

PLYMOUTH SOCCER ASSOCIATION  
GOALKEEPER DEVELOPMENT  
PROGRAM



Learn To Play Like A Goalkeeper  
Not Act Like One.

# GOALKEEPER DEVELOPMENT PROGRAM OVERVIEW

The main objective of the GOALKEEPER DEVELOPMENT PROGRAM is to provide a comprehensive instructional program to aspiring and active goalkeepers within the PSA club.

The program is structured in such a way to ensure a methodical approach is taken first establishing the fundamentals necessary for future success, then building on these fundamentals incrementally.

The position of goalkeeper is unique in the game, and requires specialized instruction and development. Any player hoping to succeed as a goalkeeper at higher levels of competition will need specialized instruction ensuring the correct foundation, and growth.

The Goalkeeper Development Program is a carefully planned progression, designed to develop all of the skills necessary for success as a goalkeeper. It is important that anyone aiming to be an effective keeper commits to their development and commits to the program. Missing even one session can make being ready for the next level very difficult. If you can't make a session, make sure you talk to the coaches and try to work on what you missed. Every step is essential. Give 100% effort in every session to make sure you are getting the full benefit.

Ask questions!!! You have to understand what you are supposed to be doing, and why, before you can do it right.

- 👁️ **DECIDE:** TO BE A GOALKEEPER
- 👁️ **COMMIT:** TO THE PROGRAM. GIVE 100% EVERY SESSION
- 👁️ AND YOU WILL **SUCCEED** INTO BECOMING A BETTER GOALKEEPER.

# WINTER GOALKEEPER TRAINING CALENDER

2011 – 2012

**(WINTER)** TRAINING NIGHT: Tuesday VENUE: WCMS Dome Small Field

**2011 Dates:** Nov 8, 15, 22, 29. Dec 6, 13, 20.

**2012 Dates:** Jan 3, 10, 17, 24, 31. Feb 7, 14, 21, 28. Mar 6, 13, 20, 27.

## **U8 - U10's Boys / Goalkeepers Class**

5:30pm - 6:10pm Technical

6:10pm - 6:30pm GK Games

## **U8 - U10's Girls Goalkeepers Class**

6:30pm - 7:10pm Technical

7:10pm - 7:30pm GK Games

## **U11 – U12's Boys / Girls Goalkeepers Class**

7:30pm - 8:10pm Technical

8:10pm - 8.30pm GK Games

**(WINTER)** TRAINING NIGHT: Wednesday VENUE: W.C.M.S Dome Large Field

**2011 Dates:** Nov 23, 30. Dec 7, 14, 21

**2012 Dates:** Jan 4, 11, 18, 25. Feb 1, 8, 15, 22, 29. Mar 7, 14, 28.

## **U13 - U18's Boys / Girls Goalkeepers Class**

7:30pm - 8:30pm Technical

8:30pm - 9:00pm GK Games