



2005-2006 WSA Goalkeeper Curriculum

Created by

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Curriculum for U8-U10

Objective: To learn the basic goal keeping skills and techniques while having fun.

November- Review/Teach 3 basic catches

- Low ball scoop
- Basket Catch (Ankles to Waist)
- Contour Catch (Waist and Above, Diving)
- Should be able to demonstrate all three with a thrown ball

December- 3 Catches and Collapse Dive

- Should be able to demonstrate all 3 catches with a slow paced kicked ball by the end of December
- 5 Steps to a Collapse Dive (45° step, arms out, bend knee, stick out thigh/hip, collapse on side)
 - o Will work w/o ball
 - o With a still ball
 - o With a rolling ball
- * By end of month should be able to do a correct collapse dive to a still ball.

January- Collapse Dive, 3 Catches and Punting

- Same as December, but will move to a slow kicked ball for collapse dive
- Foot work- shuffling, crossover

February- Collapse Diving, 3 Catches and Throwing

- Same as January, but will move to a medium paced ball and goals for collapse diving
- Throwing technique- low, baseball, overhand

March- Collapse Diving, Punting, Positioning in goal

- Collapse Dive- same as February
- Punting Technique
- Back always to middle of goal

April/May- Collapse Diving, Breakaways

Goal: By May

- They should be able to save 40-50% of shots that are hit at a slow to medium pace
- They should be able to use in a game all 3 catches and collapse dive (even though they may not save the ball often).
- They should be able to distribute the ball effectively
- They should generally know where to stand in the goal (positioning)

Curriculum for U11-U12

Objective: To perform consistently basic goal keeping skills and techniques while having fun.

November- Review/Teach 3 basic catches

- Low ball scoop
- Basket Catch (Ankles to Waist)
- Contour Catch (Waist and Above, Diving)
- Should be able to demonstrate all three with a medium paced kicked ball

December- 3 Catches and Collapse Dive

- Should be able to demonstrate all 3 catches with medium paced kicked ball by the end of December
- 5 Steps to a Collapse Dive (45° step, arms out, bend knee, stick out thigh/hip, collapse on side)
 - o Will work w/o ball
 - o With a still ball
 - o With a rolling ball
- * By end of month should be able to do a correct collapse dive medium pace kicked ball

January- Collapse Dive, 3 Catches, High Balls and Punting

- Same as December, will a ball that has more pace and is further from the body for collapse dive
- Foot work- shuffling, crossover
- Foot work for high balls (drop step) and attempt to catch or parry ball over the net

February- Collapse Diving, 3 Catches and Throwing

- Same as January, but will move to a medium paced ball and goals for collapse diving
- Throwing technique- low, baseball, overhand

March- Collapse Diving, Punting, Positioning in goal

- Collapse Dive- same as February
- Punting Technique
- Back always to middle of goal

April/May- Collapse Diving, Breakaways

Goal: By May

- They should be able to save 50-65% of shots that are hit at a slow to medium pace
- They should be able to use in a game all 3 catches and collapse dive
- They should be able to distribute the ball effectively
- They should know where to stand in the goal (positioning)

Curriculum for U13-U17

Objective: To perform consistently basic goal keeping skills and techniques while having fun.

November- Review/Teach 3 basic catches

- Low ball scoop
- Basket Catch (Ankles to Waist)
- Contour Catch (Waist and Above, Diving)
- Should be able to demonstrate all three any paced kicked ball

December- 3 Catches and Collapse Dive

- Should be able to demonstrate all 3 catches with any paced ball by the end of December
 - Collapse Dive
 - o Will work w/o ball
 - o With a still ball
 - o With a rolling ball
- * By end of month should be able to move to and correctly collapse dive to any ball within 6-8 feet of them in air or on ground

January- Collapse Dive, 3 Catches, High Balls and Punting

- Same as December, will a ball that has more pace and is further from the body for collapse dive
- Foot work- shuffling, crossover
- Should be able to do correct footwork for high ball and attempt to parry ball over net when needed

February- Collapse Diving, 3 Catches, High balls and Throwing

- Same as January, but will move to a medium paced ball and goals for collapse diving
- Throwing technique- low, baseball, overhand
- Foot work for high balls (drop step) and should be able to catch or parry ball over the net 85-90% of the time

March- Air dive, Punting, Positioning in goal

- Air dive- drive leg, achieving air
- Punting Technique
- Back always to middle of goal

April/May-Air diving, Breakaways

Goal: By May

- They should be able to save 75%-90% of shots that are hit at any pace
- They should be able to use in a game all 3 catches, collapse dive, and air dive
- They should be able to distribute the ball effectively
- They effectively position themselves in the goal based on the situation
- They should know when to take space, charge or stalk on a breakaway.
- They should be 80-90% effective on high balls.