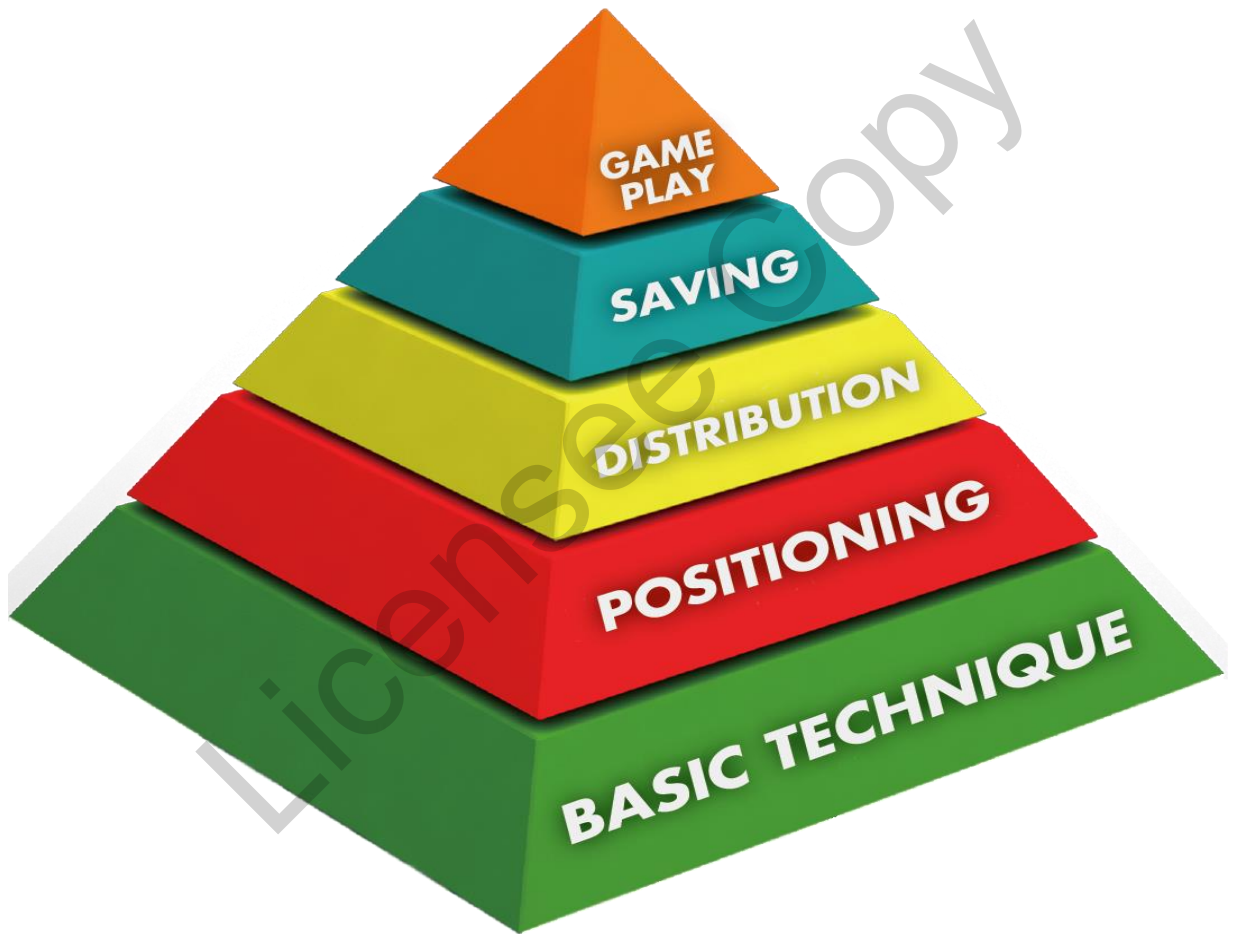


COERVER®

goalkeeping ©2016





A number of years ago, with the help of Coerver® Coach John Sime, we devised our first Coerver® Goalkeeping Curriculum. Here is our updated version.

We think that this Goalkeeping Curriculum is a perfect partner for the Coerver® Coaching Session Planners One & Two. It will enable coaches to add Goalkeeping to their sessions.

Over these past 33 years Coerver®Coaching has built the reputation as the World's leading Skills Program, and we have updated our Coerver® Goalkeeping Curriculum to reflect the importance of good foot skills to the modern Goalkeeper. Our updated curriculum also includes the Goalkeeper's role as a player who can help his/her team keep possession and start fast break attacks.

Thank you, as always, from us, for your support through the many years.

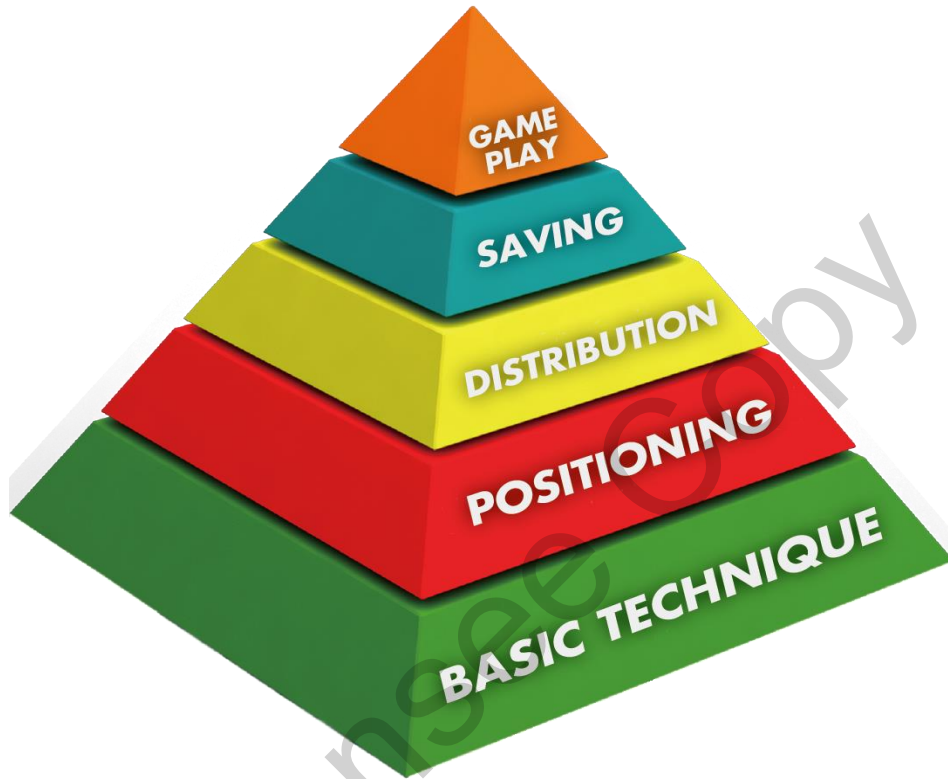


**Charlie Cooke and Alf Galustian
Co-Founders Coerver® Coaching**



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Goalkeeping Curriculum ©2016

Basic Techniques : Drills and games divided into two parts - Hands & Feet.

Positioning: Drills and games that help Goalkeepers to get into the correct positions to save, receive and distribute the ball.

Distribution: Drills and Games divided into two parts: Throwing and Kicking.

Saving: Drills and games that teach the different saving techniques.

Game Play: Games where the Goalkeeper can put all the various building blocks of our pyramid together.

[Click here for Intro Video](#)

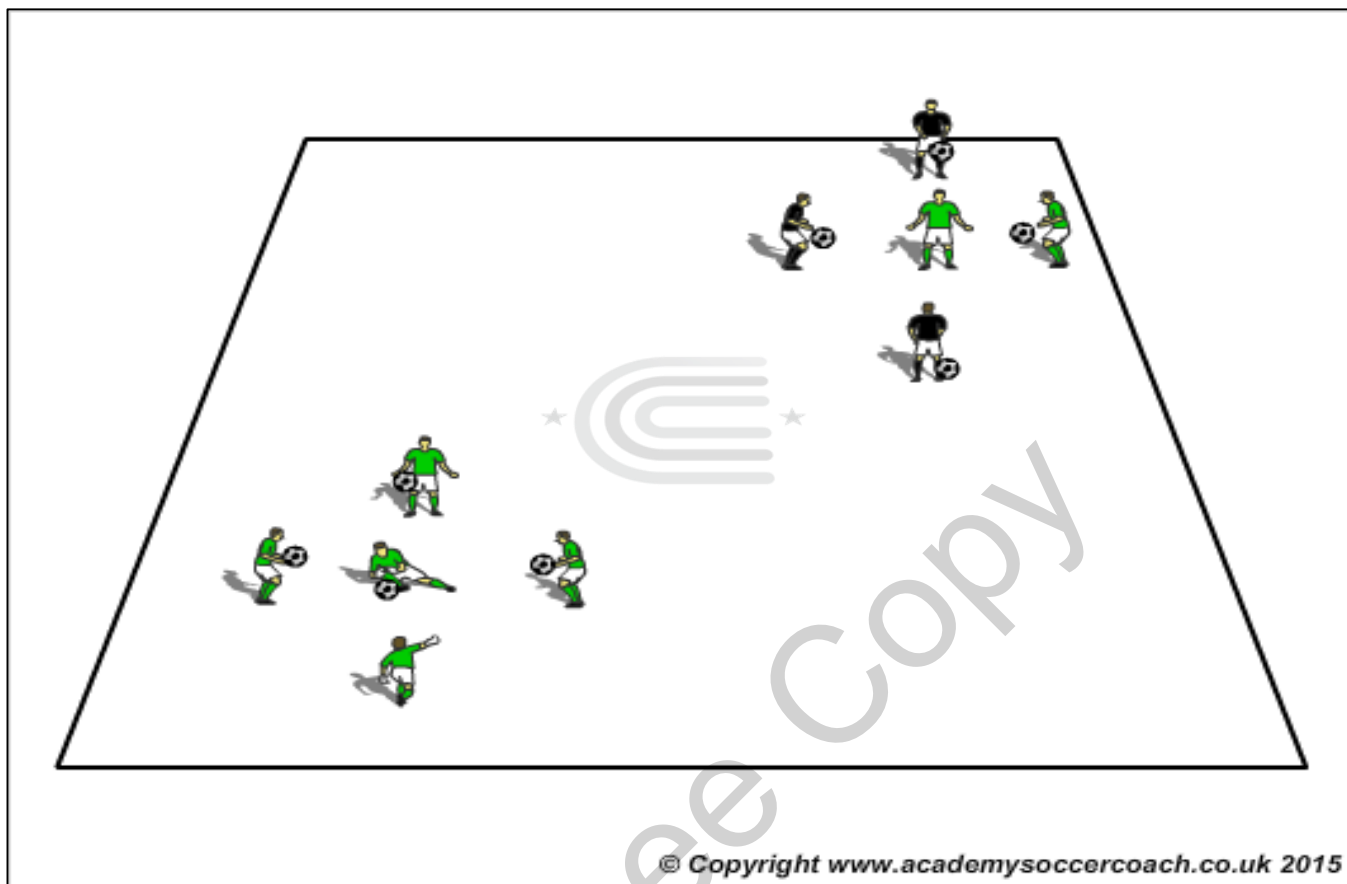


BASIC TECHNIQUE HANDLING

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BASIC TECHNIQUE: HANDS (BTH1)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve handling.

SET UP. 4 players with a ball each in a 10 yard square, with the GK in the middle.

ACTION. The outside players serve to GK in the middle

V1: Handling on the ground

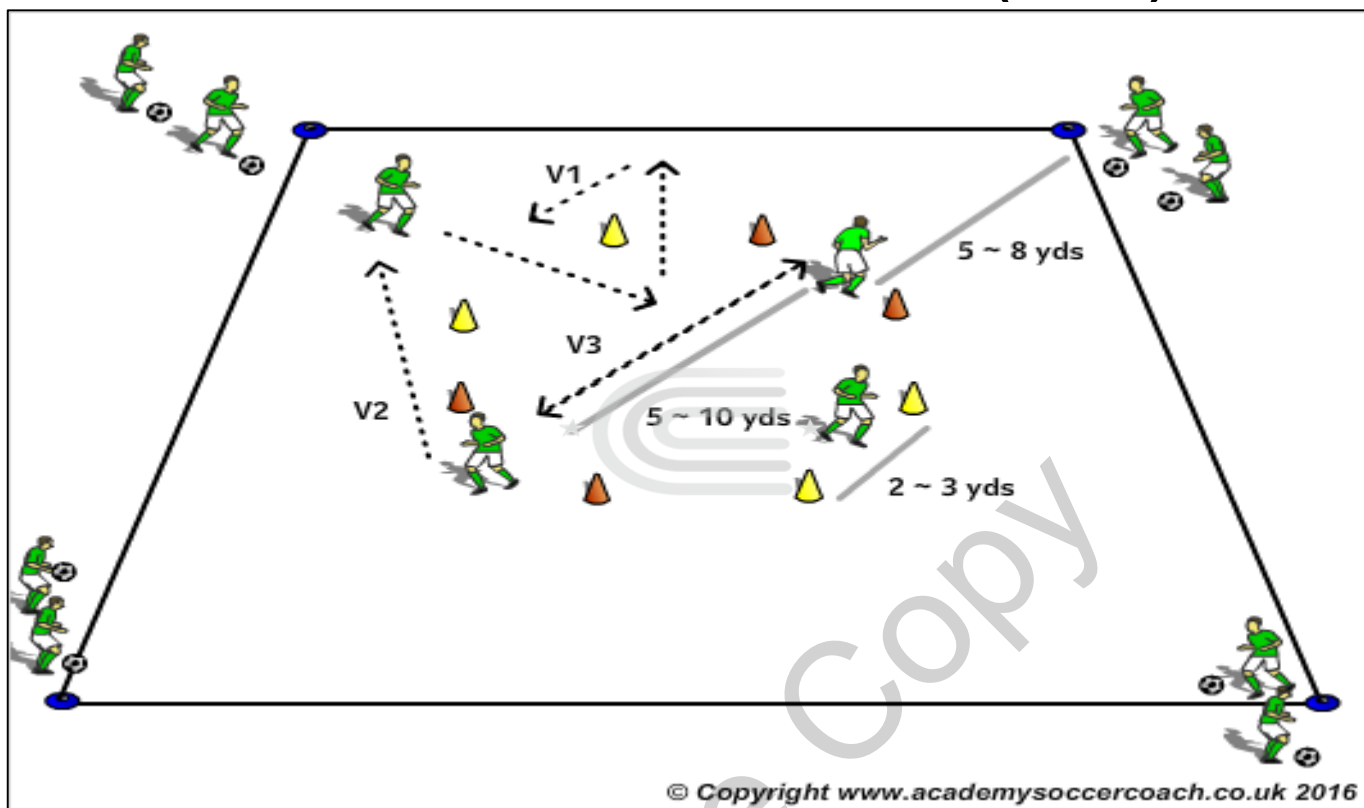
V2: Handling in the air

Each 30 seconds a new GK in the middle.

COACH'S TIP: Serve with throws then progress to server kicking; (volley, half volley, shots on the ground.)

PLAYER TIP: Chose the right technique to receive the ball.

BASIC TECHNIQUE: HANDS (BTH2)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve the various catching techniques.

SET UP:

2 or 3 players. Each with a ball

In the middle put cone gates. (2~3 yards apart): matching colours diagonally opposite each other.

ACTION:

First player runs through and around the cones in front of him, then sets to receive the ball.

V.1 Around the cone and catch

V2. Catch and go to another station

V3. Catch and go to opposite side

V4. Catch and go anywhere

COACH'S TIP:

You can progress to server kicking to GK (Place kick, Drop kick or Volley).

PLAYER TIP:

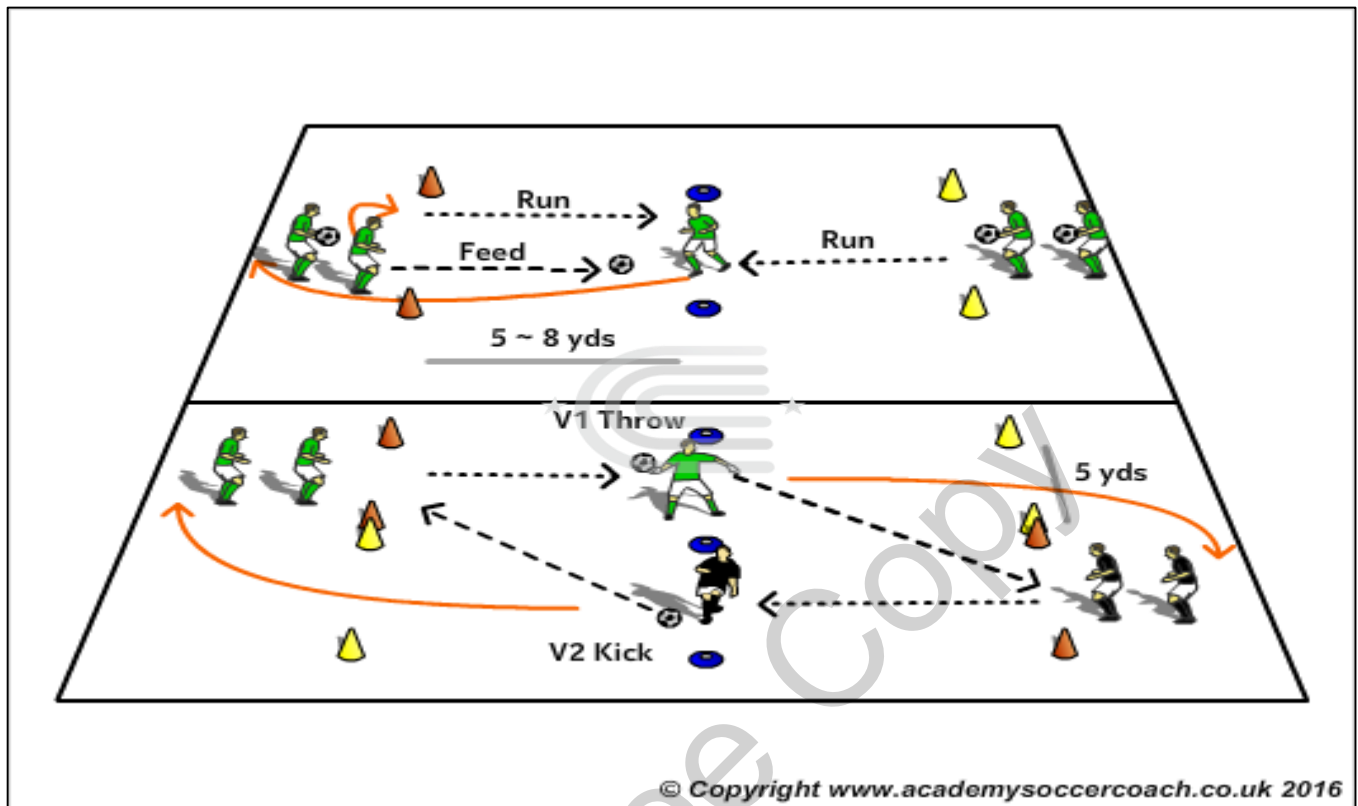
Get into line

Set Position

Select appropriate save.



BASIC TECHNIQUE: HANDS (BTH3)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve the various catching skills and quick distribution.

SET UP:

2 to 4 players per group, facing each other, with one ball per group.
Set two lanes each, 14 yards long, 5 yards wide.

ACTION:

First player, with a ball, of each group start simultaneously.
Throw to opposite waiting player, then join the end of that line.

V1: Throw and Catch

V2: Kick and Catch

COACH'S TIP: Start slowly then speed up.

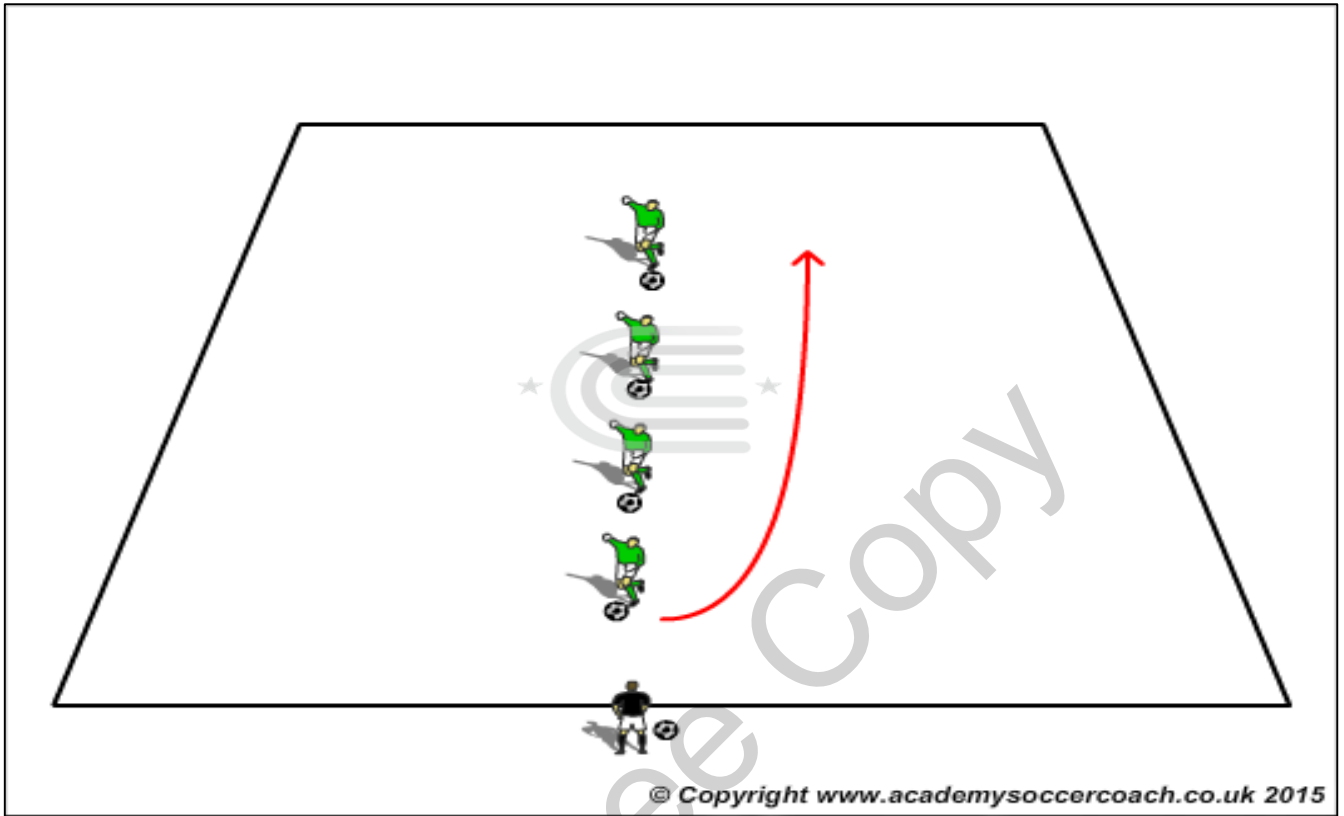
PLAYER TIP: Catcher focus on the ball.

BASIC TECHNIQUE BALL MASTERY

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BASIC TECHNIQUE: FEET (BTF1)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Ball Mastery.

SET UP: Players each with a ball, 2 yards apart.

ACTION:

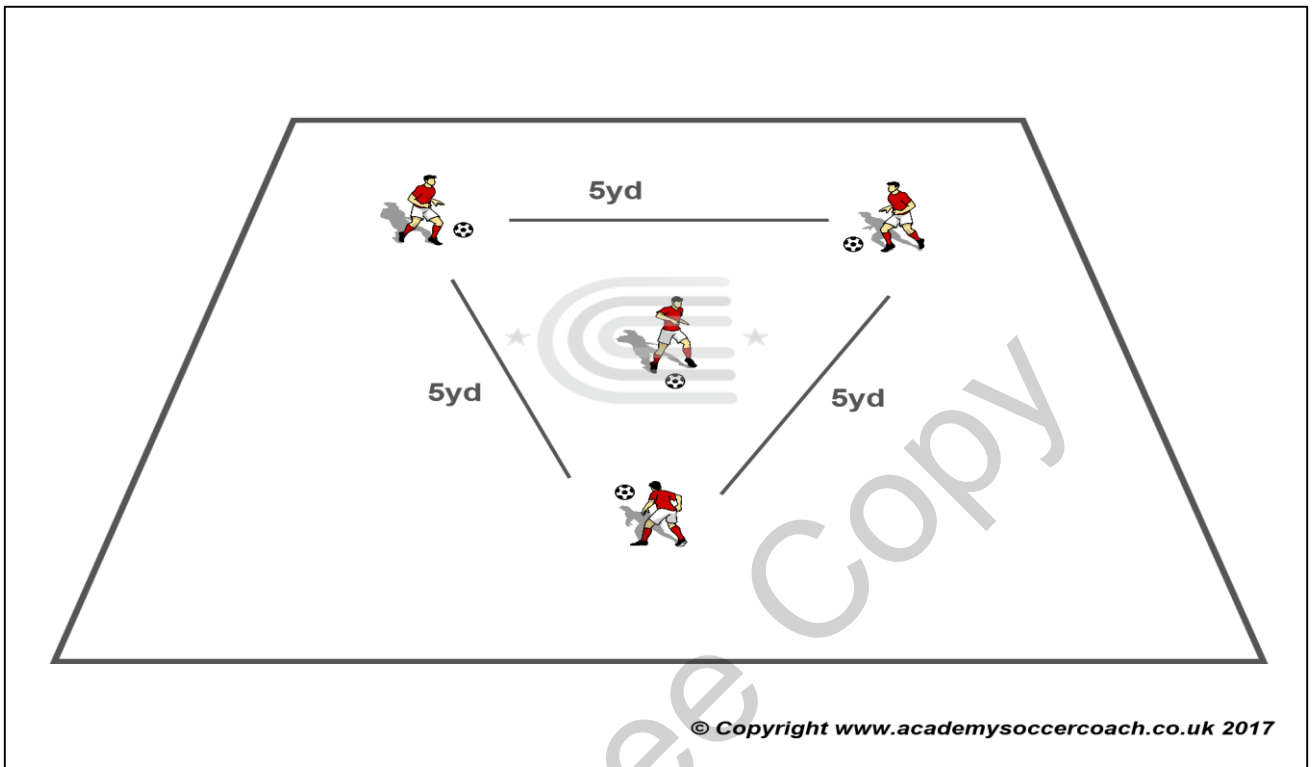
At each station a different Coerver® Ball Mastery move, on the coaches signal the front player sprints to the back, and the other players move up to the next station.

COACH'S TIP: Change the Ball Mastery Moves every two weeks.

PLAYER TIP: Try and get your eyes up occasionally.



BASIC TECHNIQUE: FEET (BTF2)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve Ball Mastery and Vision.

SET UP:

3 Players each with a ball, in the middle a fourth player with a ball.

ACTION:

The outside players have to copy whichever ball mastery moves, the middle player does.

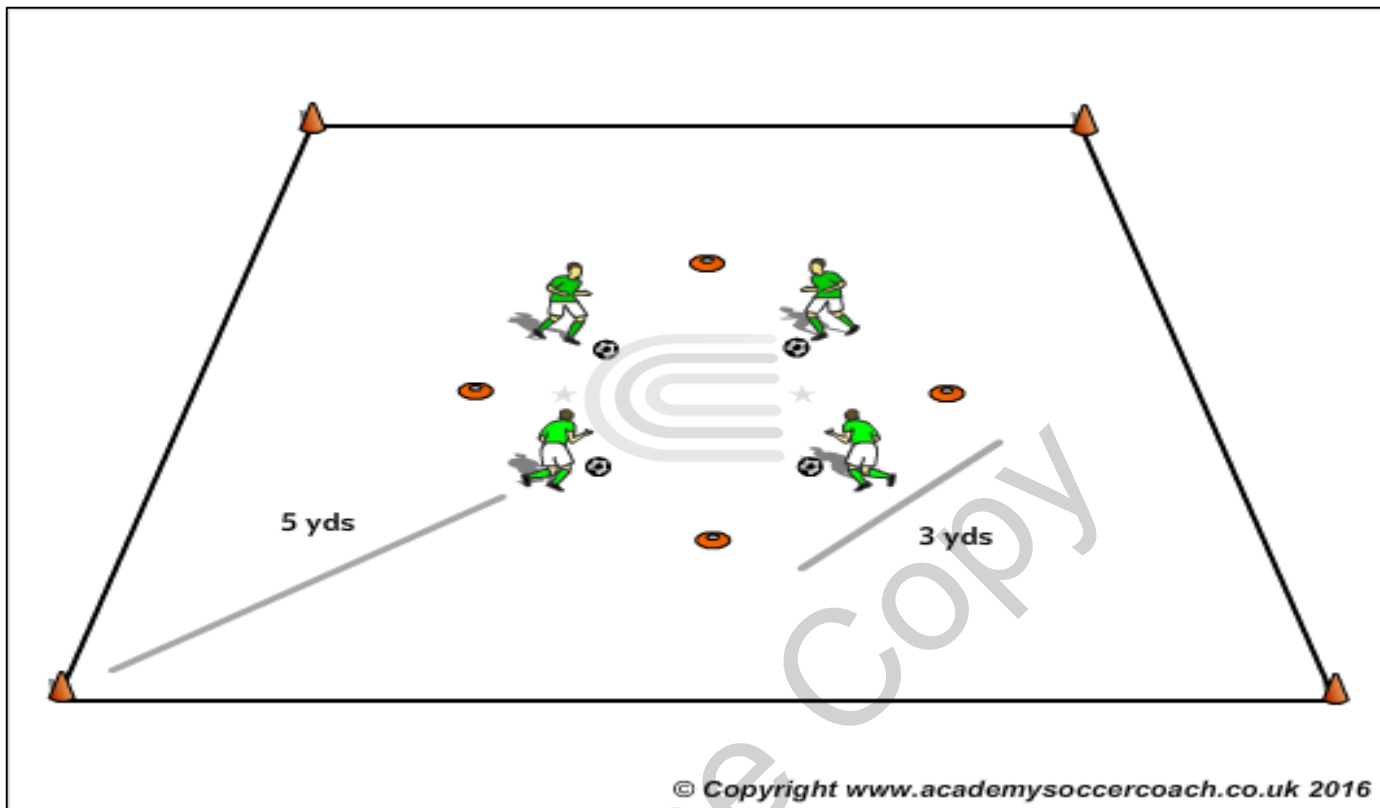
COACH'S TIP:

Change the middle player each 20 seconds.

PLAYER TIP:

Your head can be down, but make sure your eyes are up so you can copy the middle player correctly.

BASIC TECHNIQUE: FEET (BTF3)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve Ball Mastery and quick feet

SET UP:

In a 12 x 12 yard perimeter marked by large cones, create a diamond with small cones (3 yards apart each other)
One player on each side of the diamond.

ACTION:

- V1. Ball Mastery on the move
- V2. Two Ball Passing
- V3. Foot and hand coordination

COACH'S TIP:

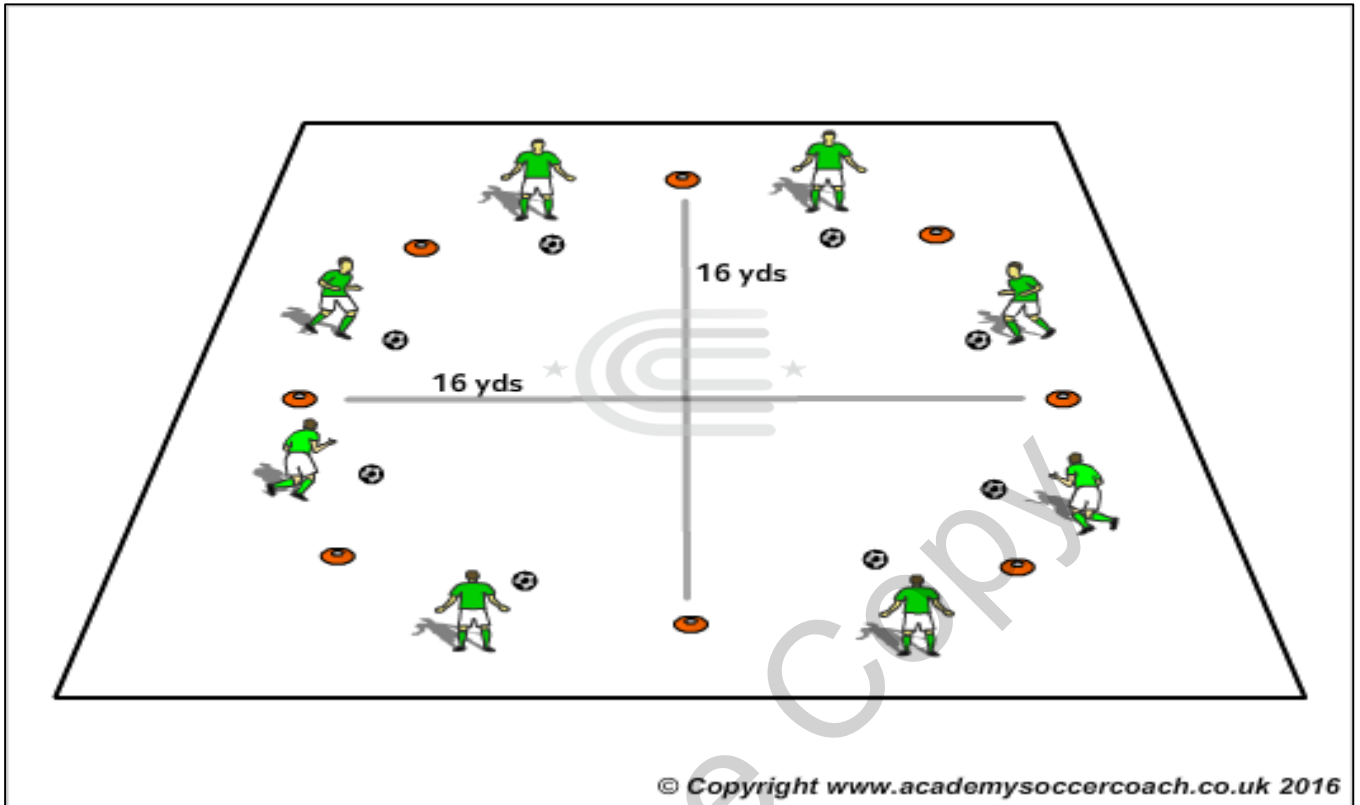
Make it a competition between the players/groups

PLAYER TIP:

Try and speed up each time you try these drills



BASIC TECHNIQUE: FEET (BTF4)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve Ball Mastery and coordination.

SET UP: Create a big circle with small cones: 8 yard radius.

ACTION:

V1: Every player with a ball toe tapping, throw and catch on coaches instruction

V2: Every player toe tapping, then move around circle and touch the ground on the coaches instruction.

COACH'S TIP:

Change the Ball Mastery moves each week.

PLAYER TIP:

Take quick small steps.

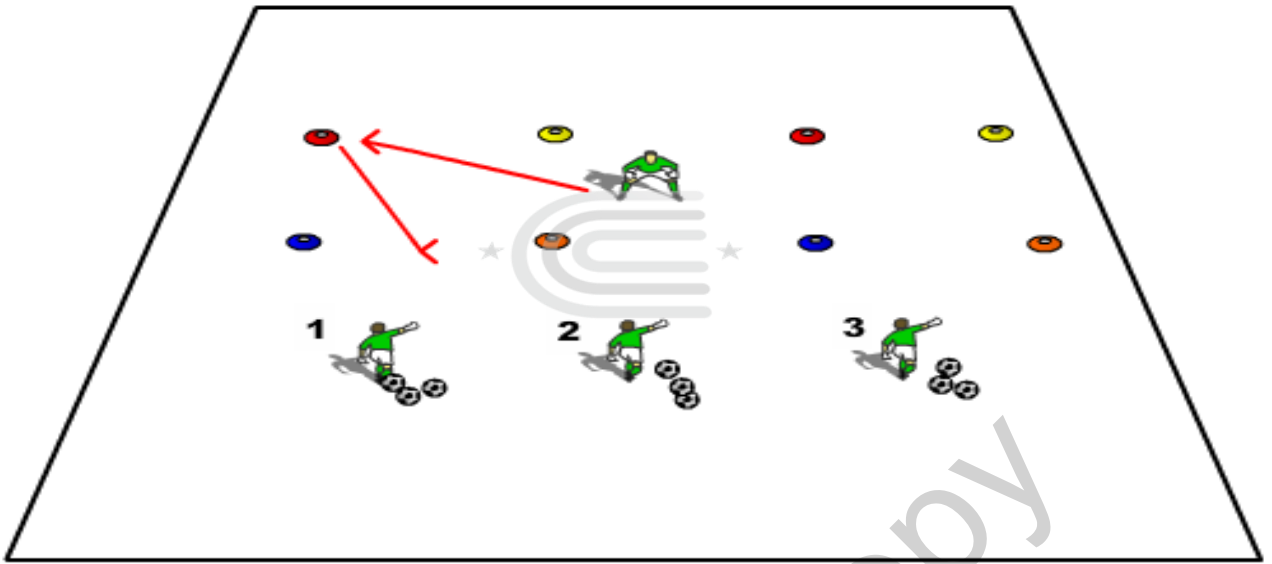
Eyes Up.



POSITIONING

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POSITIONING (P1)



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PURPOSE: To Improve positioning and handling techniques.

SET UP:

3 x 4 Yard Boxes marked with cones

3 Servers with a supply of balls each, facing one GK who starts in the middle box

ACTION

Servers serve in sequence S1,S2,S3

Server calls Box number, then serves to that box, GK moves to handle the ball
Change keeper after 3-5 sequences depending on age.

The Handling Techniques practiced are:

- The Cup Save
- The Low dive
- The Scoop Save
- The Collapsing Save
- The High Dive

COACH'S TIP:

Adapt speed and distance of service according to age/ability of GK.

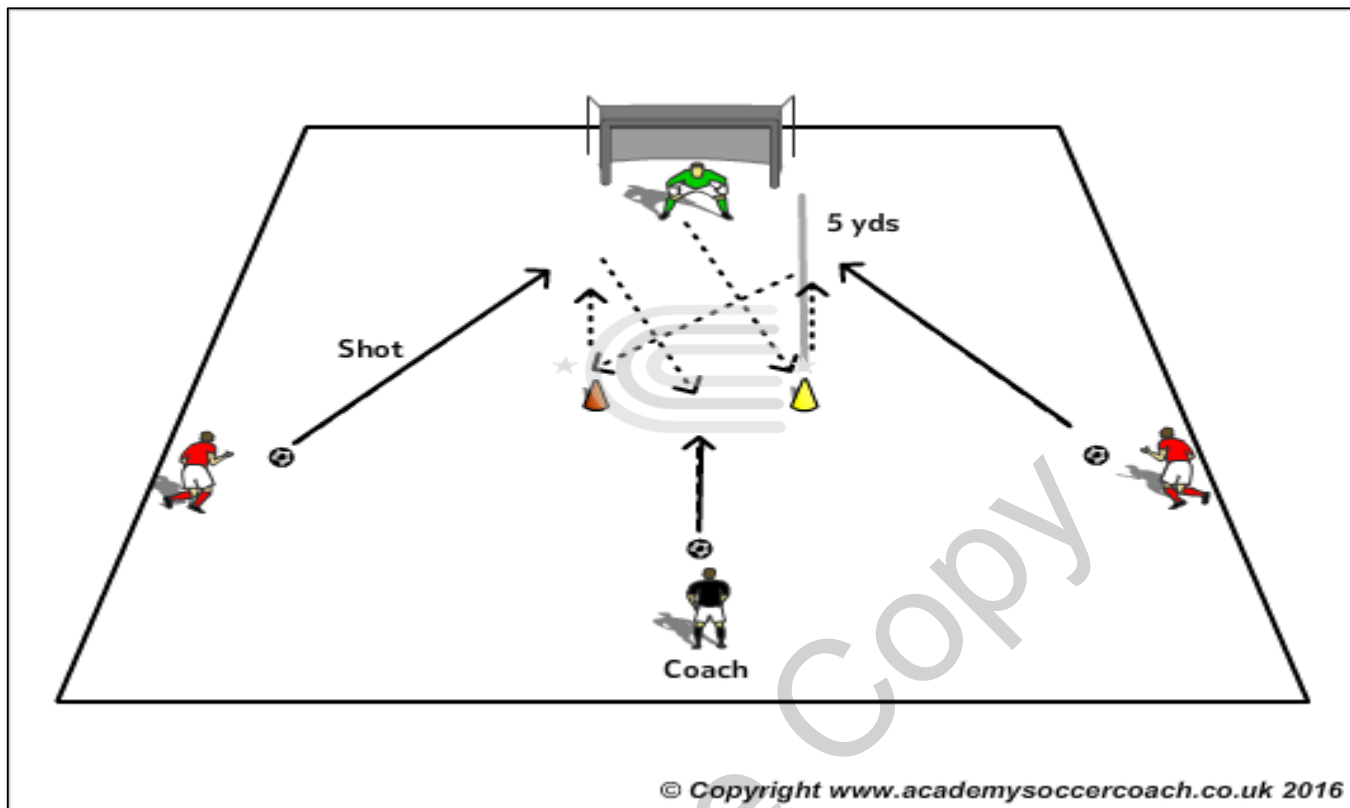
Vary types of service: throws, volleys, half-volleys, shots off ground.

PLAYERS TIP

Use cross-over steps when moving fast (e.g. from one box to another) and then small steps into set ('Gunslinger') position.



POSITIONING (P2)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve positioning and quick footwork.

SET UP:

Set 2 big cones different color each. (5 yards apart from goal.)
Coach in front and a shooter on either side of him.

ACTION:

GK touch a colored cone as coach calls, then positions to save from either side player or coach.

V1: Shots in sequence

V2: Shooter number called by the coach. Shooter takes one touch, then shoots

COACH'S TIP:

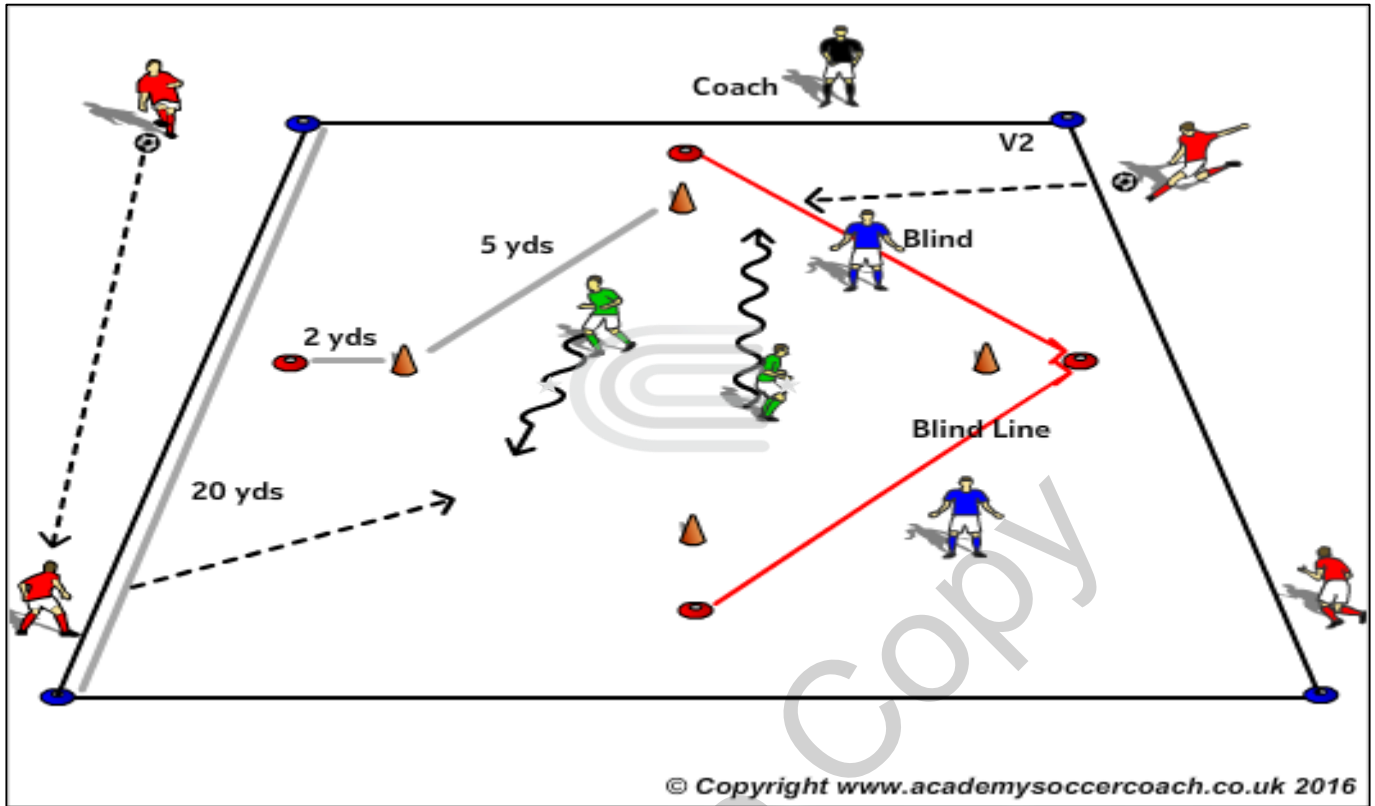
Vary speed of service (e.g.. Before GK in SET position and still on ground).
Make sure GK is quick to get back on his feet to be in position for next shot.

PLAYER TIP:

Get quickly into position
React quickly to shots.



POSITIONING (P3)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: Improving positioning and reaction speed.

SET UP:

Set a 20x20 yards square, and a 5x5 yard diamond in middle, which acts as goals. 4 players on the outside are attackers, 2 players in the inside diamond are GK's.

ACTION:

GK defend 2 goals; One behind each other.
Attackers pass, after a minimum number of passes they have to shoot.
The GK comes out to collect loose balls.

Outside players can pass or shoot, a neutral player plays with them. Neutral player can not shoot. Goal keepers need to retrieve lost balls.

COACH'S TIP:

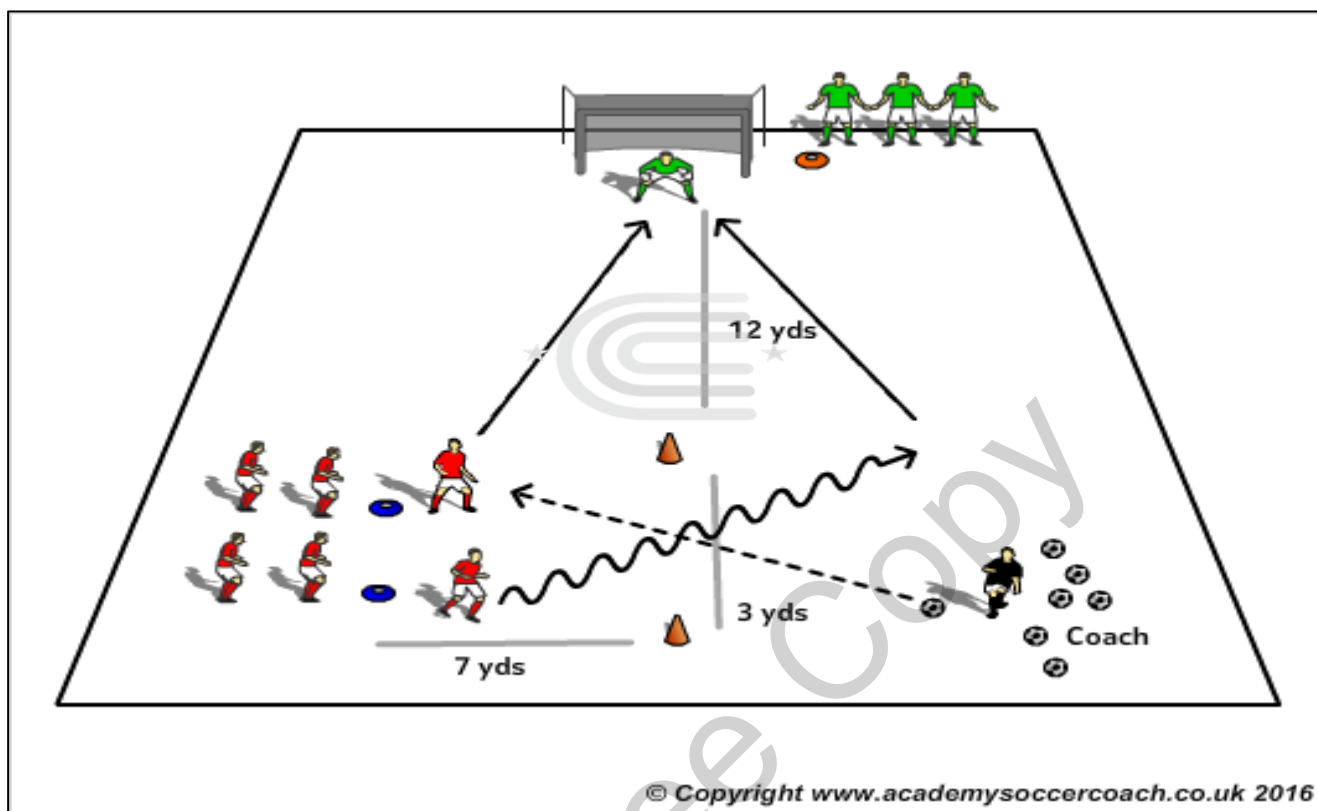
Make sure the Goalkeepers communicate with each other.

PLAYER TIP:

Make quick sideways steps.
Be alert to follow up shots.



POSITIONING (P4)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve footwork and reactions.

SET UP:

Set 2 tall cones 12 yards in front of goal. These tall cones make a 3 yard gate.
Set small cones 7 yards to each side of the big cones.
Coach acts as server.

ACTION:

V1: Shooter receives and plays through the gate then shoots.

V2: Shooter can either go through and shoot or go through the gate then use a Coerver Change of Direction to go back through the gate and shoot.

COACH'S TIP:

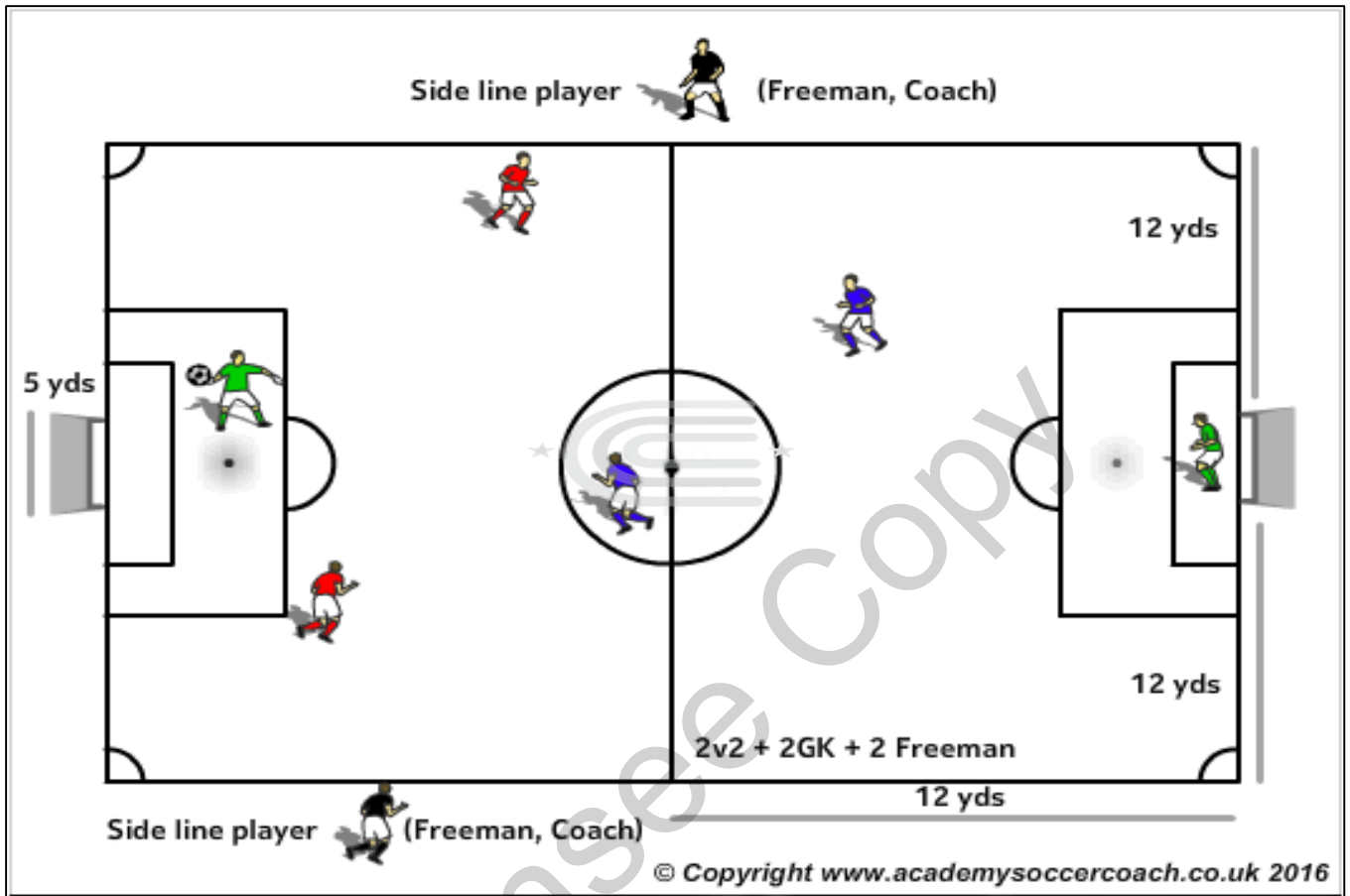
As with most drills use 2 or 3 Goalies, taking turns.

PLAYER TIP:

Focus on the ball, the signal will be when shooter lifts his leg to shoot



POSITIONING (P5)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve GK decision making on which position to take while the ball is moving.

SET UP: Two 12 x 12 areas with Goals and GK in each area.

ACTION: 2 v 2 + 2 GK's + Neutral players who plays with the team in possession.

V1: Free Game (GK cannot shoot)

V2: GK allowed to shoot (kick, throw)

COACH'S TIP: Make sure GK communicates loudly.

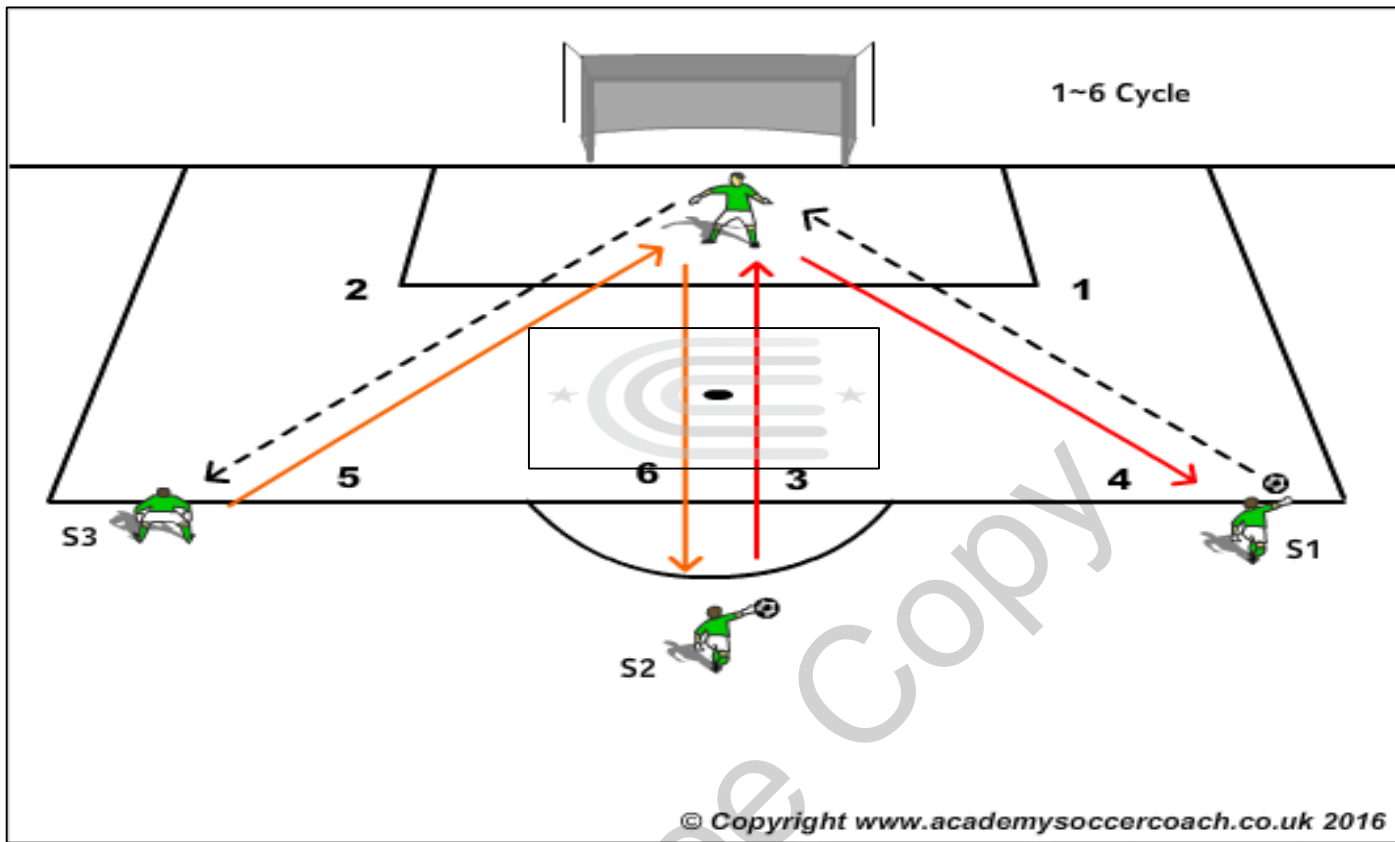
PLAYER TIP: When (GK) receives the ball, make sure the first touch is good and into space.

DISTRIBUTION HANDS

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DISTRIBUTION: HANDS (DH1)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: Practicing accurate distribution.

SET UP:

Three servers , S1 , S2 & S3.

ACTION:

S1 plays ball to GK.

GK plays out to S 2.

Then S2 serves to GK who plays out to S1.

Then S3 serves, GK plays out to S2 and the sequence continues.

Serves

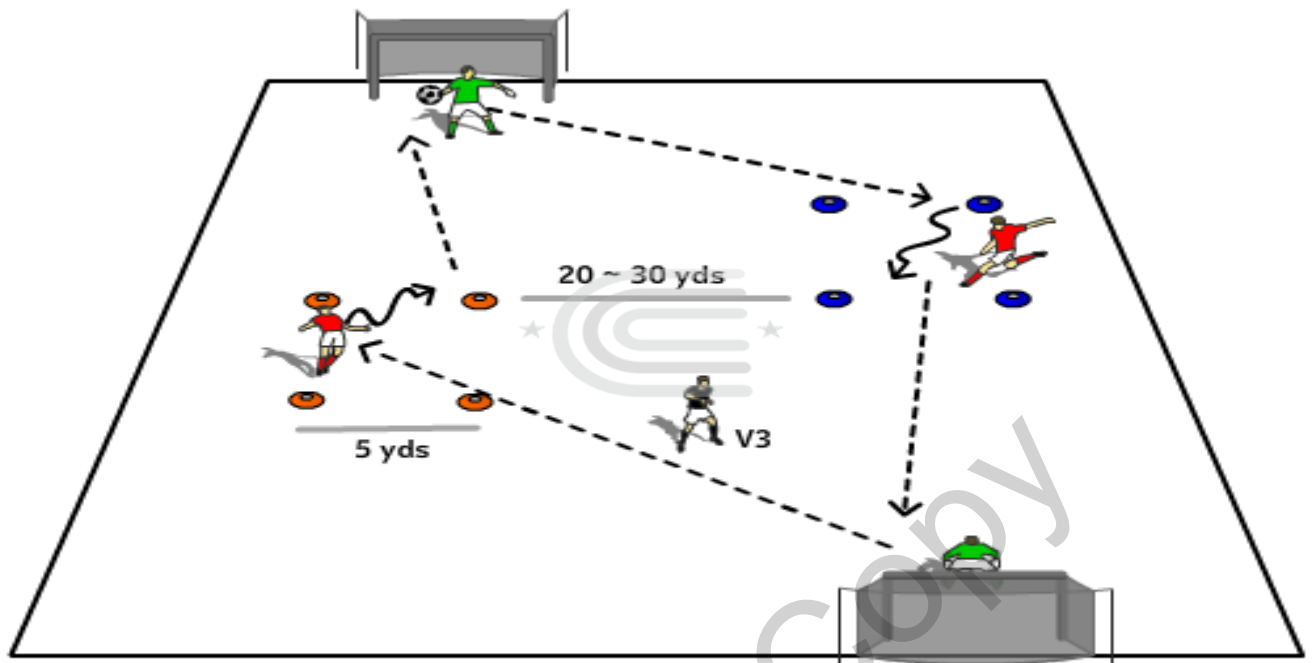
- Under arm,
- Side arm
- Overarm

COACH'S TIP: Tell Server to hold up 1 to 5 fingers, for GK to shout out number, before distributing to that server (encourages eyes up).

PLAYER TIP: Practice all 3 serving techniques.



DISTRIBUTION: HANDS (DH2)



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[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: Improving Distribution accuracy.

SET UP:

5x5 yards square in front of each goal.
Opposite squares should be about 15/ 20yards apart.

ACTION:

GK serves the ball to the opposite box .
Receiver take one touch then shoots.

V1: Distribute Under arm, Side arm.

V2: Distribute Over arm (Javelin).

COACH'S TIP:

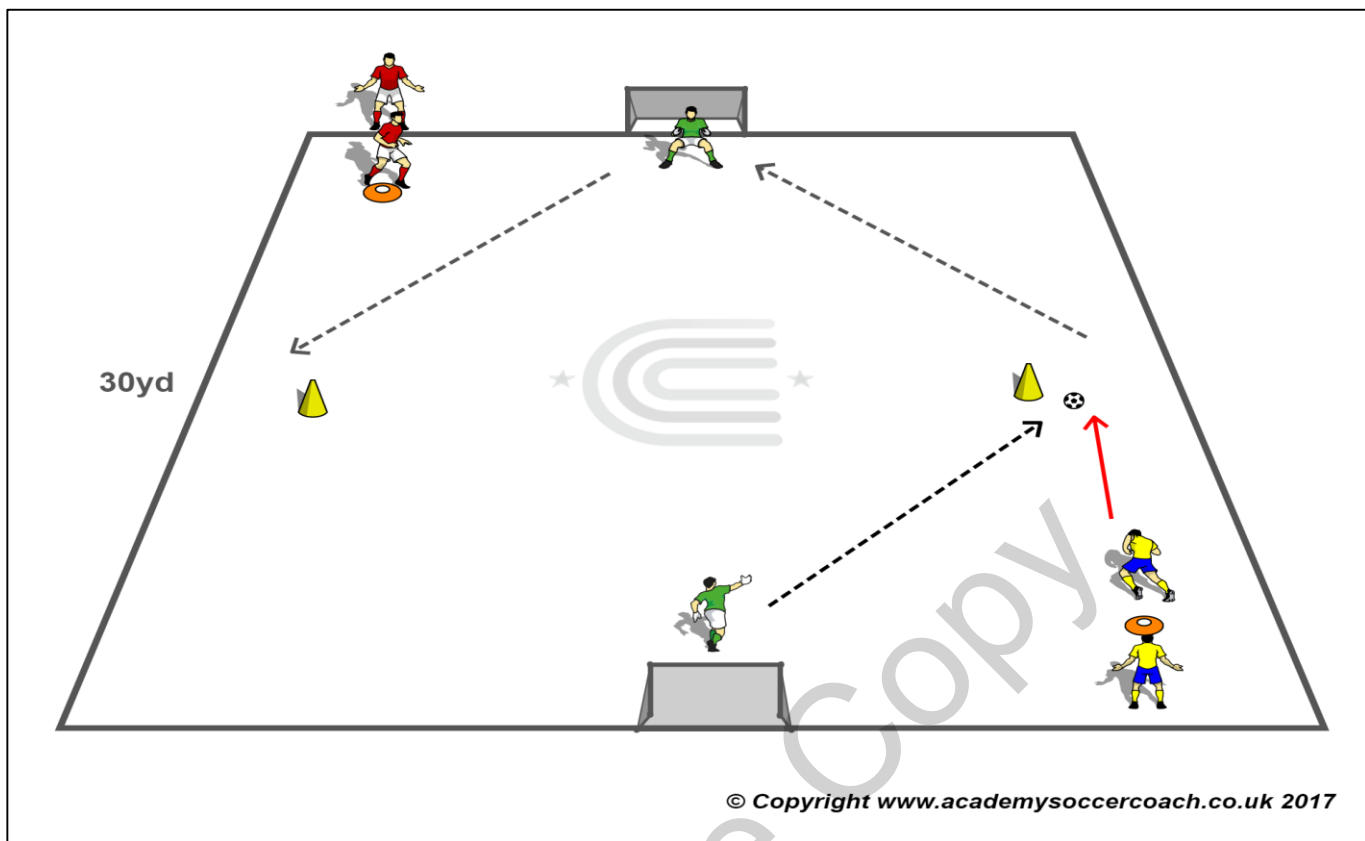
Adjust shooting distance. (depending on the ability of GK).

PLAYER TIP:

GK focus on your distribution technique :The right Speed, Direction, Rotation; a ball that is easy for your teammate to control.



DISTRIBUTION: HANDS (DH3)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve accuracy and timing.

SET UP:

Two goals face to face 30~40 yards apart.
Outfield players start at orange cones.

ACTION:

GK throw to teammate. (Depending on distance adjust type of throw)
When GK is in a ready position to throw, receivers start their run.
Receiver takes one touch to play the past the middle cone, then passes to the opposite Goalkeeper.

V1: Under arm throw.

V2: Over arm throw (Javelin).

V3: Throw ball to any side. (Left or Right).

COACH'S TIP: make sure there is good communication between GK and outfield player.

PLAYER TIP: GK make sure you collect the ball cleanly, then distribute according to time of run of your teammate.

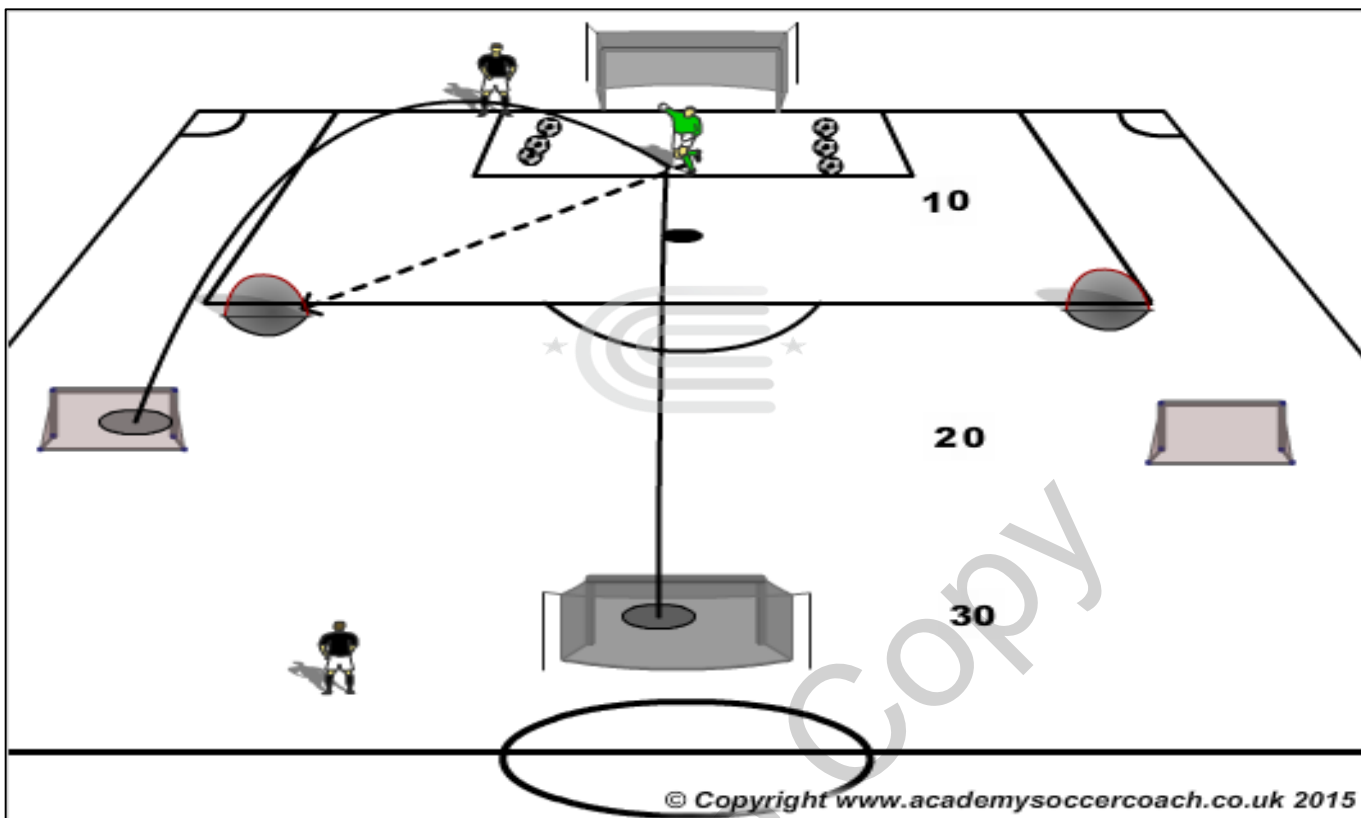


DISTRIBUTION FEET

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DISTRIBUTION: FEET (DF1)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Distribution accuracy.

SET UP:

GK in full size Goal

In front of him on the right and left are :

- Mini Goal
- Youth Goal
- Full size Goal

ACTION

The GK tries to "pass" the ball into the goals in front of him, in order.

On the right using right foot, on the left, using left foot.

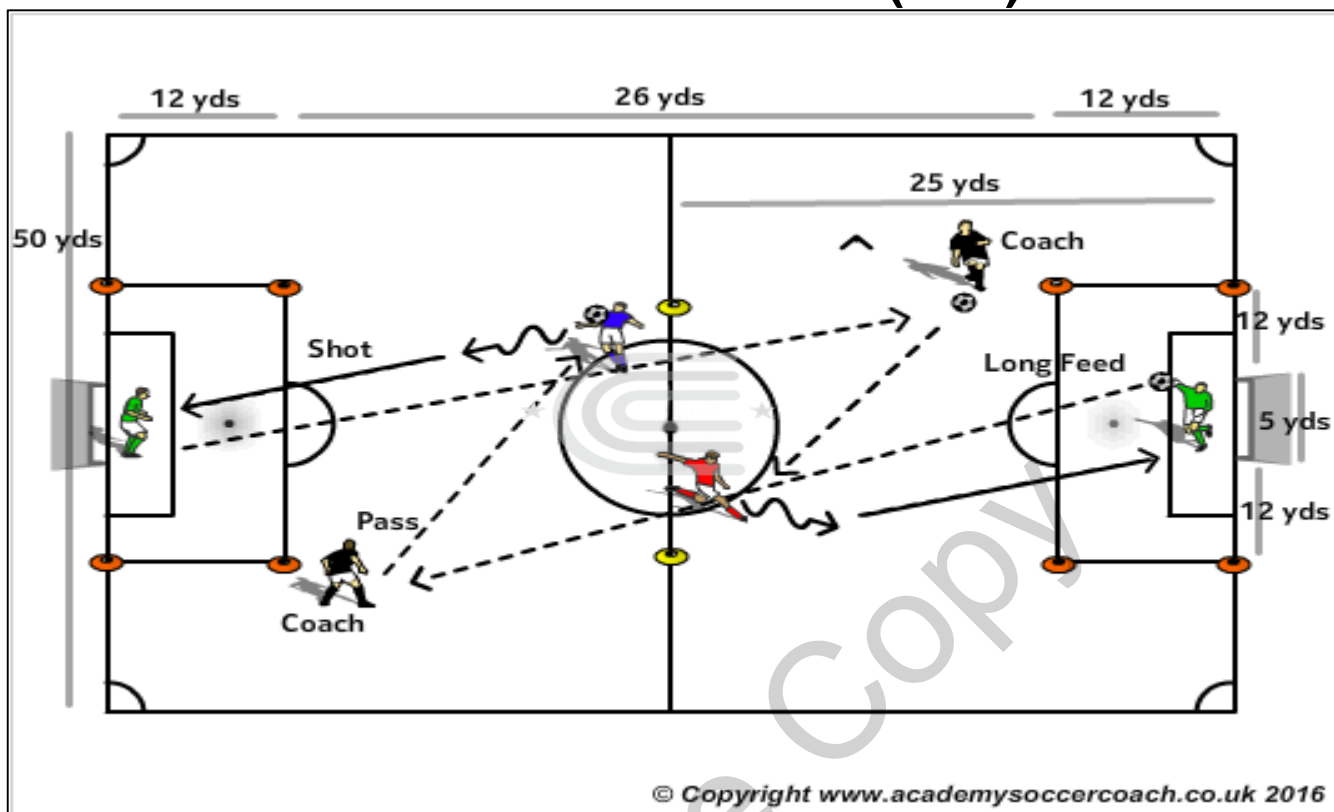
Points are awarded for each successful pass

COACH'S TIP: If You don't have different size goals, use cones. You can also use this set up for hand distribution accuracy and power.

PLAYER TIP: Look up at your target before you make contact with the ball.



DISTRIBUTION: FEET (DF2)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Distribution Accuracy

SET UP:

40 x 30 yards size field.

Create a penalty area with small cone around both goals.

Place small marker for shooters 20 yards away for both goals. (Adjust as you wish)

ACTION:

GK distribute the ball to Coach on the opposite side of the field. Coach passes to attacker

V1: Attacker Direct shot.

V2: Attacker is allowed to dribble before shot.

COACH'S TIP:

Coach vary your position to allow different distributions by the GK

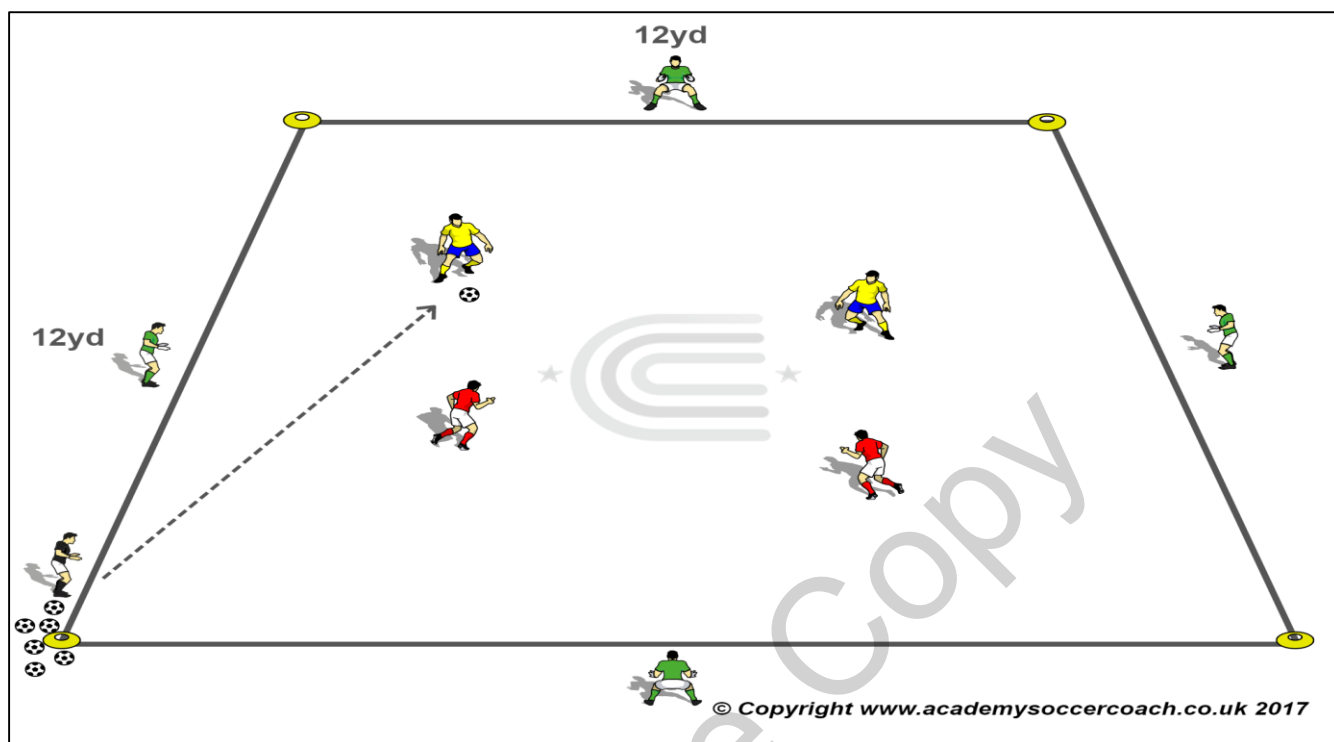
Coach serve quickly.

PLAYER TIP:

Do your best to catch the ball so you can start a quick counter attack.



DISTRIBUTION: FEET (DF3)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve receiving and passing skills.

SET UP:

In a 12 x 12 yard area.

2 v 2 : Yellows play North to South and reds East to West.

A Goalkeeper on each side plays with the team in possession.

ACTION:

The aim is to use the goalkeeper to keep possession and when there is space to play the ball forward to the opposite Goalkeeper.

COACH'S TIP:

At first give the Goalkeeper two touches, then proceed to one touch.

PLAYER TIP:

Goalkeepers constantly communicate with your teammates and make angles to receive the ball so there is space in front of you.

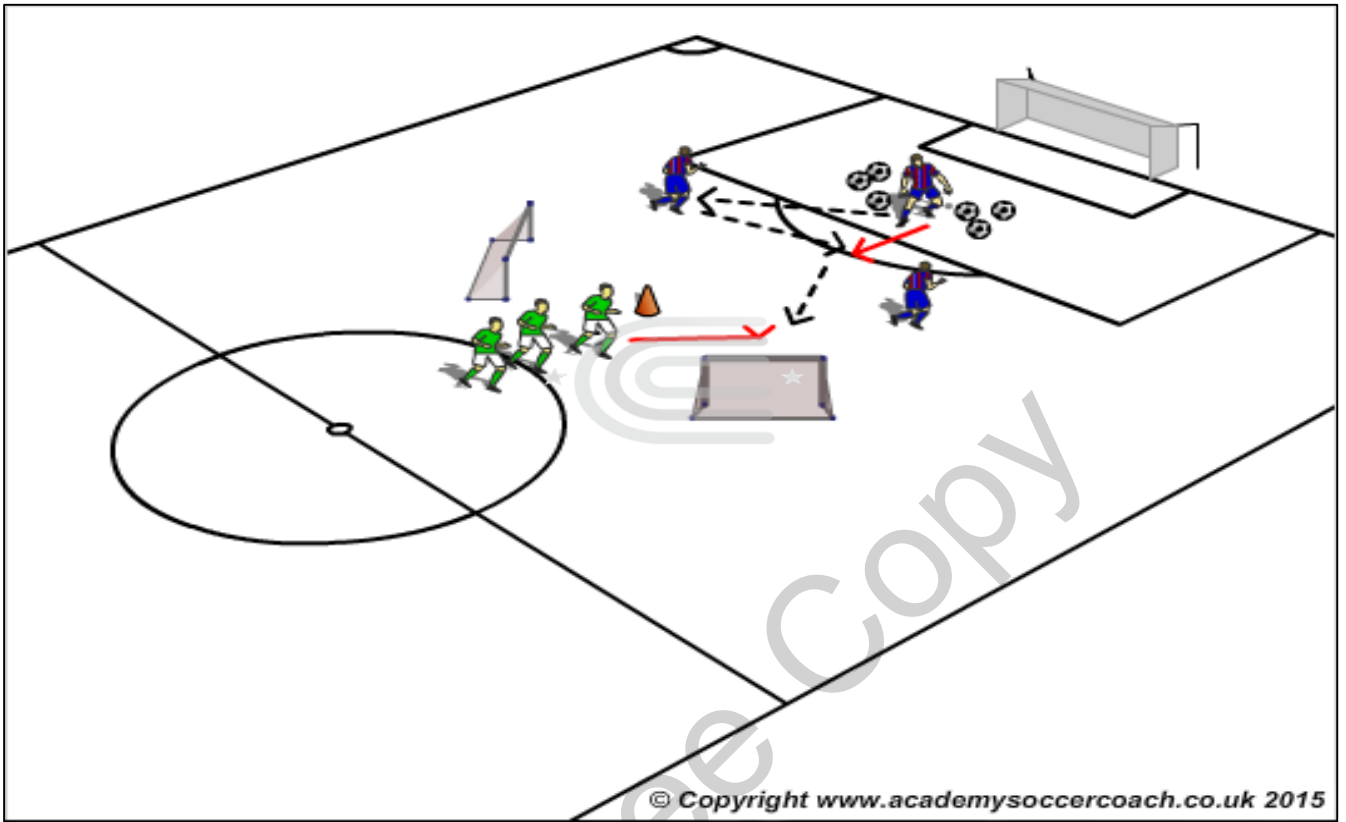


SAVING

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SAVING (S1)



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PURPOSE: To Improve shot stopping.

SET UP: 3 Servers, S1 plays wall pass with either of his teammates then shoots at either mini goal.

ACTION

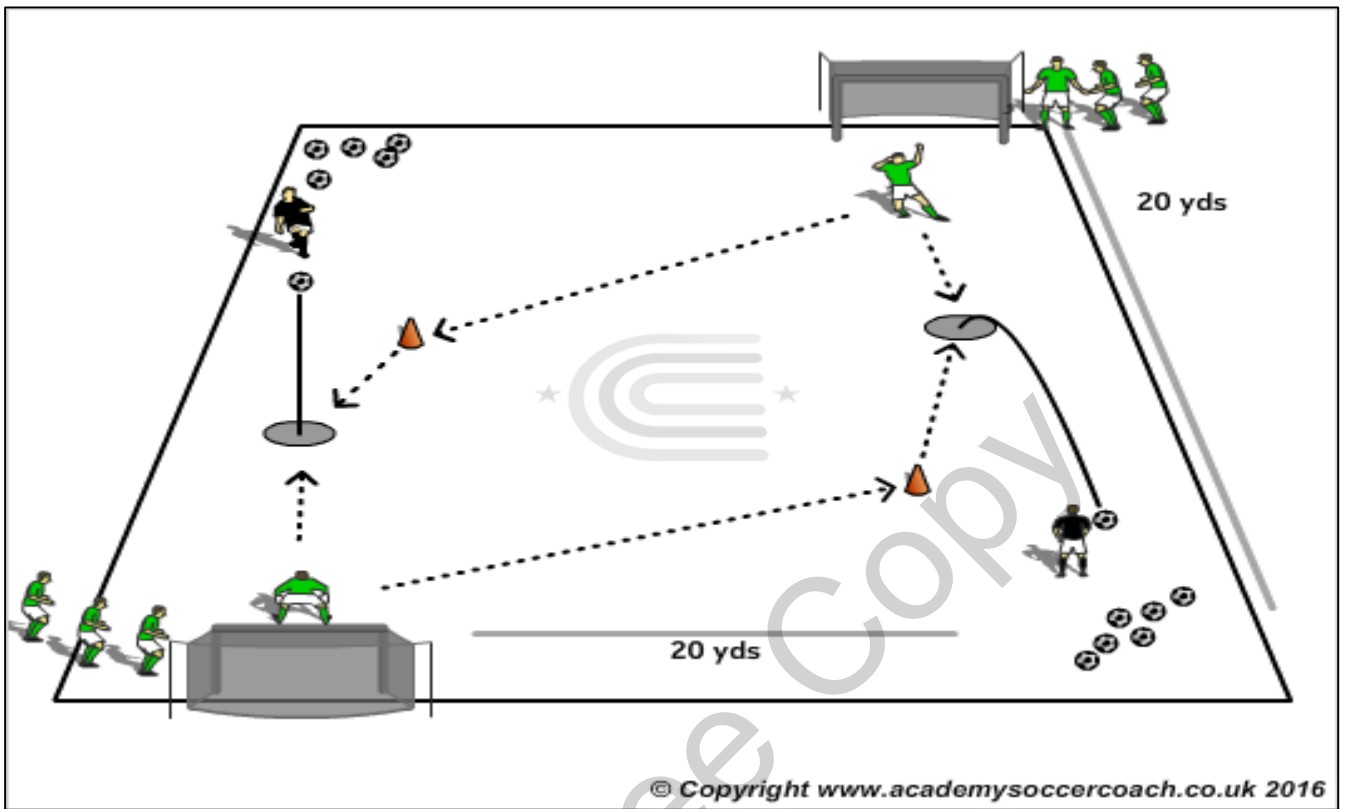
GK's wait in a line and can move after wall passer has made his pass.

COACH'S TIP: Vary distance according to age and ability.

PLAYER TIP: Set in the "Gunslinger" position. Don't dive before the shot.



SAVING (S2)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: Dealing with 1v1.

SET UP: Two goals. Set cone 20 yards apart from each goal (Server).

ACTION:

Coach distributes ball to the side when shooter comes around to touch the big cone.
GK makes a save or catch the ball.
After the save GK becomes the attacker

COACH'S TIP:

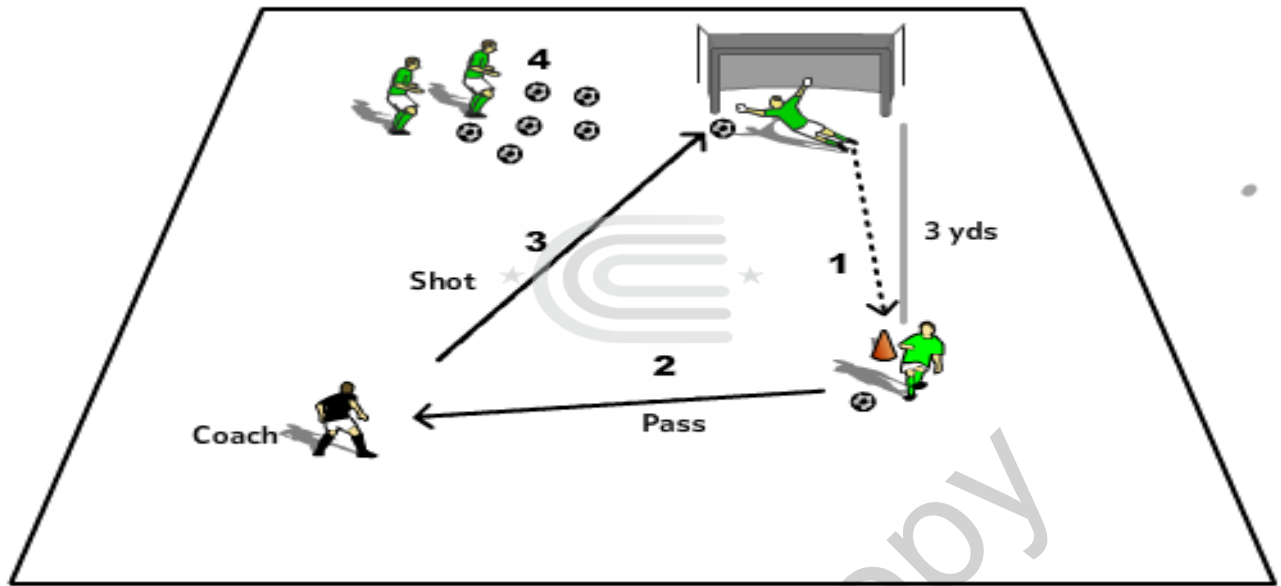
Coach distribute a ball so GK can get the ball first not the shooter.

PLAYER TIP:

Quick decision making is needed; either go out or stay.
Try and stand up.



SAVING (S3)



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[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: Improving footwork and saving on the move.

SET UP: Place a cone 3 yards apart from goal. Coach and GK have a ball each. Place 8 Balls next to goal post.

ACTION:

Players at the cone passes the ball to the GK on the side.
GK to Coach or outfield player who throws or shoots.

Positioning For:

- V1 W Save
- V2: Scoop Save
- V3. Collapsing Save
- V4. Long diving save
- V5. High diving save

COACH'S TIP:

Change timing and types of throws, also change the strength of the service.
Increase the distance and progress to kick.

PLAYER TIP:

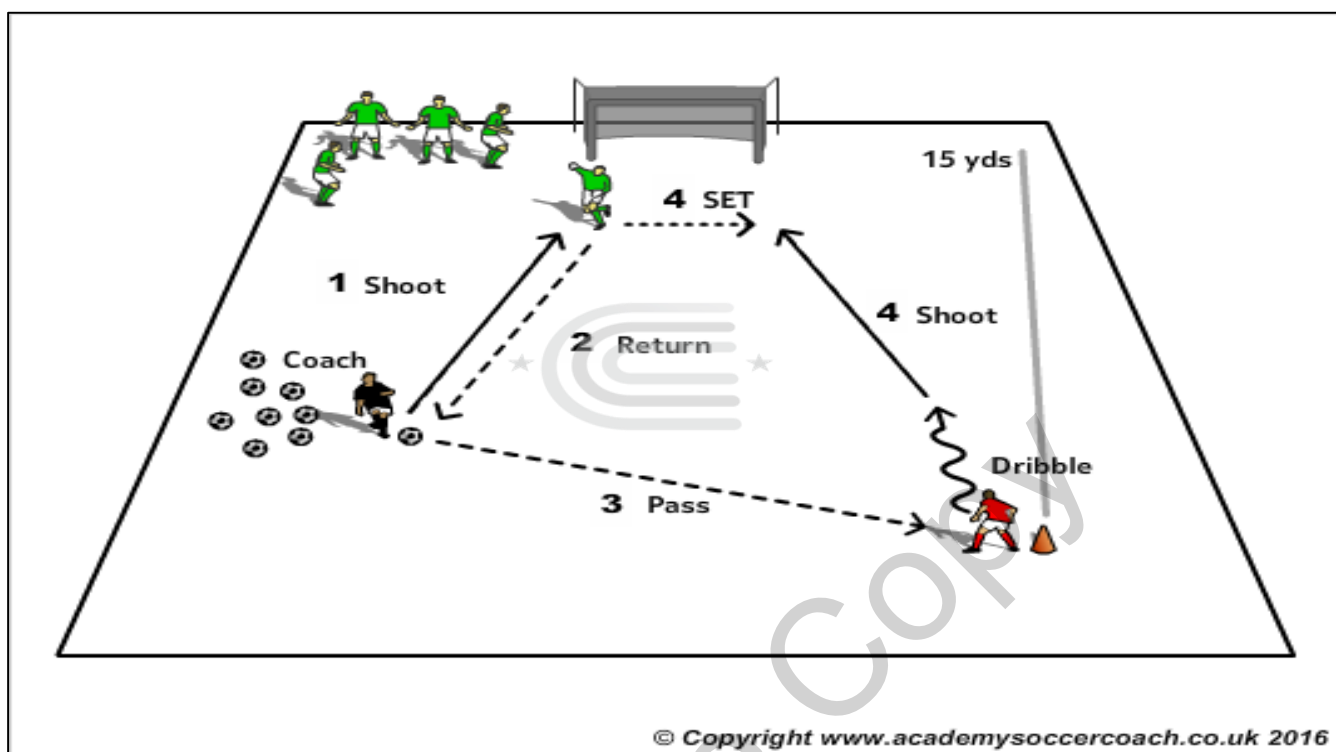
Focus on your footwork and shooter.

Try to get into SET position.

If you are not in a good position to make a save with your hands, improvise with feet or body saves.



SAVING (S4)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve shot stopping.

SET UP: One goal. Starting position for shooters at cone (15 yards away from goal)

ACTION:

Coach shoots at GK
GK catches and passes back to coach.
Coach passes the ball to the opposite shooter.
Shooter shoots.

V1: Shooter take a touch before shooting.

V2: Shooter can shoot first time.

V3: Shooter can return the pass to the coach. Who shoots

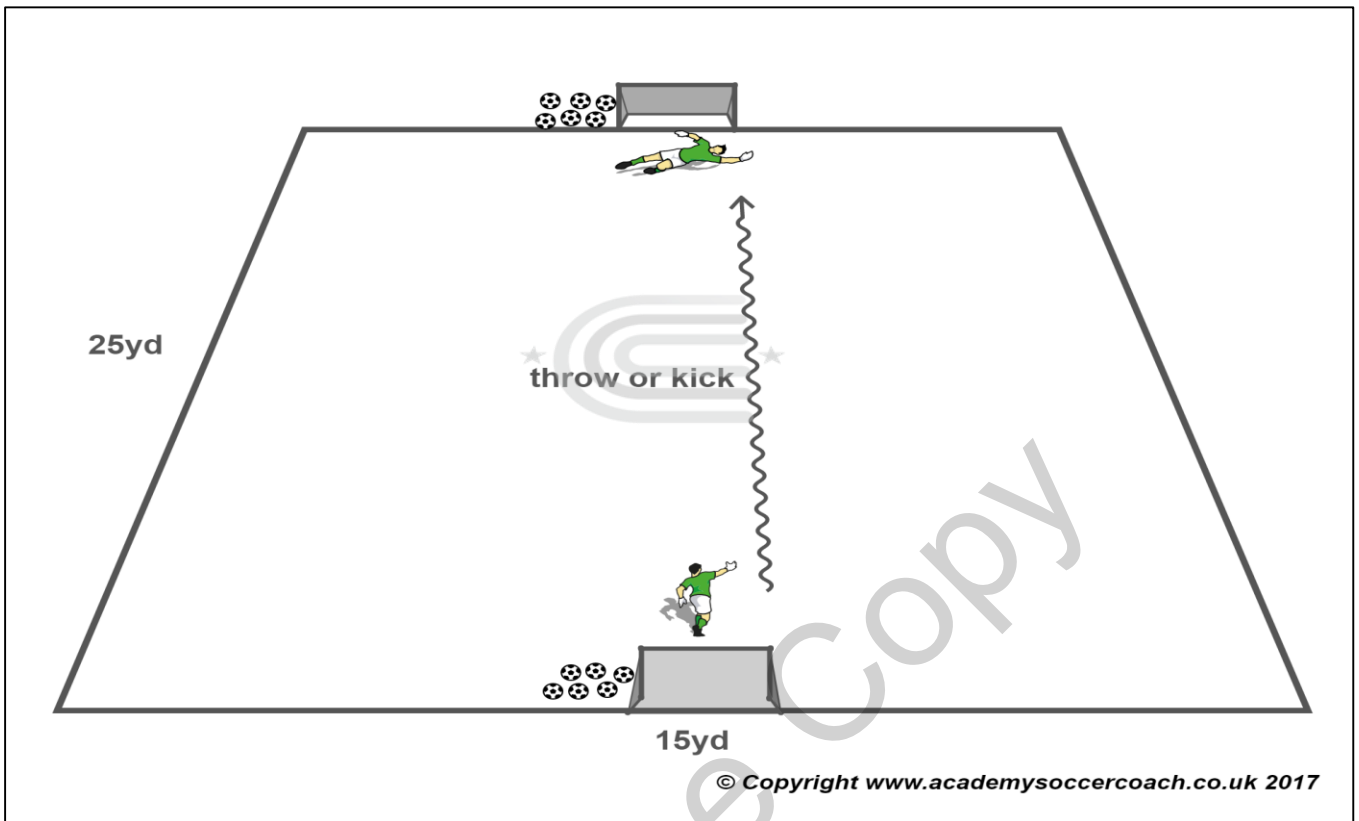
COACH'S TIP: Vary to service: air, ground.

PLAYER TIP:

Adjust position to get into line to stop the shot.



SAVING (S5)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To improve shot saving.

SET UP:

A GK in each goal
20/25 yards apart
Supply of balls in each goal

ACTION:

GK tries to score in opposite goal, either with throw or kick.

COACH'S TIP:

Make it a competition.

PLAYER TIP:

Try and surprise your opponent with quick counter attack.

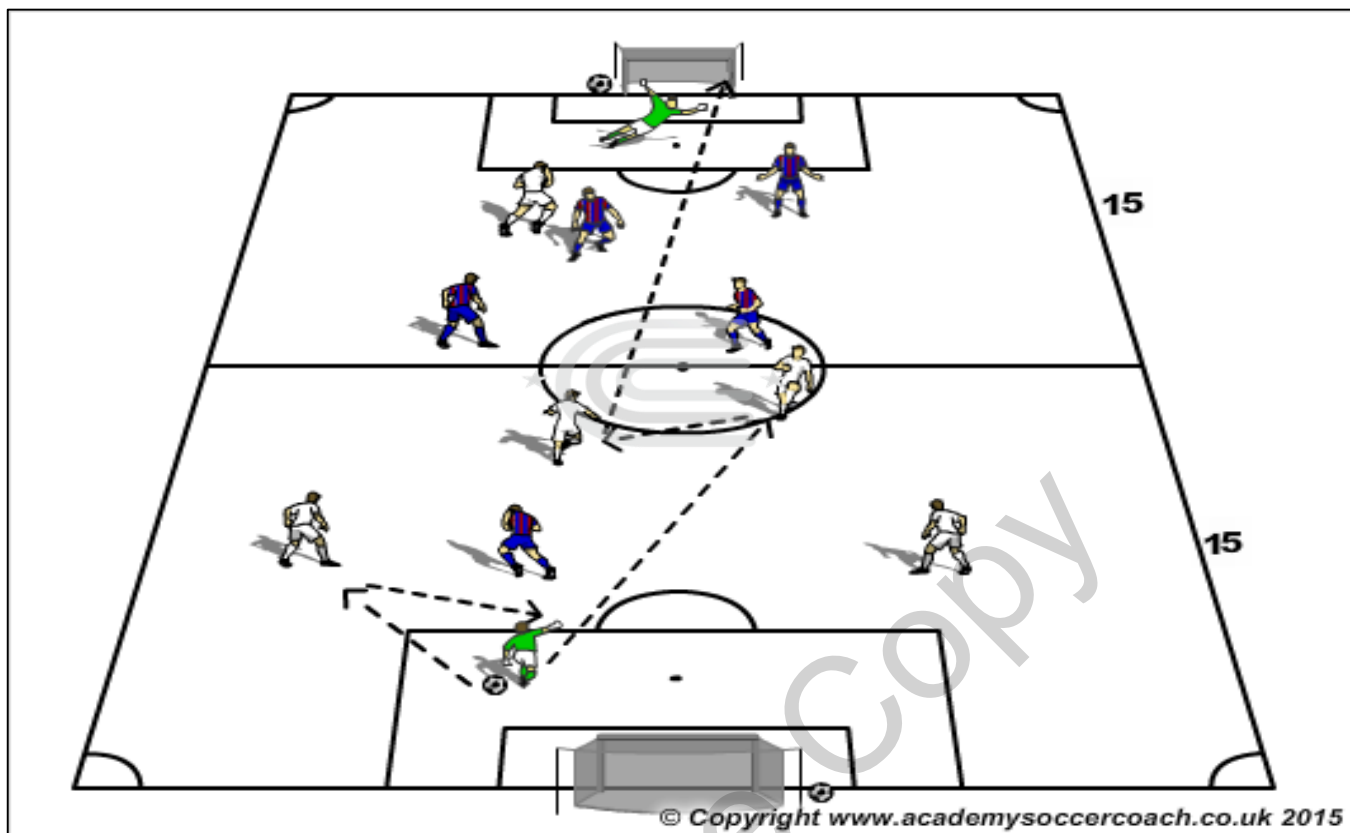


GAME PLAY

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GAME PLAY (GP1)



[CLICK HERE FOR VIDEO LINK](#)

PURPOSE: To Improve Game Understanding.

SET UP: 2 teams of 4 players plus GKS.

ACTION:

Shoot from own half. Striker can follow-up to score rebounds or can shoot if wins possession off opposition (but cannot be played in by team mates).

VARIATIONS: (in end Zones)

- a) 4 v 1 (Striker)
- b) 4 v 2 (Strikers)

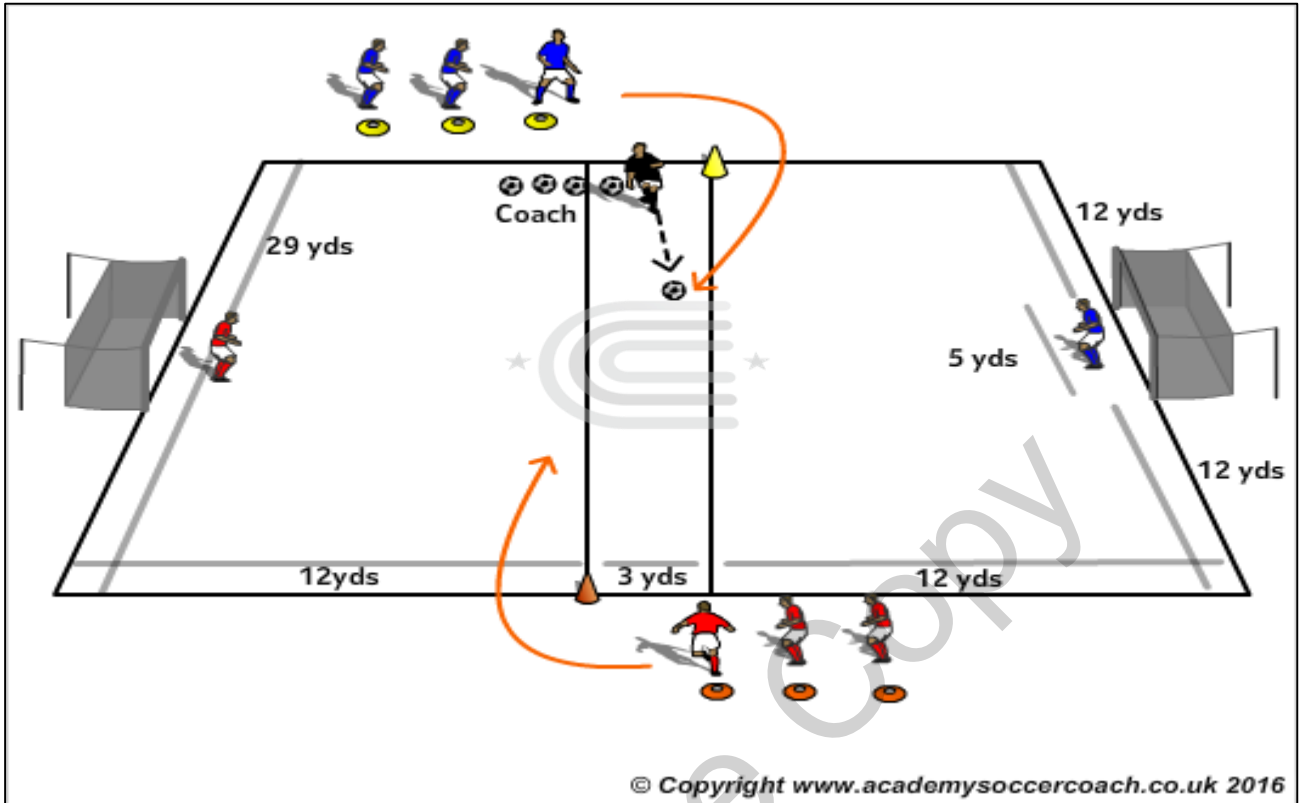
COACH'S TIP: Rotate strikers regularly

PLAYER TIP:

Communicate with defenders to avoid being unsighted.
Get into line then up line of shot.
React to flight of the ball.



GAME PLAY (GP2)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Game Understanding.

SET UP:

Penalty Area (Length 27 yards x Width 29 yards) / Have 3 yards of space in the middle.
GK in each goal.

ACTION:

Game begins with the signal from coach, Red and Blue players run around the big cone while coach distributes the ball.

When out of bounds players run around the cone once more to restart.

Offside applies

V1: 1 v 1

V2: 2 v 2

V3: 3 v 3

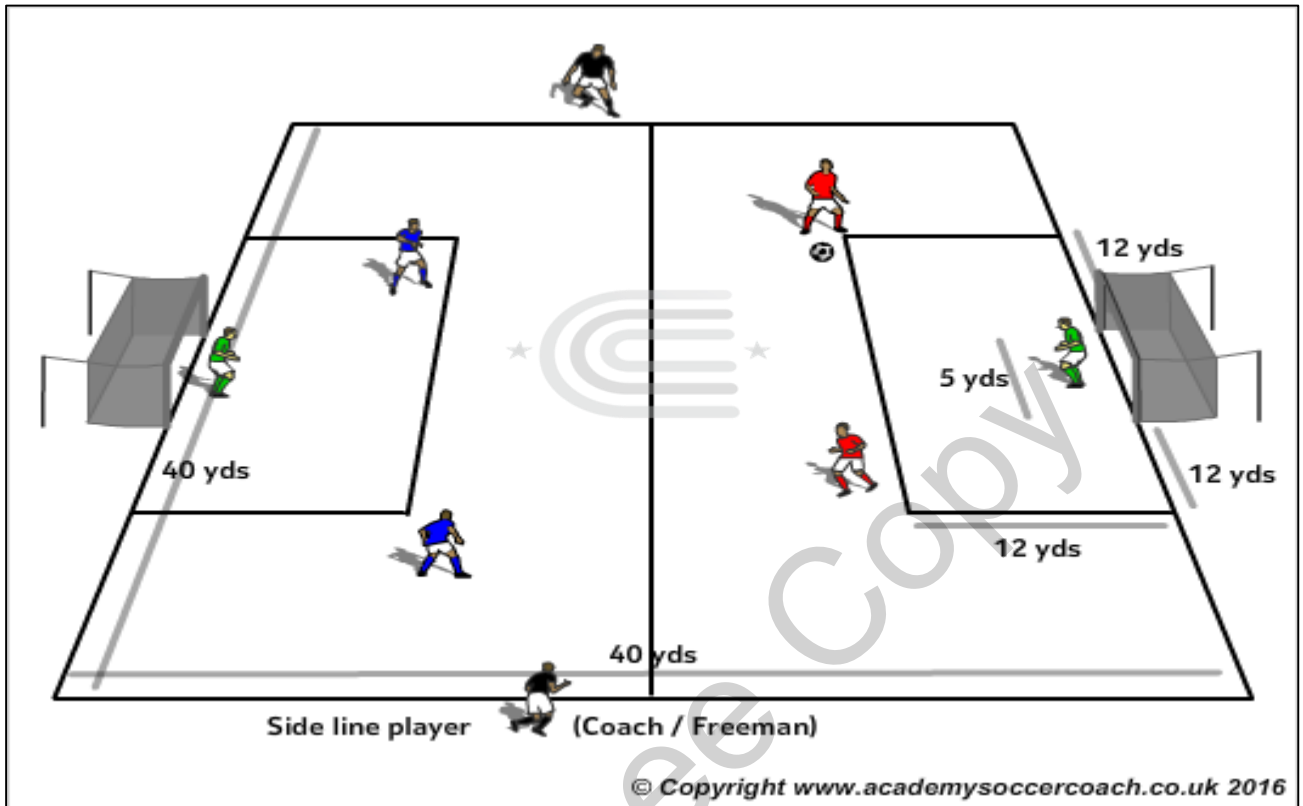
COACH'S TIP: Look for good communication and supporting angles from the Goalkeeper.

PLAYER TIP:

GK get involved in possession, ask for the ball to start counter attacks.



GAME PLAY (GP3)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Game Understanding.

SET UP:

Width 40 yards x Length 30 yards field. Including penalty areas.

Coaches on each sideline acts as a neutral player, playing with the team in possession
2 v 2 + GK's.

ACTION:.

V1: Wall passer can not shoot

V2: Wall passers can shoot

COACH'S TIP:

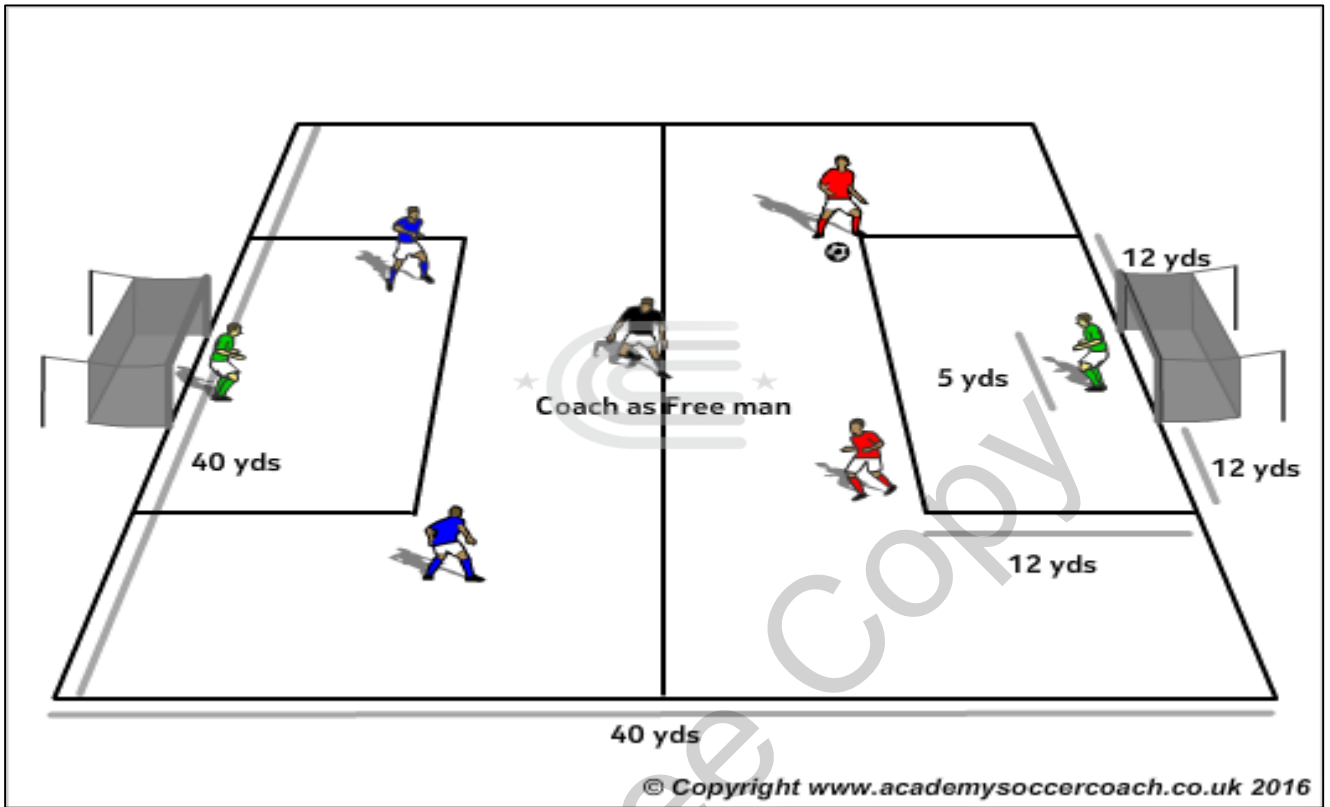
Encourage GK to communicate and support team in possession.

PLAYER TIP:

GK look for quick services to the flanks if middle congested.



GAME PLAY (GP4) PART 1



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Game Understanding.

SET UP:

Width 40 x Length 30 yards field. Coach is the neutral player who plays with the team in possession
2v2 + GK

ACTION:

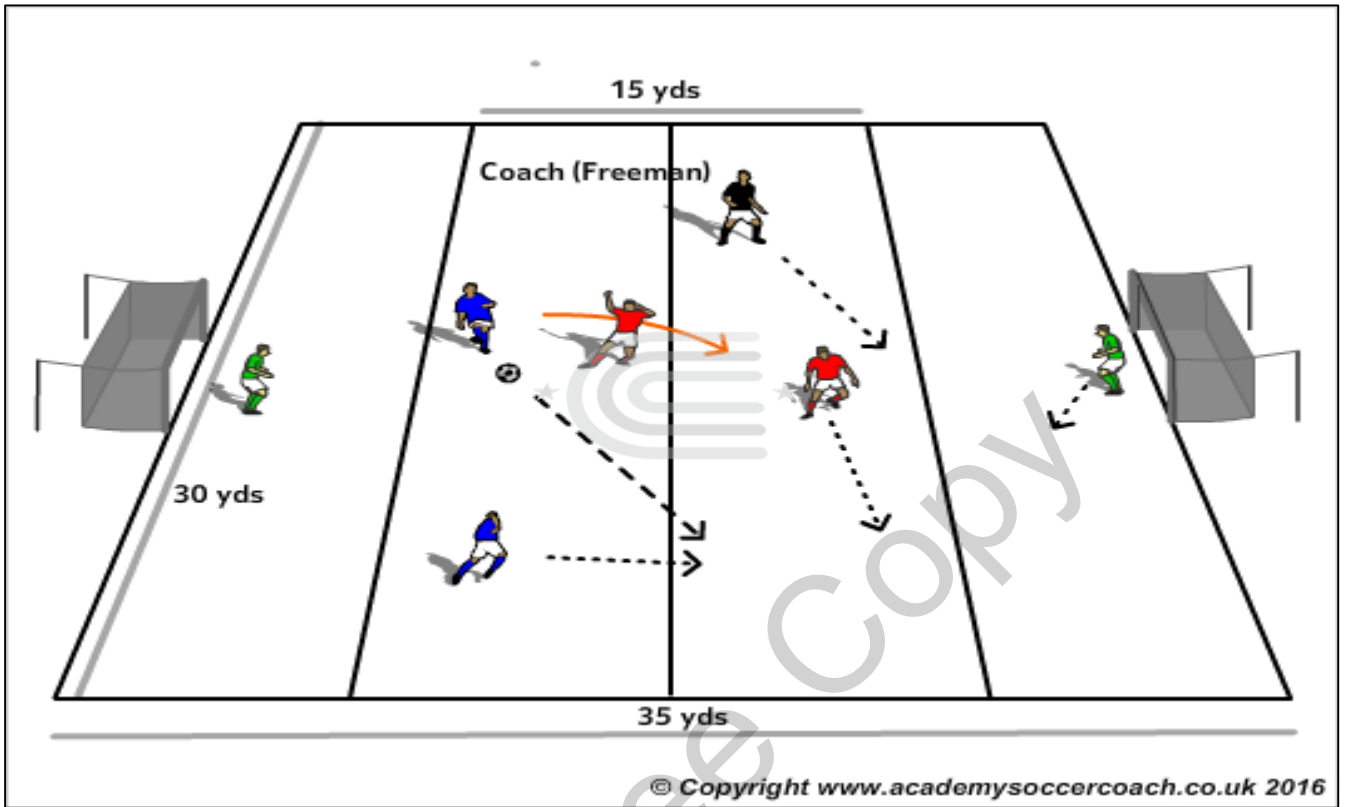
Neutral player play with the team in possession.
Neutral Player can not shoot

COACH'S TIP: You can make it two touch or one touch finish

PLAYER TIP: GK remember you can't pick the ball up from a pass so, your focus on your first touch.



GAME PLAY (GP4) PART 2



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Game Understanding.

SET UP:

Set 2 goals. Width 30 yards x Length 35 yards field. Create 15 yards zone in middle. 2 v 2 + Neutral player or coach free in the 15 yards wide zone.

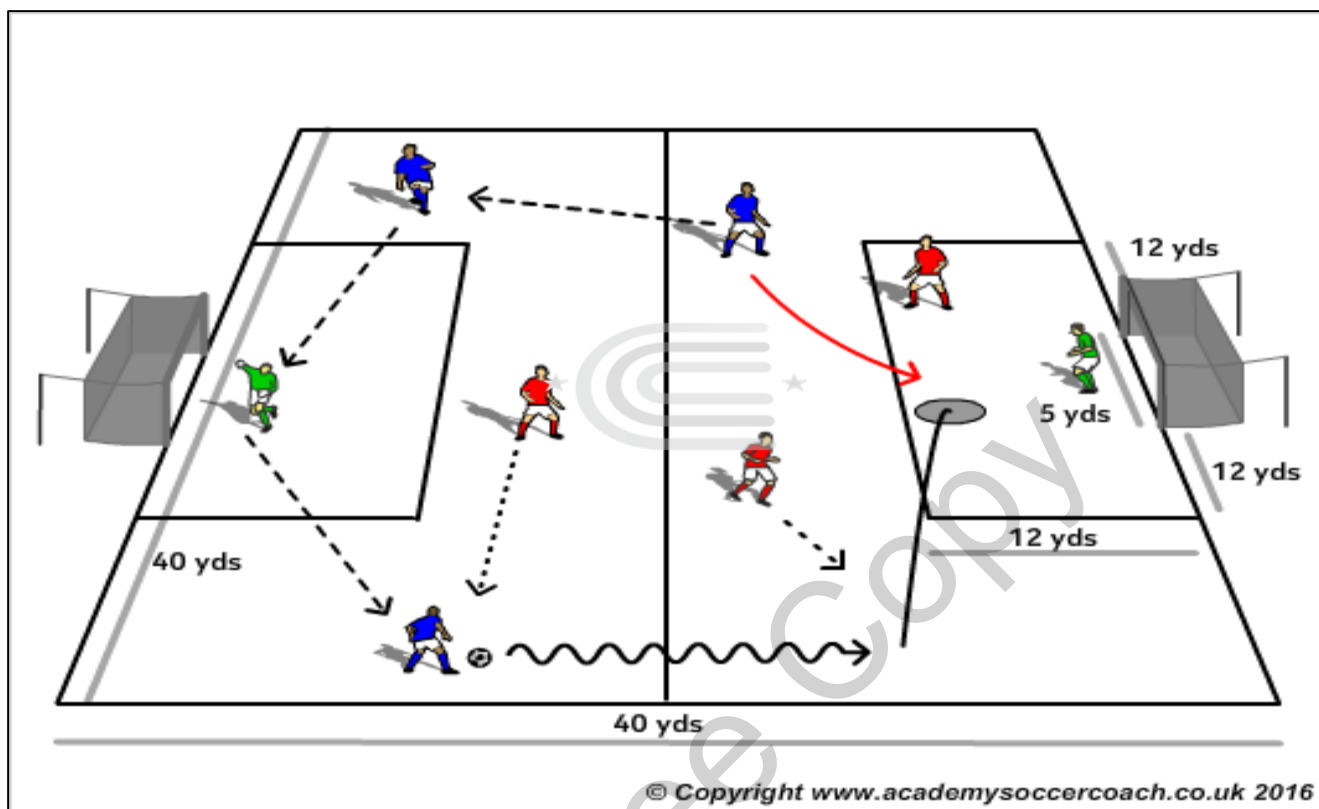
ACTION: Neutral player is now striker for team in possession, so players need to constantly look for the striker.

COACH'S TIP: You can also add that GK can also shoot.

PLAYER TIP: GK as your team attacks start moving forward.



GAME PLAY (GP5)



[CLICK HERE FOR THE VIDEO LINK](#)

PURPOSE: To Improve Game Understanding.

SET UP: 40 yard x Length 30 yard field with penalty area.

ACTION:

V1 can only shoot in opponents third.

V2 GK to selected striker.

COACH'S TIP: Encourage outfield players to use GK to keep possession.

PLAYER TIP: GK to communicate constantly. When you can pass forward, do so.





Credits

With thanks to Coerver® Coaching Japan Staff

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