



## CUSC Keeper Specific Training (From UEFA GK program)

Vladan Vrsecky – UEFA GK, UEFA A

First and foremost, recognize that the keeper is not just a player on the field, he is a KEEPER, and we must approach him as such. If you are working on finishing, combination play, small sided games, etc, then your keeper should be in the goal, perfecting his abilities as a goal keeper, and not working on his finishing abilities. Just as a striker needs to perfect various 1v1 abilities, finishing abilities, receiving abilities, etc, the keeper must perfect his goal keeping abilities. This is done in training and in games.

### Important roles of the team coach during PRACTICE:

- Make sure the keeper is trying to hold/catch all shots and crosses, and not just batting them away or into the ground.
- Only the most difficult balls should be punched away or deflected to the sides.
- Push the keeper to work at 100% capacity, and to resolve situations as a goal keeper, and not to simply kick balls away etc.
- During games he is involved in the run of play, and is used to switch the play from side to side, and to constructively launch the attack.

### Important roles of the team coach during GAMES:

- Make sure the keeper stays connected with the team: if the play is in the attacking half then the keeper is in front of his penalty area prepared to intercept any long balls played over or through the defence.
- Encourage the keeper to get involved in the play by making constructive decisions with the ball and to be available for pass backs or to switch the play.
- Communicate with the team and especially the backs at all times (when to push up, when to drop, who to mark, who to pick up, what options are available, etc)... the keeper sees the whole play!
- Resolve all situations as a goal keeper – diving!



### CUSC Basic Keeper Techniques

The basic keeper stance: Legs shoulder width apart; legs bent slightly, elbows bent with hands roughly at hip height, body weight shifted forward slightly.



**Catching the ball (contour save):** With the ball at head height, the hands should both be behind the ball (fingers and thumbs behind the ball (the hands make a heart shape), with the ball the proper distance in front of the face, with no balls dropped or knocked away, but rather held in both hands. The feet should stay firmly planted and the keeper should not be falling back.





## CUSC Keeper Specific Training



**Basket Save:** Elbows together, hands should not be crossed over one another, arched back, chin over the ball.



**Ground Balls:** (low Basket/smother) Palms under the ball and close together, elbows together, one leg out to the side, with the knee and foot close together. The keeper ends up on his/her elbows at the end of the move.



**Diving:** Always dive forward when possible, hands properly placed (lower hand behind the ball, upper hand above the ball). Getting back up – using one hand, with the lower leg bent.





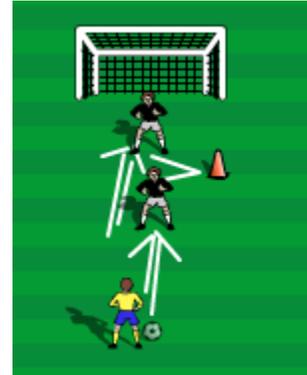
## CUSC Keeper Specific Training



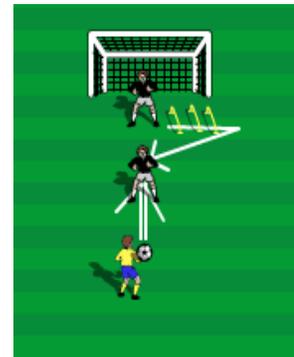
### Practice Warm-up for keepers:

*Exercises where the keeper is standing are repeated 10 times, those where he is diving are repeated 4 to 6 times.*

1. Trainer throws (if he is technically reliable and confident he can volley) the ball into the keepers hands at chest or head height. The keeper performs a proper catch, and then shuffles to the cone, touches, and returns back to the center for another repetition. The keeper is not running back and forth between the cone, but shuffling.
2. Same as exercise 1, but the with lower service so the keeper is making basket saves (below the chest).



3. Keeper starts in the middle of the goal, performs three quick steps over hurdles or cones, and then returns to the center of the goal for a basket save.



4. Trainer plays the ball on the ground and the keeper works on properly saving the ball (low basket/smother)



5. Keeper begins lying down on his stomach, gets up quickly and saves a low ball with the proper technique (basket/smother)
6. Keeper begins on his knees. Trainer kneels beside the keeper holding a ball in front. The keeper makes a slight movement forward and dives onto the ball that the trainer is holding. The focus here is to have the keeper diving forward.



## CUSC Keeper Specific Training



7. Keeper begins in a squatting position, with the ball lying in front and to the side of the keeper. The keeper steps forward slightly and dives forward onto the ball. Focus is on the forward movement and proper placement of the hands (this is the next step from exercise 6).
8. The keeper starts in the center of the goal, in a keeper ready position. The trainer sends the ball to the side on the ground, and the keeper makes a diving save. Once again, the focus is on the forward motion in making the diving save, as well as taking a slight step forward before the save.
9. Keeper starts in the center of the goal. The trainer throws a ball (on the ground or at mid-level) for the keeper to make a diving save (technique must still be proper here). The keeper returns the ball immediately after the save, gets up using one hand and a bent lower knee, and immediately makes a diving save to the other side.



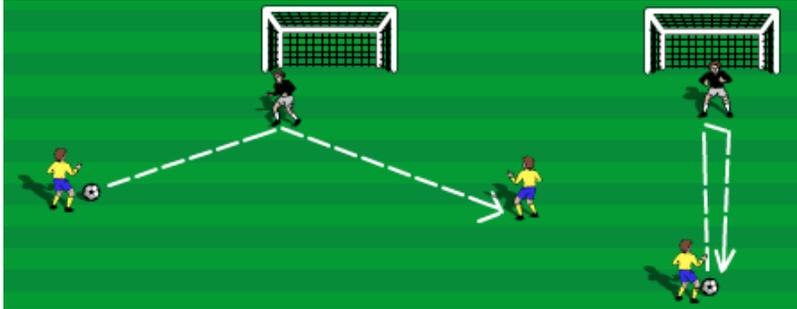


## CUSC Keeper Specific Training



### Pre-Game Keeper warm-up:

1. Passing – start with 2 touch and progress to 1 touch.  
If possible, move to passing the ball from side to side if another gk, player, or coach is available (keeper works on switching the play with 2 touches)



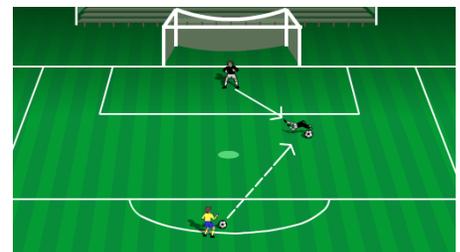
2. Keeper stands in ready position and trainer plays balls into his hands (contour save). The keeper focus' on holding every ball without dropping it. At least 10 repetitions.
3. Keeper is in ready position. Trainer play balls along the ground, and the keeper saves and finishes on his elbows. At least 10 repetitions.
4. Keeper is in ready position and saves balls that are bounced in.



5. Keeper is ready position in the middle of the goal. Trainer plays balls to the sides for the keeper to work on diving saves. Proper technique is enforced.



6. Keeper is in ready position. Trainer is further away now and sends balls to the sides where the keeper attacks the ball and makes diving saves. The keeper is to dive to save these balls (as if sliding forward into a dribbling attacker).



7. (older age groups) – goal kicks or clearances from the ground.  
Start with 2 touch (first touch out to the side, ankle locked, using proper swing and technique). Move to 1 touch clearances to accurately hit the coach who is a distance away.

