

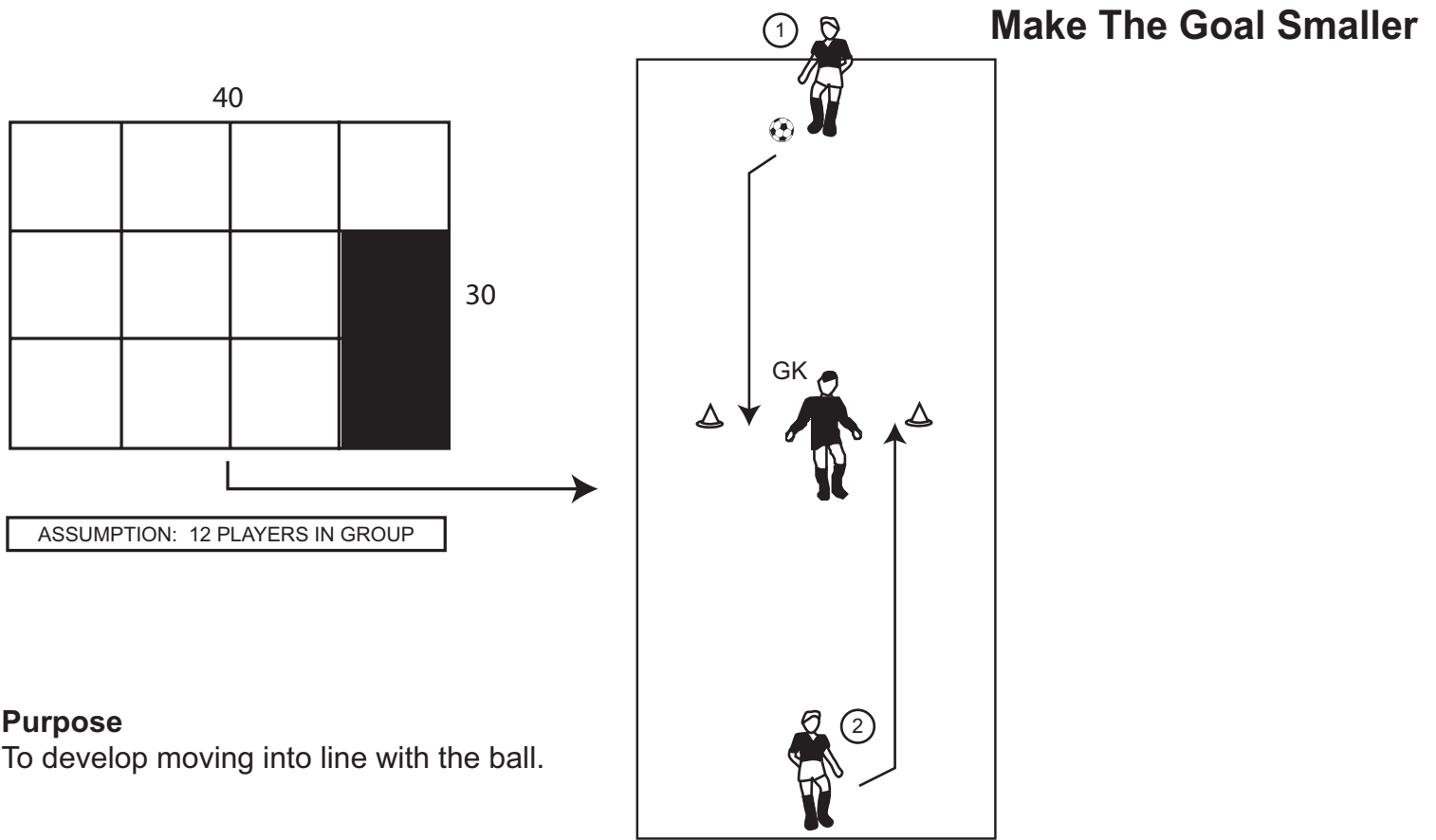


THE OFFICIAL CAMP AND CLINIC OF MAJOR LEAGUE SOCCER

**TRYOUT
&
PLAYER EVALUATION**

Games - Goalkeeper

KEY FACTORS - Positioning & Handling



Purpose

To develop moving into line with the ball.

Organization

Set out a 10 x 20 yard area. Groups of 3. Mark out a goal in the center of the area. Position players as shown in the above diagram. Repeat in 3 other areas for total of 12 players.

Game Objective

Dark player #1 plays his first touch at an angle from the goal and then runs onto the ball to shoot. The goalkeeper must adjust his position along the goal line and move into line before the shot is taken. Repeat in the opposite direction from dark player #2. Rotate positions.

Progressions

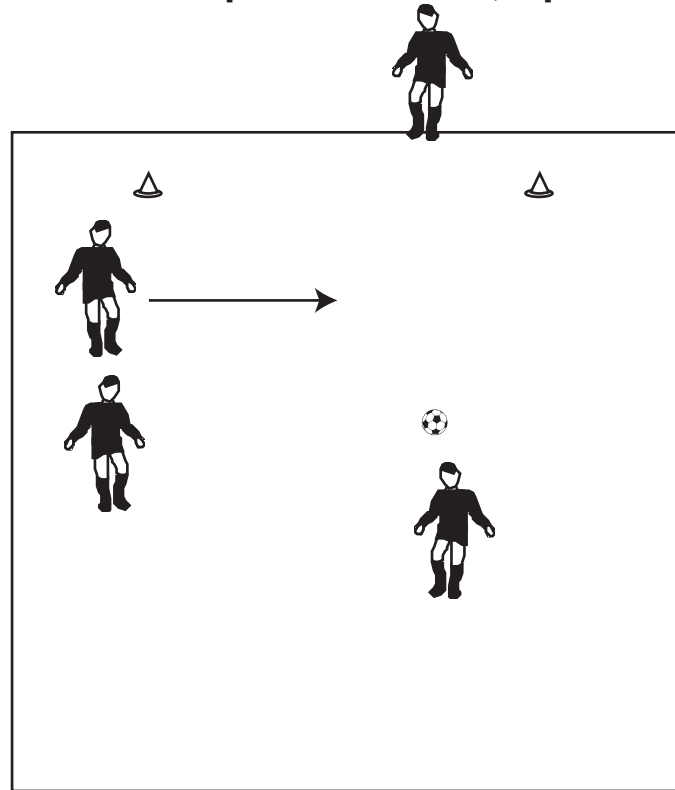
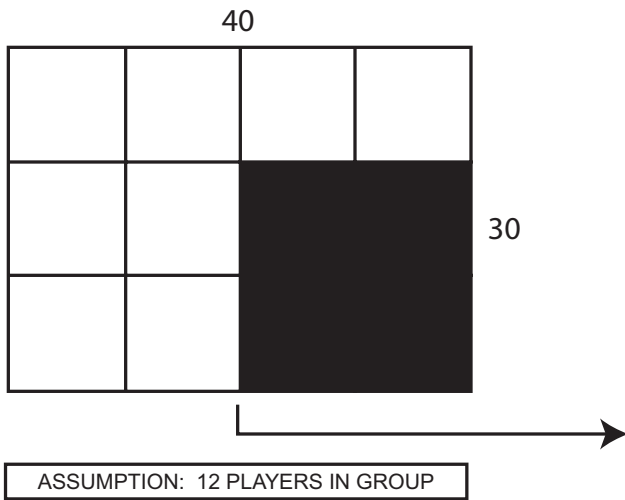
Run into the new position with the ball in your hands and volley the serve after no more than 5 strides.

Key Coaching Points

1. Observe the sideways skipping movement of the keeper.
2. Keepers should be able to gauge their position between the ball and the center of the goal.

KEY FACTORS - Shot Stop & Deflections

Swap - Then Save, Spin - Then Save



Purpose

To develop footwork to get the body into line for shots.

Organization

Set up a 20 x 20 yard area with an eight-yard goal. Group in fours, two goalkeepers, one server and one retriever. Position the server ten yards from the goal with a supply of balls. Repeat in two other areas for a total of 12 players.

Game Objective

Follow these instructions:

1. The two active keepers stand at one post facing each other and throw a ball between them. The server shouts one of their names and that keeper moves across the goal into the starting position to save a straight shot from the server. Repeat the practice from both sides of the goal. Rotate the keepers with servers and retrievers.
2. As above, but instead of throwing the ball the keepers hold on to each other and spin each other around until a name is called.

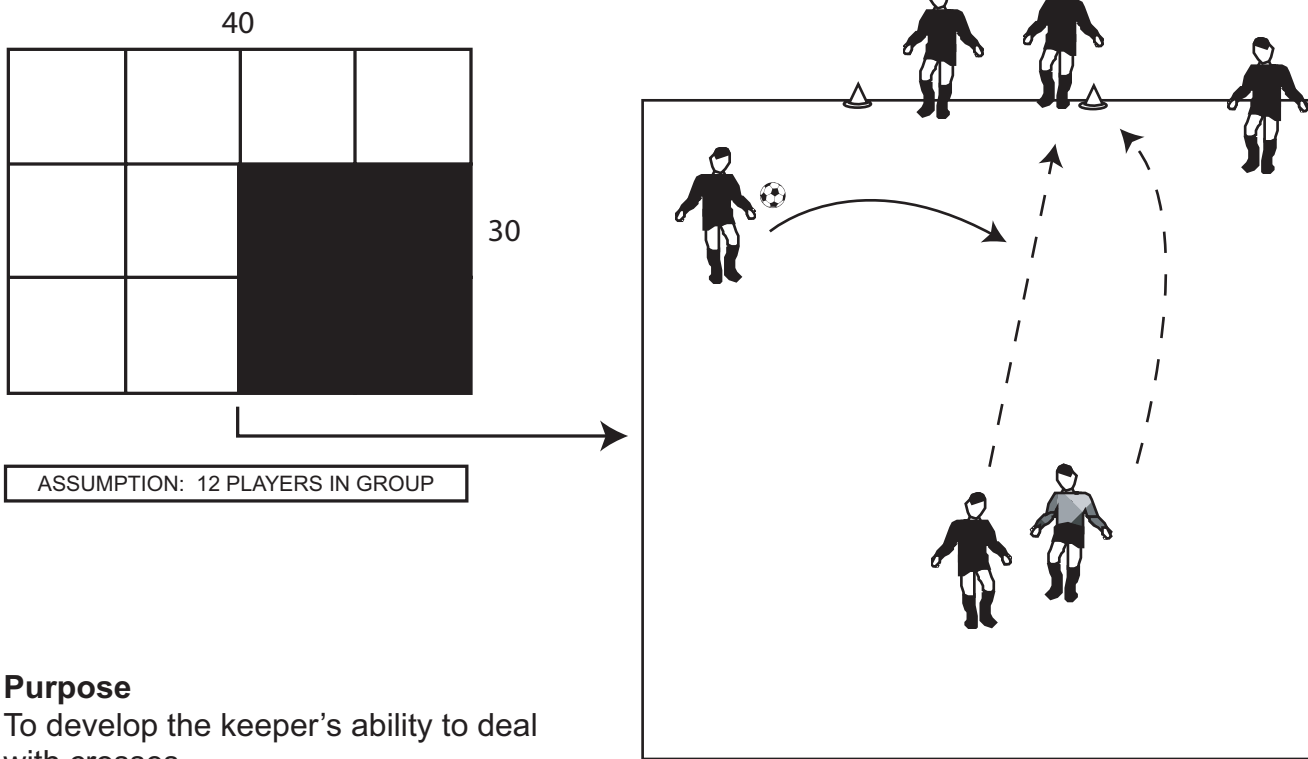
Note: Instruct servers to aim for keepers. With younger keepers the coach may have to be the server to make the practice effective.

Key Coaching Points

1. Sharp footwork across the goal.
2. Try to get the center of the body behind the middle of the ball.

KEY FACTORS - Crosses & High Balls

Dealing With Crosses



Purpose

To develop the keeper's ability to deal with crosses.

Organization

Set out a 20 x 20 area. Groups of six with two goalkeepers, two servers, one attacker and one defender. Position one goalkeeper in the goal, with one resting keeper. Position each server in the corner of the area. Position the attacker 15 yards from the goal and the defender 10 yards from the goal. Repeat in one other area for a total of 12 players.

Game Objective

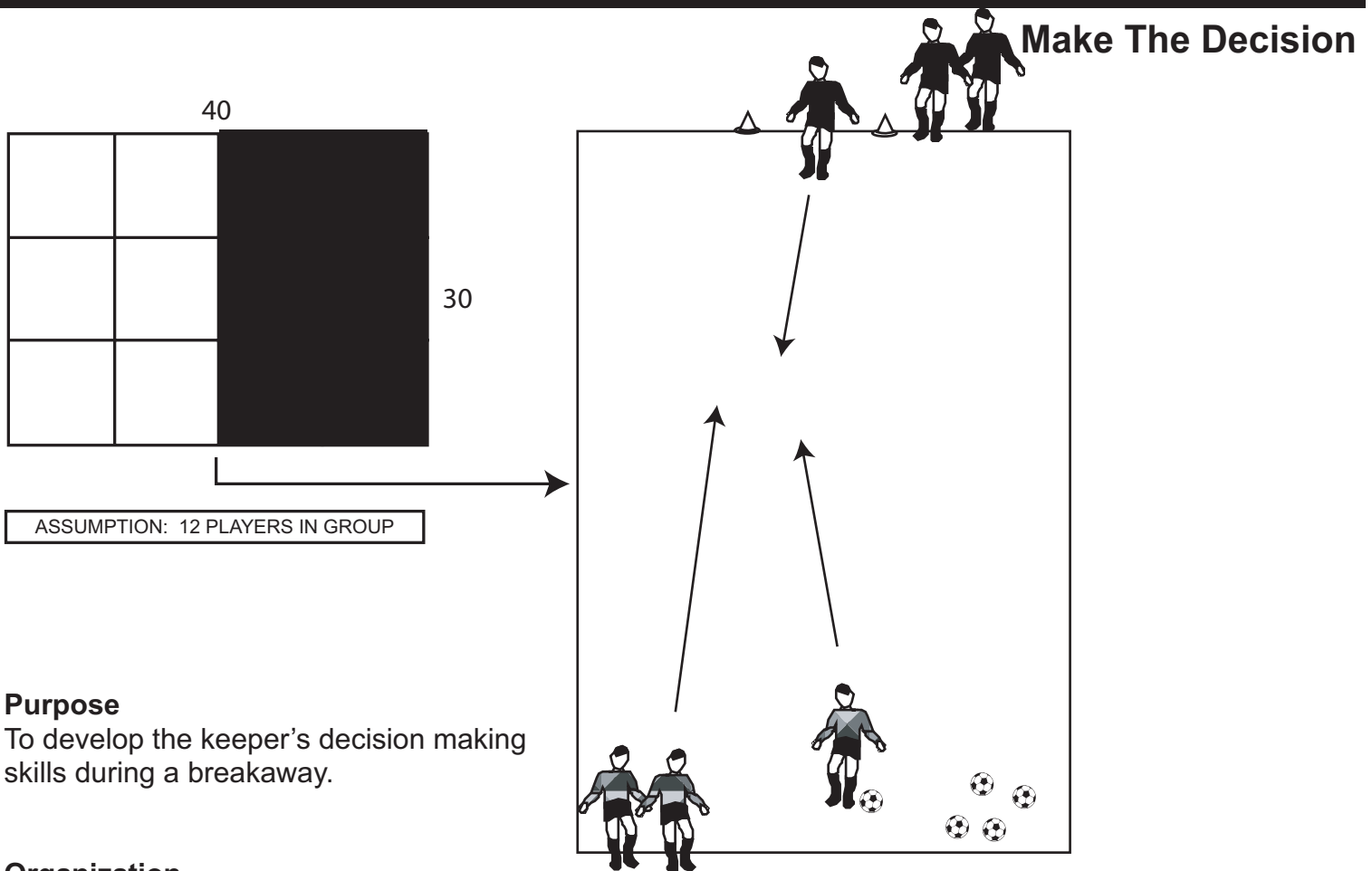
Follow these instructions:

1. The first server throws the ball in for the keeper to come for without pressure. The ball is then returned to the server. The keeper then receives a ball from the other server. The keeper receives two balls from each server and then switches places with the resting keeper.
2. The attacker and the defender are brought in to make practice more realistic. Rotate keepers, servers and attackers and defenders.
3. The ball is only served in from one side. There is no resting keeper so there are two attackers and defenders in the area. Rotate players.

Key Coaching Points

1. Come for the ball late and fast, thus allowing more time to assess the situation. Any early movements should be back to come forward, rather than forward to go back.
2. Make the decision to come or stay and communicate early 'keeper's ball' or 'away.'
6. Be confident and command your area.

PRO-KEEPERS - Diving & Penalty Shots



Purpose

To develop the keeper's decision making skills during a breakaway.

Organization

Set up a 20 x 30 yard area with a goal at one end of the area. Organize in groups of six with one keeper stationed in the goal, one server stationed at the opposite end of the area with soccer balls, two keepers stationed by the goal and two strikers stationed by the server. Repeat in one other area for a total of 12 players.

Game Objective

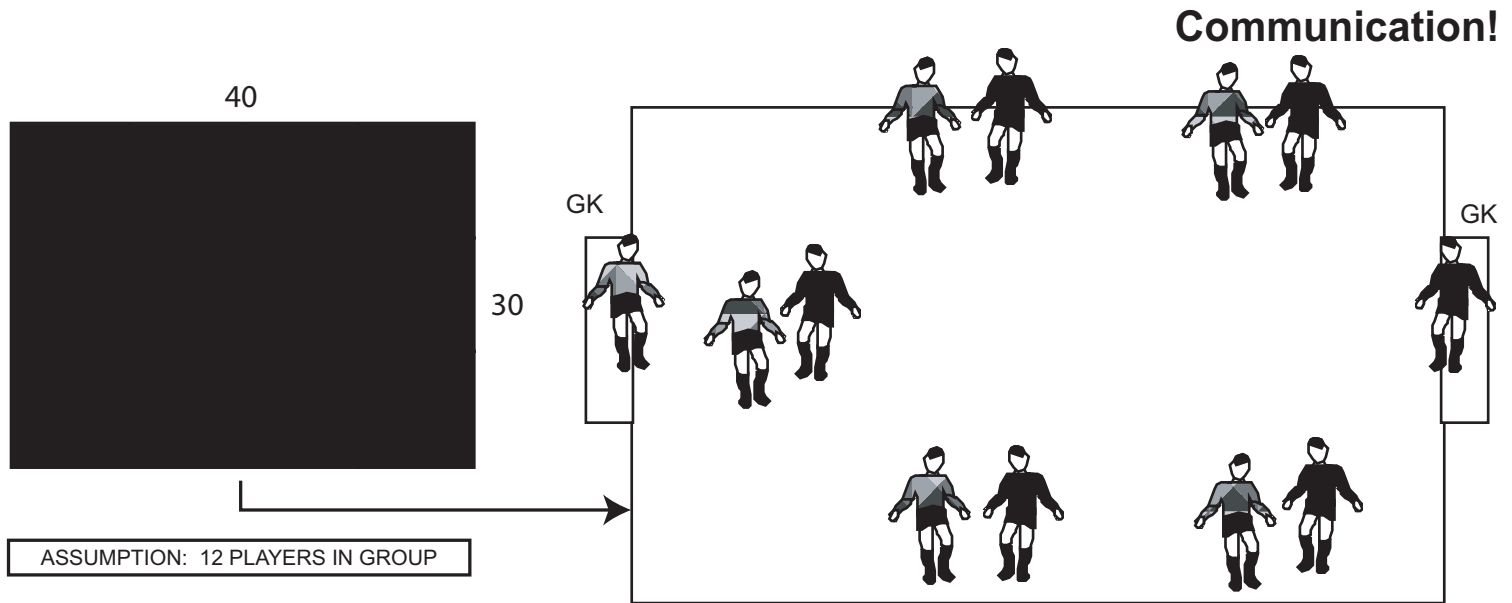
The server plays a through ball for the first striker to run on to. The keeper must close down the space to the ball and play the breakaway. Once the save is made, the keeper joins the back of the striker's line. The striker then joins the back of the keepers line. Rotate servers.

Note: Instruct the server to vary through balls so that some run through to the keeper and others meet the striker first, forcing the keeper to delay.

Key Coaching Points

1. Keepers decision, whether to intercept the through ball or hold the striker up, depending on the weight of the through ball.
2. Body position if the striker reaches the ball first --- stays on his feet, remains big for as long as possible.
3. Direct the striker away from the goal.
4. Once the decision has been made --- be committed.

PRO-KEEPERS - Team Play



Purpose

To develop goalkeepers communication skills.

Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers at each end. The only players allowed to speak are the goalkeepers.

Game Objective

The goalkeeper must communicate with his team throughout the game with clear commands including:

1. "Back!" for a passback with a signal given as to the direction of the ball.
2. "Outside!" or "Wide!" to tell defenders where to force attackers.
3. "Away!" for a cleared ball.
4. "Out!" to encourage the defense to push up.
5. "Keeper's Ball!" to indicate to defenders that it is the goalkeeper's ball.

If an outfield player speaks, then a free kick is awarded.

Progressions

All players can now communicate to one another.

Key Coaching Points

1. Shout clearly and early.
2. Be specific—don't ask questions.
3. Be simple and direct.
4. Commands should be calm, not panicky.