



Celtic SC Goalkeeper Philosophy

The GK player is a unique position in that is the last line of defense and the first line of offense for a team. At Palatine Celtic we take great pride in teaching everyone this position at an early age so they are well rounded and are able to adapt by seeing the entire field. The following information will help give parents a quick overview of our club philosophy of this position and the importance of it as a soccer player. We will encourage players who play this position throughout the game to communicate to their teammates, distribute the ball with their feet (pass) and hands (roll or throw) and be an option for a pass back for support to keep possession.

Qualities We Want In All Of Our Goalkeepers

1. Comfort with Ball

- Ability to be a soccer player, not just a shot-stopper
- Ability to deal with balls back into their feet
- Ability to distribute with both feet and hands over short and long distances
- EVERY goalkeeper at EVERY age should be taking their own goalkicks.

2. Presence in Goal / Leadership

- Ownership of 18 yard box
- Ability to organize and direct back line
- Control tempo of game and promote calm confidence in teammates
- Leadership in training via work ethic, always striving for perfection, and comfort handling responsibility.

3. Shot Stopping Ability

- Ability to make saves look simple with focus on proper footwork, limit rebounds
- Mental endurance to stay tuned into and adjusts to play throughout entire game.
- Bravery and Courage in close range situations
- Commitment to maintaining team possession of the ball as often as possible after completing the save.

U8 – U9 Teams

All players will be sharing this role throughout the season. During team practices players will learn to distribute the ball by using their feet and hands. Punting will not be encouraged at these age groups and used only as a last option. The main reason for this is that it discourages the defenders from getting the ball from the GK and the chance of keeping possession is very small. Defensively the most important function at these age groups is catching the ball and being aggressive towards the ball and opponent.



U10 – U12 Teams

For the U10 teams, all the players will rotate in goal for the fall season. Then 2-4 players will be selected to rotate in goal for the winter and spring seasons to help transition into the U11 age group the following year. For U11 and U12 teams, 2-4 players on a team will share this responsibility throughout the year. They will continue to get plenty of playing time on the field at different positions.

We will continue to encourage the distribution with their feet and hands to a defender. Punting will be the last option and will be encouraged to be directed at a teammate to keep possession. Players from U11 and above will have the opportunity of attending separate GK practices on the technical side of the game throughout the year. They will be introduced to basic handling, footwork, diving techniques, catching high balls and distribution.

Technical

- Set Position (Getting set for the shot and in the rhythm of the shooter)
- General handling (Low balls, medium balls, high balls, as well as balls to their sides)
- Basic diving techniques
- Distribution
- Introduce basic 1 V 1 principles
- Distribution
 - Quality short passes using both feet
 - Rolling/over arm throws to their teammates

Tactical

- Positional play
 - Introduce angles
- When to come out vs. when to stay home
- Start to introduce Set pieces ie... free kicks, corner kicks, penalty kicks, etc.

Conditioning

- Goalkeepers should get familiar with a size 4 ball and introduce flexibility and mobility.

Physical

- Balance
- Coordination
- Rhythm

Psychological

- Create an environment that helps them understand the stresses of the position
- Learn to deal with success as well as failure (important for the position)

U13 – U14 Teams

1-2 players on a team will share this responsibility throughout the year. This will be a full-time position for these players. GK's at this age group will start to develop a better understanding for this position. Distribution of the ball will be with their hands and feet and punting will be considered their last option. At these age groups as players start to mature it is common to see players to start specializing in this position. Because of this, keepers at U13 and older are offered a second day of goalkeeper training in the tactical aspects of the game. They will train within a team setting with the goalkeeper coach once a



week during the fall and spring. This is something you will not find at many other clubs. Keepers will get a better understanding in positioning within their GK box, organization, command of their goal and little nuances of the position that are vital to success.

Technical

- Set Position and general handling techniques-all heights
 - Techniques of catching/deflecting/punching
 - Shot stopping-decision making
 - Narrowing the angle on full size goal-teach the keeper techniques on how to get in a good position (i.e.. check posts or having a point of reference).
 - Diving techniques-collapse dive, step and save, and power dive
 - A basic principle to improve reaction time/reaction saves
 - Crosses, chips, 1 v1, catching/punching
 - Distribution
- Foot skill and first touch with the ball
-Back pass
-Importance of support and availability
-Control and increase range of passing using both feet
-Techniques of throwing-roll and over arm
-Goal Kicks, Side Volley's, and drop kicks

Tactical

- Communication
- Decision making
- Terminology
- Distances of support
- Decision making in every area of goalkeeping-distribution, diving, challenging, catching/punching

Conditioning

- Related stretches/exercises in goalkeeping that focuses on flexibility, mobility, strength and balance.
- Warm up and cool down
- Goalkeepers should get familiar with a size 5 ball and introduce flexibility and mobility.

Physical

- Footwork, balance, coordination, rhythm, tempo in all directions

U15 - U19 Teams

1-2 players on a team will share this responsibility throughout the year. This will be a full-time position for these players. GK's at this age group will start to develop a better understanding for this position. Distribution of the ball will be with their hands and feet and punting will be considered their last option when the appropriate situation dictates this action. At these age groups as players are more mature and can now truly start incorporating all technical and tactical components of the goalkeeper position. Players will get a better understanding in positioning within their GK box, organization and command of their goal.



Technical

- Footwork, set position, handling techniques (all heights)
- Diving techniques-collapse, low dive, extension dive
- Angles-narrowing the angle
- Shot stopping-catch or deflect and recovery saves
- Advanced reaction save practices
- Crosses
- Served from every area-unopposed and opposed
- Working with defense as a unit
- Functional/small sided-phase of play
- Communication
 - Distribution
- Back pass-first touch under control (both feet)
- Angles and distance for support
- Communication
- Position of teammates
- Make the correct pass-Best Option
- Accuracy, timing, weight of pass
- Readjustment of position
- Goal kicks, drop kicks, side volleys
- Longer range and better accuracy on throwing and rolling the ball
- All techniques

Tactical

- Distances of support-attacking, midfield, & defense thirds
- Instructional Communication and understanding shape in your team
- Organization- defending set plays, corner kicks/free kicks, understanding systems of play
- Problem solving
- Develop good understanding of play (make it predictable and try and anticipate)
- Make good decisions (when to come out vs. when to stay home)
- Understand related situations-small sided games/11vs.11
- Read pressure and develop a good understanding about the position (group talk)
- Distribution
- Good decision making
- When to go long or go short as well as with the boot vs the hand

Conditioning

- Warm up/cool down
- Related stretching (dynamic)/flexibility and mobility
- Agility-medium to advanced (start low reps and then progress)
- Plyometrics-Techniques, progressions, and understanding
- Stretch well to increase flexibility before and after training

Physical

- Growth, strength, power, and endurance
- Balance, coordination, rhythm, and tempo
- Good nutrition and lifestyle

Psychological

Sessions and Discussions on the importance of the following:



- Attitude
- Goalkeeper needs to be coachable
- Dealing with pressure or failure and keeping composure, and controlling your temperament when things go wrong
- Dealing with competition
- Confidence
- Concentration
- Consistency
- Courage/Bravery- Physical and Mental
- Criticism-Internal/External
- Patience
- Set Goals and determination
- Be positive examples and leaders on/off the field
- Helping the younger goalkeepers learn the position
- Preparation for training/match
- Physical confrontation
- Lifestyle and discipline

Palatine Celtic SC is very fortunate to have a full-time Goalkeeper Director, in Douglas Cardosi. Douglas currently holds a USSF B licensed coach and his NSCAA Advanced National Goalkeeper Diploma. Douglas is also the Owner and Director of PAWS Goalkeeper Academy. For any goalkeeping inquiries or questions, please email Douglas Cardosi at doug.pawsgkacademy@gmail.com