



**National Soccer Coaches  
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# NSCAA Goalkeeping Academy Level I Classroom - Session One

Prepared by:  
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and  
NSCAA Staff Coaches



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# Welcome!

## NSCAA Goalkeeping Academy

Level 1 – 5 hours

Level 2 – 12 hours

Level 3 – 18 hours

Advanced National – 50 hours (total 85 hrs.)

## Staff

Tony DiCicco and Deb Raber

NSCAA National Goalkeeper Staff



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# Expectations

- Be on Time
- MUST ATTEND EVERY SESSION
- Be Positive, Open to Learning and Sharing

## Grading

No testing. As long as you attend, participate, follow the rules; you get a certificate.

The Level 1 is an Introduction to the NSCAA

Goalkeeping Academy



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# Course Schedule

Must attend all sessions

Thursday:

7:30-9pm Lecture – Tony DiCicco and Deb Raber

Introduction to GK; Positioning, Communication, Mental Skills

Friday:

12:30-1:20pm – Field session- Deb Raber

Basic Handling, Collapse Diving, Hand Distribution

5:15-6:10pm – Field session – Deb Raber

Positioning, Angle Play and Foot Distribution

6:20-7:15pm – Field session -Tony DiCicco

Training Your goalkeeper with Team Games



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# Goals of the course...

Provide you with a basic understanding of the goalkeeper position. Provide coaching and teaching ideas and methods.

- Coaching Methods Specific to Goalkeepers
  - Coaching Points for Basic GK Skills
  - Basic and Proper Positioning for the GK
  - Basic Distribution
  - Basic Communication



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# Training Goalkeepers

## Goalkeeper *Coach* vs. Goalkeeper *Trainer*

### Environments

- Group of GK's with GK Coach
- Team Gkers – usually 2-4
- Clinic/Camp Coaching – mass group
- Functional Training – great for GK's
- Using GK Methodology



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# **Goalkeeper Training Methodology**

**Coach – Goalkeeper (before or after training)**

**Coach – Goalkeeper – Players**

- **Players are not just servers - ball needs to move**
- **Add decisions for GK and field players**
  - **Add distribution for GK**
- **“Game like” training environment for GK and players**

**Coach – Goalkeeper – Team**



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# Goalkeeper Training Methodology

## ■ Other Methodology

- Functional ( all levels -in goal or simulated goal)
- Coaching in the game (Level 1-4)
- Phase play (Level 3 – ANGK)
- Shadow Training (ANGK)



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# Performance Areas for Goalkeepers

- TECHNICAL
  - Level 1, 2
- TACTICAL
  - Level 3-4
- PHYSICAL
  - Level 1-4
- MENTAL
  - Level 1-4



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# Basic Principles of Teaching

- Level 1 is Technical Training with very little tactical application.
- Simple to Complex (level 2,3-ANGK)
  - Tactics such as breakaway save
- General to Specific (level 2-3)
  - Position such as flank attacks
- Individual to Team (level 3 – ANGK)



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# Coaching Methods

## Selective Coaching

- Build on Successes / Save is a Save!
- Create Reference Points
  - Example: There are only 4 ways to catch/handle the ball!

## Performance Techniques

### Managing and Building Confidence

- “Catch them being good”

### Develop...

- Leadership
- Positive Self Talk
- Train them so they “earn the right to play well”



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# NSCAA Goalkeeping Institute Level I

## VIDEO SESSION

**Note: NSCAA 3 DVD Goalkeeper Video Series now  
Available - SLS**



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# Basic Handling

## Basket Catch

Scoop; K-Catch; Front Smother

## Contour Catch

## Side-Contour Catch

Collapse Dive; Breakaway Technique

## High Contour Catch



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# Level 1 -Footwork in goal

Dynamic Set Position

Shuffle; Mini-Shuffle

Cross-over to Shuffle

Drop Step

Side-on Run

Backpedal

“Restand”

“Back-Set” – Level 2

“Pre-stretch” Concept – Level 2, 3



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# Level 1 – Positioning Concepts

## Ball Line

An imaginary line from the center of the goal to the ball. In most situations, the goalkeeper should be straddling this line.

Exceptions: Free Kicks, Corner Kicks, Crosses.

## Angle Arc

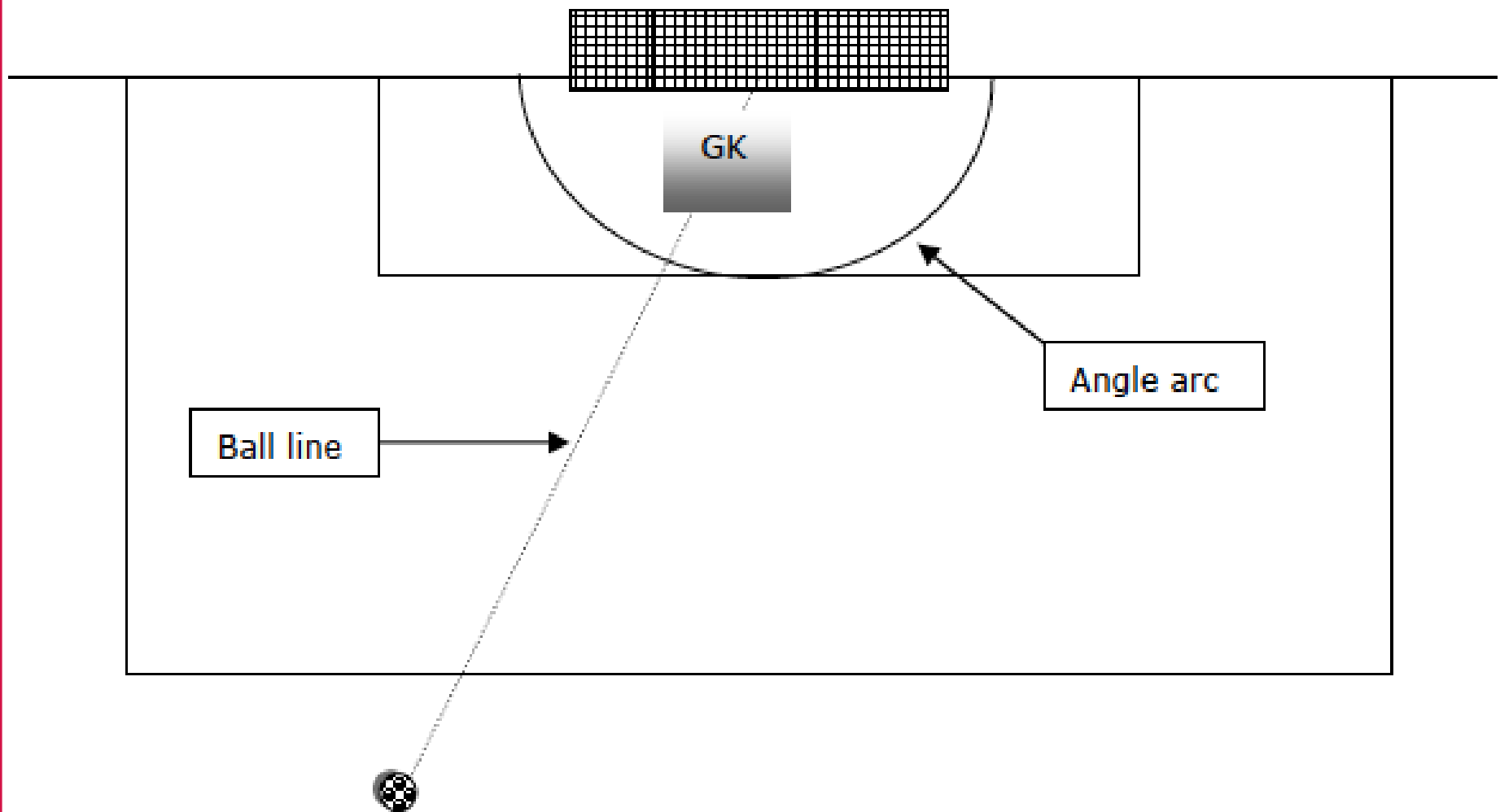
An approximate guide in the positioning for shots. Starts one yard outside the post, peaks at the center of the six-yard box and finishes on yard outside the post.

Exception...Bouncing Ball



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# Goalkeeper Communication

Simple & Specific

*Jill...left #9*

*Avoid...who's got #9*

Key words/phrases for Level 1:

"KEEPER"

"AWAY"

"CONTAIN"

"STEP"

"BACK" or "IF YOU NEED ME"

When voice, keeper can indicate urgency.

Body Language Communication



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# Goalkeeper Mental Skills

- Confidence
  - Confidence is an “inside job” BUT, the coach and teammates can have tremendous impact on the self-confidence of a GK
- Courage
  - Physical Courage and Emotional Courage
- Concentration and Focus
  - The ability to “play in the moment” to put other thoughts and distractions out of one’s mind
  - Ability to shift from wide-scope focus to narrow-zeroed in focus
- Commitment to become a student of the GK position
  - There are no lazy goalkeepers reaching high levels!



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# Questions



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