



TSCH GOALKEEPER DEVELOPMENT

FALL 2017

ECNL BOYS & GIRLS

- ▶ All ECNL Boys & Girls Sessions will be held Mondays.
- ▶ ECNL Girls: 5:30pm
- ▶ ECNL Boys: 7pm
- ▶ Location: ISSC or Holland Hall
- ▶ All Sessions will last an hour each and focus on the more advanced aspects of goalkeeping. (i.e, communication, organization, shot stopping)
- ▶ Match Performance Evaluation



ECNL BOYS & GIRLS TRAINING TOPICS :

▶ AUGUST:

- ▶ **Aug 14th**- NO training due to GK Testing(16-18th)
- ▶ **Aug 21st**- Handling, Staying Set, & Obstructed Shot Stopping
- ▶ **Aug 28th**- Balls out of the Air, Low Crosses, & Distribution

▶ SEPTEMBER:

- ▶ **Sept 4th**- Labor Day NO Training
- ▶ **Sept 11th**- Reactions, Double Saves & Handling
- ▶ **Sept 18th**- Low Extensive Dives & Distribution from Feet
- ▶ **Sept 25th**- Top Hand Saves & GK Based Fitness

NPL BOYS & GIRLS

- ▶ All NPL Boys and Girls sessions will be on Tuesday.
- ▶ NPL Boys & Girls 05s & 04s - 6PM
- ▶ NPL Boys & Girls 03s-00s - 7PM
- ▶ Location: All Star Sports Complex
- ▶ NPL Boys and Girls will do intermediate goalkeeper training. Much more involved with higher saves and understanding the position.



NPL BOYS & GIRLS TRAINING TOPICS:

▶ AUGUST:

- ▶ **Aug 15th-** NO training due to GK Testing(16-18th)
- ▶ **Aug 22nd-** Set Position, Side-Collapse & Understanding the Position
- ▶ **Aug 29th-** Handling, Staying Set, & Mid-Collapse

▶ SEPTEMBER:

- ▶ **Sept 4th-** Labor Day NO Training
- ▶ **Sept 11th-** Balls out of the Air, Low Crosses, & Distribution from Hands
- ▶ **Sept 18th-** Handling, Second Ball Saves & Distribution from Feet
- ▶ **Sept 25th-** GK Based Fitness & Reactions

OPC BOYS & GIRLS

- ▶ All OPC Boys and Girls sessions will be on Wednesday.
- ▶ **OPC Boys & Girls 07s-04s - 6pm
- ▶ OPC Boys & Girls 03s-00s - 7pm
- ▶ Location: All Star Sports Complex
- ▶ OPC Boys and Girls will cover some intermediate and beginner goalkeeper techniques. (Side Collapse, Mid collapse, Handling)
- ▶ **08 Girls Carreno, 08 Boys Umelo, 08 boys Carreno



OPC BOYS & GIRLS TRAINING TOPICS:

▶ AUGUST:

- ▶ **Aug 15th-** NO training due to GK Testing(16-18th)
- ▶ **Aug 22nd-** Set Position, Side-Collapse & Understanding the Position
- ▶ **Aug 29th-** Handling, Staying Set, & Mid-Collapse

▶ SEPTEMBER:

- ▶ **Sept 4th-** Labor Day NO Training
- ▶ **Sept 11th-** Balls out of the Air, Low Crosses, & Distribution from Hands
- ▶ **Sept 18th-** Handling, Second Ball Saves & Distribution from Feet
- ▶ **Sept 25th-** GK Based Fitness & Reactions

TSCH JUNIOR DEVELOPMENT

- ▶ All Junior Development sessions will be every other Thursday.
- ▶ Juniors Boys & Girls 09s-08s - 7pm
- ▶ Location: All Star Sports Complex
- ▶ Junior Development Boys and Girls will cover beginner goalkeeper techniques. (Side Collapse, Mid collapse, Handling)



TSCH JUNIOR DEVELOPMENT TRAINING TOPICS:

▶ AUGUST:

- ▶ **Aug 29th-** Set Position, Side-Collapse & Understanding the Position

▶ SEPTEMBER:

- ▶ **Sept 4th-** Handling, Staying Set, & Mid-Collapse
- ▶ **Sept 18th-** Balls out of the Air, Low Crosses, & Distribution from Hands

GK TESTING WEEK

- ▶ All Levels will be Tested From Aug 16th -18th.
- ▶ ECNL Boys & Girls
 - ▶ **Aug 16th:** Boys-5:30p Girls-6:30p
- ▶ NPL Boys & Girls
 - ▶ **Aug 17th:** 05s & 04s -5:30P
03s-00s - 6:30p
- ▶ OPC Boys & Girls
 - ▶ **Aug 18th:** 07s-04s -5:30P
03s-00s - 6:30p



GK TESTING WEEK CONT...

- ▶ Every GK will be Tested in ten different areas.
- ▶ Each area is worth 10 points.
- ▶ Each Gk will be given a score out of 100.
- ▶ After Testing every coach will receive there GK's scores as well as every other Gk in their age group.
- ▶ Show basis of decisions when adding players to teams or moving them up and down during season.
- ▶ We will have testing two times during season so we will keep up to date changes of Gk's based on training.

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GK TESTING WEEK CONT...

TSCH GK:	Age Group:	Coach:	ECNL	NPL	OPC		
Isaac Sandoval	05s	Mike Umelo	✓			Points Received:	Total Points:
GK Fitness:	55 seconds	1m 3s		59s	Excellent	5	5
Footwork	35s	45s		40s	Excellent	5	5
	Attempt 1:	Attempt 2:	Attempt 3:	Attempt 4:	Attempt 5:	Attempts Completed:	Total Attempts:
Handling	✓	✓	✗	✓	✗	3	5
Long Balls	✓	✓	✓	✓	✗	4	5
Throws	✓	✗	✓	✗	✓	3	5
Punting	✓	✓	✗	✓	✗	3	5
Low Dives	✓	✓	✓	✓	✓	5	5
High Dives	✓	✓	✓	✗	✓	4	5
Balls OOA	✓	✓	✗	✓	✗	3	5
Reactions	✓	✗	✓	✓	✗	3	5
GK Fitness Legend:	Excellent	Moderate	Average	Below Average			
Times:	< 1min 5 sec	1min 5 sec - 1 min 15 sec	1min 15 sec - 1 min 25 sec	> 1min 25 sec			
Footwork Legend:	Excellent	Moderate	Average	Below Average			
Times:	< 50 sec	50 sec - 1 min	1min - 1min 10 sec	> 1min 10 sec			
					Initial Score:	38	50
					Multiplier:	2	2
					Total Score:	76	100
					Rank:	3 of 5	

ACADEMY SUCCESS

- ▶ I believe both to go hand and hand. The coaches we have will be accountable of their Gk's. Therefore the more attendance we will have.
- ▶ I will thus be in contact with coaches every week via email or even text if necessary.
- ▶ GK practices vs Team Practices (allowing GK's to come to training)
 - ▶ Get EVERY GK PARENT notified of TSCH Gk Development page as well as Jotform Registration.