



BATON ROUGE SOCCER CLUB GOALKEEPER PROGRAM DESCRIPTION



The Baton Rouge Soccer Club Goalkeeping Program Description is designed to provide basic guidelines and policies related to the development of boys and girls goalkeepers within Baton Rouge Soccer Club.

It is important to note that an individual player's growth in the goalkeeper position may dictate a faster or slower progression through the curriculum, and every player must be assessed on an annual (or semi-annual) basis to determine his or her ability to meet the "benchmarks" or considerations proposed by the curriculum. These evaluations should reflect development in the four pillars of the position: Technical, Tactical, Psychological, and Physical.

The positive development of BRSC Goalkeepers will be a club effort, inclusive of Goalkeeper coaches, Team Coaches, Club Director(s), Parents, and Teammates. Coordination of all of these support personnel will ensure the proper identification, preparation, evaluation, and retention of the BRSC Goalkeepers. Positive feedback from teammates, coaches, and parents (especially at a young age) will reduce goalkeeper attrition and inspire continued involvement. Below are some of the ways that Teammates, Coaches, and Parents can influence the development of goalkeepers within Baton Rouge Soccer Club:

Teammates:

- **Step up and give it a try** – many goalkeeper's teammates have never stepped foot in the goal so they have no appreciation for the position and its unique challenges.
- **Applaud effort** – teammates must be a part of the reinforcement network, praising great saves in the same way they celebrate a scored goal.
- **Be inclusive** – goalkeepers often feel isolated from the team due to the nature of the position, so a conscious effort to include the goalkeeper in team activities, practices, and games is critical

Team Coaches:

- **Educate yourself** – Coaches should find a local NSCAA GK 1 & 2 course, pick up a GK training book, or browse some video clips or goalkeeping websites. Team Coaches who are familiar with the position at a basic level can reinforce the fundamentals and provide specific feedback when the Goalkeeper coach is not around.
- **Patience is key** – there is a reason why the best goalkeepers in the world are in their 20's and 30's. The goalkeeping position is an acquired skill which takes many years of experience to master. At the youngest ages, even the motor skills necessary to catch a moving ball are still being developed. Don't rush the process.
- **Expose your players to the position** – Especially at the younger ages, Team Coaches should ask that everyone gives goalkeeping a try, whether it's a training session, half of a game, or part of a season.

Parents:

- **Being the goalkeeper is emotionally challenging** – As is being a defender, midfielder, or forward. However, the impact of being the "hero" or the "goat" in any particular game can take a toll on young goalkeepers. Be sure to reinforce the positives, "Catch Them Being Good!", and don't focus your conversation on what goals they gave up or the result of the game, but rather what they learned from particular moments in the match.
- **Help them be a student of the game** – Is there a soccer game on TV? Is there a local college team? Is there a nearby pro game? Exposing goalkeepers to what is done at higher levels will expedite their development and provide role models.
- **Make sure they understand the commitment involved** – if you have a competitive level goalkeeper, he or she should be spending a significant amount of training time with the goalkeeping staff. Baton Rouge Soccer Club will offer two sessions per week at each age group, and goalkeepers at the competitive levels should make efforts to attend at least one, preferably both, every week.

Goalkeeper Identification

Goalkeeper identification and evaluation will be conducted throughout the season and also during scheduled tryout dates in accordance with BRSC and LSA regulations. Additionally, goalkeepers from outside the club may periodically be invited to BRSC Goalkeeper training sessions when permitted by LSA timelines.

For returning BRSC Goalkeepers, performance during the tryout phase of the season is not the only factor in goalkeeper placement, but rather a small piece of the overall consideration. Consistency over time, demonstrated commitment to the team and the position, and player growth are critical factors in team placement. The "body of work" philosophy is key to proper placement. Goalkeeper placement and identification is a collaborative effort between the BRSC Goalkeeping Staff and the Team Coaches.



BATON ROUGE SOCCER CLUB GOALKEEPER PROGRAM DESCRIPTION



Player Movement & Guest Playing

Player movement may occur during or after a competitive season. The most common timeframe of player movement is during the tryout/placement process (late May, early June), but in some cases, it may happen mid-season. The coaching staff will only orchestrate player movement when it is mutually beneficial to the player and to the team.

BRSC Goalkeepers may also be given opportunities to guest play with higher level BRSC teams, utilizing the "Club Pass" system, in order for the player and coaching staff to assess the player in a different environment. Guest Playing opportunities are by invitation only and will be communicated by the Director of Goalkeeping to all parties involved.

Defining "Full Time" vs. "Part Time" Goalkeepers

Goalkeepers within the Colorado Storm program may participate as either "full-time" or "part-time" goalkeepers:

- **Full Time Goalkeepers** are players who have decided to specialize in the goalkeeper position and commit to playing in that position only. Full Time goalkeepers will be placed on teams according to their goalkeeping ability. Full Time goalkeepers are not necessarily guaranteed full-games in goal, as there may be multiple goalkeepers assigned to a competitive team. Full-time goalkeepers will not be considered for outfield positions (defender, midfielder, forward) in a competitive match setting.
- **Part Time Goalkeepers** are players who play both in the goal and as an outfield player. In most situations, there will be two Part Time goalkeepers assigned to a team, allowing them to split halves in the goalkeeper position. Part Time goalkeepers will be placed on teams according to the "lowest common denominator". For example, if Player "X" (who is a Part Time goalkeeper) is a 3rd team level goalkeeper and a 5th team level outfield player, he/she will be placed on the 5th team (that is, if that player wants to play both in the goal and on the field).

The Baton Rouge Goalkeeping Program stresses that goalkeepers are soccer players **FIRST**, goalkeepers **SECOND**. All our goalkeepers must be competent in the principles of the game (attacking, defending, transition) and have the appropriate technical skill to manipulate the soccer ball in an intentional way. Goalkeepers in the game of soccer are required to be highly skilled individuals, as the demands of the position go well beyond just catching the ball.

Both types of goalkeepers are required to attend goalkeeper training from U11-U19 if they are in the competitive division. Failure to do so may result in the goalkeeper relinquishing his/her right to play the position until consistent goalkeeper training attendance is demonstrated.

Playing Time

There will always be a developmental undertone to the allocation of playing time but it is never guaranteed for any competitive players, regardless of position. In the competitive division of Baton Rouge Soccer Club, the coaching staff has the responsibility and discretion to decide on playing time. At the recreational level, players are guaranteed to play in at least 50% of the games they attend. For specific questions regarding goalkeeper playing time philosophy contact Director of Goalkeeping, Rogerio Celaya.



BATON ROUGE SOCCER CLUB GOALKEEPER PROGRAM DESCRIPTION



Mission Statement

Goalkeepers are often the overlooked individual in the team. At Baton Rouge Soccer Club, we have put a goalkeeping program in place to produce our vision of the complete goalkeeper.

Goalkeeping is a crucial and privileged playing position. Baton Rouge Soccer Club will deliver specific goalkeeping instruction in a professional attitude and demonstrate a useful approach in their training. Our objective is to provide the foundation and grounding goalkeepers need to improve their technical skills to succeed in soccer.

BRSC is dedicated to developing fundamentally sound goalkeepers whom our teams can depend upon and our opponents fear. We expect our goalkeepers to serve as our team's last line of defense and first line offense. At BRSC Goalkeeper Academy we strive for the following:

- For goalkeepers to learn and enjoy the art of goalkeeping. To have fun while training.
- To improve their technique through simple and realistic practices.
- To improve their understanding of the position by giving them the skills and knowledge they require to be successful, consistent, and a reliable performer.
- To develop movement skills and patterns specific to goalkeeping.
- To teach the key tactical aspects of goalkeeping.
- To help the goalkeeper with decision making and other psychological aspects of the position.
- To ultimately improve match performance.

The training available at Baton Rouge Soccer Club will be conducted to the highest of standards, thus creating an atmosphere that goalkeepers will feel proud to attend and be part of. The club recognizes them as valuable assets and the key to a successful team.

Baton Rouge Soccer Club Goalkeeping Philosophy

With soccer players training year-round, and the level of competition continually improving, there is a greater demand on goalkeepers to perform. When a team wins a game because of the strength of their goalkeeper, it is then when one can be thankful that specialized goalkeeper training is available at their club. It is no longer seen as a benefit, but a necessity, for a club to develop their goalkeepers with specialized training, in order to learn the skills needed to perform at the next level.

Our philosophy at Baton Rouge Soccer Club is to teach and coach our goalkeepers to become fundamentally flawless goalkeepers. Emphasis is always placed on the following; Technique, Positioning, Distribution, Decision making, and the Psychological part of the game. Our goalkeepers achieve this through continuous repetition and attention to technical details. I firmly believe that it does not make sense to do physically taxing exercises for the sake of making goalkeepers tired with little attention given to the proper method of goalkeeping.

The majority of goalkeeping can be done by staying on your feet, if you have good footwork, you don't have to rely on diving to every ball, and the save is made to look easy. This allows for quicker distribution and easier recovery to any rebound. I expect our goalkeepers to lead by example through their hard work in training, and games. They should be leaders on and off of the field within their team.

Baton Rouge Soccer Club Goalkeeper Expectations

Our Goalkeepers are expected to go above and beyond what we ask of the rest of our players in the club. Our Goalkeepers are expected to train 2 times per week. BRSC Goalkeepers will train a **minimum** of 1 times per week with a member of our goalkeeping staff as well as potentially 1 or 2 times with their team, depending on training schedule.

Being a goalkeeper for Baton Rouge Soccer Club is a commitment that shouldn't be taken lightly. Attendance is mandatory. Coaches at the club are in constant communication with each other and are of an understanding that specialized goalkeeping training takes precedence. Each training session will be an hour in length.



BATON ROUGE SOCCER CLUB GOALKEEPER PROGRAM DESCRIPTION



What Does the Goalkeeper Academy Includes?	
Parents	Goalkeepers
<ul style="list-style-type: none">• Weekly Email• 1 Player/ Parent Meeting / Pizza Day• 4x year evaluation by email.• Plan to see each goalkeeper 3 to 4 times / season/ (fall, winter, spring, summer).• Parent information about goalkeeping.• Access to video to goalkeeper training for educational and recruiting purposes.	<ul style="list-style-type: none">• Weekly email (training/ evaluation)• Feedback @ training including video• See 4x/ season• 4 evaluations /• Social events – Bowling Night, Pizza Party (Parent & Player Evaluation Day).• Game Evaluations• Self-Evaluation after every game• Access to video from training• And much more...

Age Considerations:

The following pages present guidelines and expectations for goalkeepers within various age groups. It is important to note that not all goalkeepers will follow a linear progression through the benchmarks mentioned below. Some players may advance more quickly while others will need more time with the fundamentals. It is the responsibility of the club, the director of goalkeeping, and the team coaches to identify areas of strength and weakness in order to develop and challenge every individual.



BATON ROUGE SOCCER CLUB GOALKEEPER PROGRAM DESCRIPTION



Ages 10-12: “Foundational Development Phase”

Ball Size: 4

Goalkeeper Session Length: 75 min (max.)

Technical Considerations:

- Set position 2.0 (loading energy into the legs, weight forward, shoulders rounded)
- Footwork (crossover, drop step, sprint, backpedal)
- Catching Progression (high contour, side contour, front smother/forward dive).
 - o Kicked & thrown service.
- Intro to diving (collapse & reload). Dead ball, thrown, and kicked service.
- Basic 1v1 technique (controlled environment – thrown service or dead ball repetition)
- Striking a still ball with the laces
- Passing/receiving in one and two touches.
- Volley from hands with BOTH feet
- Throwing (bowl, side arm, overarm) to targets.

Tactical Considerations:

- Ball Line Positioning (stay on the imaginary line between the ball and the center of the goal)
- Vertical positioning (how close or how far from the goal?)
- Connection with team (don't stand on goal line, move up and back with the team unit)

Psychological Considerations:

- The fundamentals are CRITICAL
- Competition against yourself (races: how many _____ can you get?)
- Explain the why? behind techniques and actions
- Quality over Quantity
- Mental Focus for a half or a full match
- Challenges of being a “back-up”, managing split time in the goal

Physical Considerations:

- Flexibility and movement
- Warm up and Cool down
- Build a “relationship” with the ball. Cross-training is encouraged (basketball, volleyball, tennis)
- Body weight resistance training
- Nutrition and hydration



BATON ROUGE SOCCER CLUB GOALKEEPER PROGRAM DESCRIPTION



Ages 13-15: "Youth Development Phase"

Ball Size: 5

Goalkeeper Session Length: 75 min (max.)

Technical Considerations:

- Set position (set and re-set)
- Handling techniques at all heights, kicked service.
- Cross Management: techniques of catching, parrying, boxing.
- Diving 2.0 (extension dives, parrying, power step)
- All throwing techniques (bowl, side arm, over arm, baseball throw)
- 1v1 Techniques 2.0 (three situations: 60/40 for goalkeeper, 50/50, 60/40 for attacker)
- Increase range of passing. Increase availability for back pass.

Tactical Considerations:

- Distance from unit and organization of defense (connectivity). "Preventative goalkeeping" – through organization, prevent a goal scoring opportunity before it arises.
- Communication (clear, concise, and direct)
- Defenders affect angle play
- Intro to full size goal, field markings, familiarize with space.
- Functional training that involves decision making and game-related situations
- Intro to set piece organization/positioning

Psychological Considerations:

- Specialization: Identification of a "full time" goalkeeper
- Managing selections (try-outs, starter vs. non-starter)
- "Coachability" – how to deal with praise and criticism
- Preparation (general lifestyle, pre-game/pre-training ritual, warm-up)
- Student of the Game – terminology, principles of play, team objectives
- Courage and effort. "Put yourself out there, be brave."

Physical Considerations:

- Height/weight
- Nutrition
- Speed and Explosiveness in varied directions
- Jumping (vertical and lateral)



BATON ROUGE SOCCER CLUB GOALKEEPER PROGRAM DESCRIPTION



Ages 16-18 “The Prospect Development Phase”

Ball Size: 5

Goalkeeper Session Length: 90 min (max.)

Technical Considerations:

- Shot stopping/Reaction saves (make a play on the ball)
- Multiple shot saves (save, recovery, save)
- All diving techniques, from low to high: forward dive, collapse, extension, parry, back to bar.
- Cross management under pressure from varied angles
- Back passes under pressure. Varied surfaces (driven, bending, wedged)
- Increased range of throws
- Distribution from feet: volley, half-volley, side volley, goal kick

Tactical Considerations:

- Narrowing the angle (technical and tactical considerations).
 - o Small adjustments as the ball moves in/around the goal.
- **Purposeful communication:**
 - o “Your communication is effective if what you ask to happen, happens”
- Understand the strengths and weaknesses of system of play. Recognize and organize.
- Understand basic scouting report (set pieces, opponent’s strengths, team objectives)
- Distance of support: GK should be responsible for 2/3 of the amount of space from the goal line to the back line. (Deal with through balls, step out of box to clear or tackle)
- Organization on set pieces and corner kicks

Psychological Considerations:

- Increased competition: both internal (compete for minutes/a position on your team) and external (better opponents, more difficult situations)
- Coping with success/failure (short, yet conscious, memory). Don’t forget, but don’t dwell.
- Self-assessment. Evaluate own performance. Evaluate in comparison with peers.
- Understanding own weaknesses (hide weaknesses, play to strengths)
- Lifestyle/discipline.
- Goal setting. Take control of your “career”.
- The College Search: professional, personal approach to self-promotion and gaining exposure.
- Presence/command of your team
- Confidence
- Training mentality. A “Winning” Mentality.
- Accountability
- Rise to the Occasion or Sink from the Spotlight?

Physical Considerations:

- Strength training (soccer/goalkeeper specific)
- Plyometric (jumping, hopping, balance, coordination)
- Height/weight ratio
- Nutrition/Diet: Proper fuel, proper recovery.
- Agility (change in direction, stop/start)