

AGE SPECIFIC GUIDELINES



AGE SPECIFIC GUIDELINES

Youth Goalkeeper
8-10 years old



Technical

- ✓ Principles of Goalkeeping
- ✓ Footwork Exercises
- ✓ Set/Ready Position
- ✓ General Handling Techniques (all heights)
- ✓ Basic Diving Techniques
- ✓ Distribution: 1st Touch Receiving, Control & Short Passing w/feet, Bowling, Side and Overarm Throws, Punts & goal kicks
- ✓ 1v1 Breakaway – basic principles

Tactical

- ✓ Explanation of basic tactical role – Positional/Angle Play

Physical

- ✓ Athleticism, Flexibility, Mobility and Coordination
- ✓ Introduction into higher intensity, endurance, explosive exercises w/short repetitions.

Psychological

- ✓ Learning to listen to coach and make decisions
- ✓ Earning respect from peers
- ✓ Understanding and recognizing how to deal with emotions/failure, accepting criticisms and comments

GK's Line
GK's Angle to Goal
GK's Positioning

AGE SPECIFIC GUIDELINES

Youth Goalkeeper
11-14 years old



Technical

- ✓ Principles of Goalkeeping
- ✓ Footwork Exercises
- ✓ Set/Ready Position
- ✓ General Handling Techniques (all heights)
- ✓ Basic Diving Techniques
- ✓ Distribution: 1st Touch Receiving, Control & Short Passing w/feet, Bowling, Side and Overarm Throws, Punts & goal kicks
- ✓ 1v1 Breakaway – basic principles

Tactical

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Physical

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GK's Line
GK's Angle to Goal
GK's Positioning

AGE SPECIFIC GUIDELINES

Youth Goalkeeper
15-18 years old



Technical

- ✓ Continuing to work on the technical aspects (paying extreme attention to the details)
- ✓ Beginning to work on more complicated exercises (multiple saves, reactions saves, etc)
- ✓ Beginning use of video analysis

Tactical

- ✓ Communication and its importance
- ✓ Understanding distance of support and recognizing pressure on and off the ball
- ✓ Having a presence in goal
- ✓ Organization of set pieces (free kicks/corners)

Physical

- ✓ Introduction into plyometric/recovery exercises
- ✓ Begin higher intensity exercises with short repetitions and short recovery

Psychological

- ✓ Taking responsibility to make decisions
- ✓ Learning to assess oneself
- ✓ Becoming “hungry” to train and play the game!
- ✓ Learning to deal with pressure, success/failure, competition, etc

GK's Line
GK's Angle to Goal
GK's Positioning

AGE SPECIFIC GUIDELINES

Collegiate Goalkeeper
19-22 years old



Technical

- ✓ Continuing to work on the technical aspects (paying extreme attention to the details)
- ✓ Adaptation to playing at the adult (pro) level
- ✓ Adapting to the speed of the game, less time to make decisions, more experienced/crafty players

Tactical

- ✓ Observing and learning from the more experienced/senior players
- ✓ Taking all opportunities to play matches

Physical

- ✓ Introduction to changes in training content/expectations/intensity/length of season

Psychological

- ✓ Moving up to the Senior Level so need to learn how to be patient and continue to work in order to progress career
- ✓ Learning how to be a #2, #3 or #4 goalkeeper
- ✓ Beginning to focus on soccer as a job and not just a hobby
- ✓ Learning life as a pro: managing fame, pressure from media and surrounding themselves with people they can trust ✓ Learning to deal with pressure, success/failure, competition, etc
- ✓ Pursuing the main objective: to become the #1 goalkeeper

GK's Line
GK's Angle to Goal
GK's Positioning



AGE SPECIFIC GUIDELINES

Pro Goalkeeper
23-34 years old



Technical

- ✓ Mastery of the Goalkeepers technique

Tactical

- ✓ Accumulating experience and knowing how to use it in match/training situations

Physical

- ✓ Body as fully matured
- ✓ Ability to handle heavy workloads together with good recovery

Psychological

- ✓ Being self-critical and acknowledgement of mistakes are necessary for progress
- ✓ Resistance to outside pressures (media, fans, pressure of results, etc)



AGE SPECIFIC GUIDELINES

Senior Pro Goalkeeper
35+ years old



Technical

- ✓ Mastery of the Goalkeepers technique

Tactical

- ✓ Using experience (reading the game, anticipation) to compensate for the reduction of certain physical qualities (speed, capacity to jump, etc)

Physical

- ✓ Reduction in certain physical qualities (speed, capacity to jump, etc)
- ✓ Learning to self-manage
- ✓ Listening to ones body and how it feels

Psychological

- ✓ Savoring every moment on the field
- ✓ Playing a major leadership role within the team
- ✓ Preparing for the forthcoming retirement from the game

