
- Positioning of hands
- Use of feet to play the ball



Final Progression – The Game

2 Teams of 6

- 5 v 5 with Goalkeeper
- Each team play possession and try to score a goal
- Goalkeeper is part of the team and has to play offense and defense

Coaching Points

- Goalkeepers work on their footwork, balance & support
- Body behind the ball
- Positioning of hands
- Use of feet to play the ball
- 1st line of Attack and last line of defense!

