



Absolute Keeper Academy Outdoor Goalkeeping Development Cycle

Phase 1: Preparation

Date: TBD

Fundamental
Catching, & Diving
Techniques and
Distribution

Wk 1 – Apr. 29th

Wk 2 – May 6th

Wk 3 – May 13th

Phase 2: Acclimatization

Date: TBD

Dealing with
Crosses,
Positioning, Shot
Stopping, 1 vs. 1
Scenarios

Wk 4 – May 27th

Wk 5 – Jun. 3rd

Wk 6 – Jun. 10th

Phase 3: Maintenance

Date: TBD

Shot Blocking,
Acrobatics,
Reactions

Wk 7 – Jun. 17th

Wk 8 – Jun. 24th

Wk 9 – Jul. 8th

Phase 4: End Product

Date: TBD

Recap, Competitive
Exercises and
Cities/Provincial
Prep

Wk 10 – Jul. 15th

Wk 11 – N/A

Wk 12 – N/A

Technical Topics Covered:

<p>Skills:</p> <ul style="list-style-type: none"> - Techniques involved with catching high balls, mid-height balls and low balls - Diving Technique – power dive vs collapse dive - Parrying (rebound control) - Varying distance of distribution out of hands and feet (angles, accuracy, power) - Technique of receiving pass backs and sweeping principles - Communication, decision making and body position <p>Observations:</p> <ul style="list-style-type: none"> - Response when adding pressure and high intensity - Ensure keeper is diving forward - Body behind ball when catching 	<p>Skills:</p> <ul style="list-style-type: none"> - Techniques involved in dealing with crosses (approach, body shape, punching, etc.) - Speed, timing and angles when attacking oncoming player - Emphasis on position/angles when expecting shot - Anticipating/reading build up play to assist in making save/collecting crosses, loose balls, etc. <p>Observations:</p> <ul style="list-style-type: none"> - Transitioning into attack after making save - Positioning (Center-Line Theory) and Bravery - Recovery once making a save 	<p>Skills:</p> <ul style="list-style-type: none"> - Various blocking techniques - Parrying distance and direction - Demonstrate proper diving technique – tip, parry, top hand save, etc. - Increase reactions and agility - Techniques to increase diving range - Dealing with powerful shots - Evading targets to save ball <p>Observations:</p> <ul style="list-style-type: none"> - Strength, flexibility, agility - Balance and core strength to maintain stability and posture - Instinct and decision making - Speed and quickness 	<p>Skills:</p> <ul style="list-style-type: none"> - Based on the trainer's discretion and individual goalkeepers needs - Fine-tune skills through lots of repetition - Correct any technical flaws <p>Observations:</p> <ul style="list-style-type: none"> - Provide feedback to each player based on how they have trained throughout the season – strengths & improvements - Provide the keepers with game psychology tips, pointers and confidence
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Tactical Topics Covered:

<ul style="list-style-type: none">- Emphasize where the keepers should distribute the ball in relation to pressure and where the ball came in from- Emphasizing, particularly with the younger keepers to utilize the entire space within their box to get extra distance on distribution- Composure -- dictating pace of the game down- Emphasis on distributing more with throwing and driving of ball out of feet (increase focus on accuracy and maintaining possession)	<ul style="list-style-type: none">- Knowing where to stand in relation to defenders, attackers and the goal- Tactical benefits of effectively sweeping in behind defenders- Having the keepers set up their teams defensive shape through loud and effective communication- Explain how the keepers should set up team on corner kicks and set pieces (wall)- Vocalizing and attacking the ball	<p>Timing, positioning, and technique involved to force a player into a difficult shot</p> <ul style="list-style-type: none">- When to utilize a particular blocking technique dependent on in game situation- Techniques involved in increasing reaction time in order to make a save- Decisions around parrying/catching/tipping	<ul style="list-style-type: none">- Provide tips on penalty kicks (dealing with added stress/anxiety, goal presence, how to read a shooter)- Decision making towards the end of a game -- winning vs losing situation-Recap how to properly set walls and defenders for set pieces/corners
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