



Santa Rosa United

Goalkeeper Program

Principles and Overview

Santa Rosa United is proud to announce one of the top Goalkeeper programs in Northern California. This project was founded to create competitive Goalkeepers in the Northern California area and to prepare them to compete at the USA National Team, collegiate and local club team level. It is the fundamental objective of this project to create an ongoing program that will improve the competitive level of every goalkeeper trained. We are bringing together the best professionals in the Sonoma County area to implement this program.

Because a winning soccer team starts with an excellent goalie, it is SR United's philosophy to develop players with all the physical, technical, physiological, and tactical skills needed to compete at the highest level possible. It is also our goal to develop a community of student players by teaching and instilling in them the basic values that lead to a successful and dignified life both on and off the soccer field.

Santa Rosa United offers a progressive program that has continuity from the very beginning stages through the advanced tactical stage, and which will also give greater purpose to the lives of these young people.

The process begins with the new player or keeper and will follow a basic stage developmental program aimed at encouraging athletic, social, and moral values as well as improving the specific needs and skills of a goalkeeper. This program will develop these skills based on the individual's current skill level and potential.

Philosophy

This program represents a considerable commitment of our club and our families, both economically and organizationally. It could not be justified to only provide an unorganized recreational activity for children who would play soccer or as a simple distraction from the realities of the street and the daily exposure to social ills.

We are creating an avenue for every committed young person to become a great goalkeeper and for all our students to improve their overall soccer skills in a safe, organized, and well supervised environment. Equally important, we are assisting in the development of a valued and productive member of the community by instilling in them not only athletic prowess but also a good moral and ethical foundation.

Project Methods

This program will develop an individual's athletic talents through the following means:

1. Acquire the basic knowledge of body coordination needed to play the position of Goalkeeper through a repetition of technical skills advancing from basic movements of Goalkeepers to more advanced techniques needed to compete at a higher level.
2. To understand and be able to execute the rules and fundamental strategies of the position of Goalkeeper.
3. To learn specific techniques and theories needed to play Goalkeeper at the highest level.
4. To be able to move and coordinate the body in such a manner as to play at the highest level.

5. Will learn sportsmanship and a sense of fair play through interaction with the competition and be able to interact with fellow players in a competitive yet fair manner.

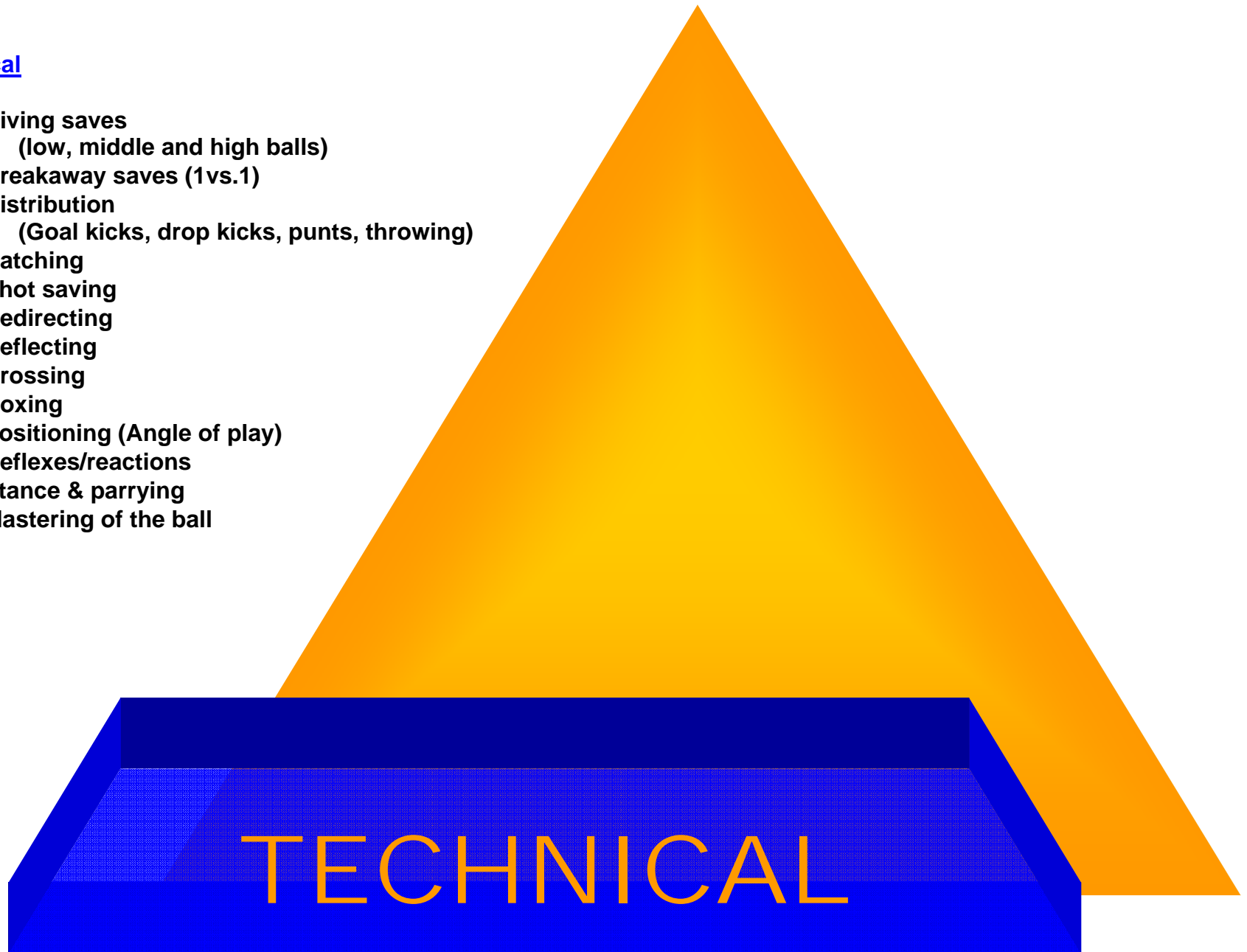
Messias Souza Dos Santos
Goalkeeper Program Director

Curriculum
Triangle Shape for success



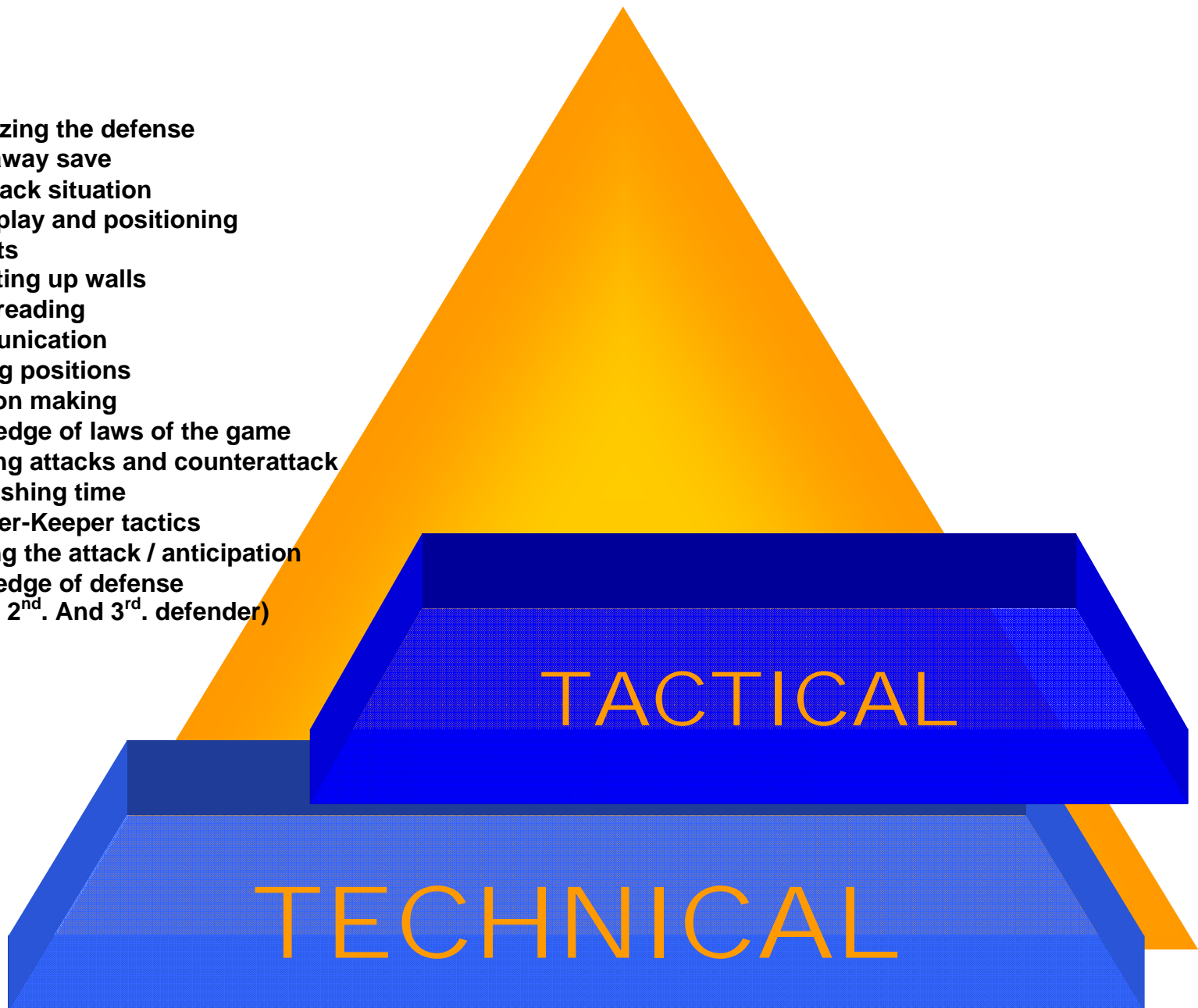
Technical

- **Diving saves**
 - (low, middle and high balls)
- **Breakaway saves (1vs.1)**
- **Distribution**
 - (Goal kicks, drop kicks, punts, throwing)
- **Catching**
- **Shot saving**
- **Redirecting**
- **Deflecting**
- **Crossing**
- **Boxing**
- **Positioning (Angle of play)**
- **Reflexes/reactions**
- **Stance & parrying**
- **Mastering of the ball**



Tactical

- Organizing the defense
- Breakaway save
- Pass back situation
- Angle play and positioning
- Restarts
 - Setting up walls
- Game reading
- Communication
- Starting positions
- Decision making
- Knowledge of laws of the game
- Initiating attacks and counterattack
- Establishing time
- Sweeper-Keeper tactics
- Reading the attack / anticipation
- Knowledge of defense
 - (1st. 2nd. And 3rd. defender)



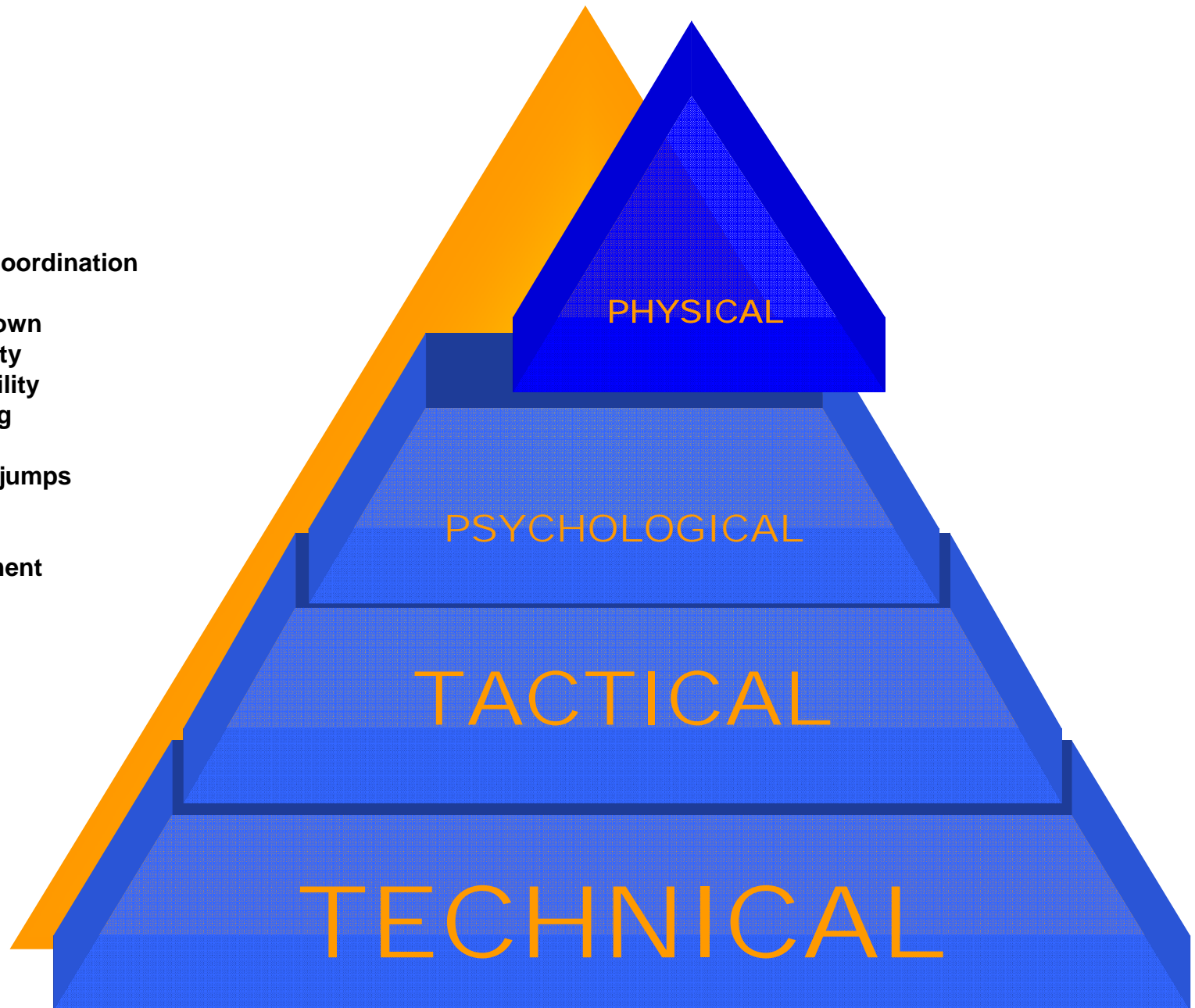
Psychological

- Leadership
- Communication
- Confidence
- Self control
- Courage
- Training ethics habits
- Attitude
- Coachable
- Motivate
- Dealing with pressure
 - Success and failure
- Consistency
- Positive projection
- Maturity and poise
- Self analysis
- Focus
- Mental stimulation
- Hard worker



Physical

- Flexibility and coordination
- Proper warm-up
- Effective cool-down
- Footwork mobility
- Strength and agility
- Pressure training
- Conditioning
- Vertical / lateral jumps
- Proper nutrition
- Athleticism
- Power development



Recommended Equipment

- Long-sleeved shirt or keeper jersey
- Full-length keeper pants or sweats
- Long soccer socks
- Keeper gloves
- Shingards
- Soccer shoes
- Slide shorts

Additional equipment

- Knee pads
- Elbow pads
- Padded GK shorts

