

Winning the 1v1 Duel

Dan Gaspar – Star Goalkeeper Academy, trained Portuguese National Team keepers, US Metrostars keeper coach, coached last year in Japanese pro league – The J League, FIFA A license, NSCAA Advanced National license, Technical consultant for US Soccer Project 2010

- ❖ IMHO Dan is a premier clinician and coach. You can learn much just by watching him work with keepers and observe his coaching technique.
- ❖ Warm-up - #1– Keepers were asked to dribble the ball from to side and on a coach’s clap go down and save the ball, come back up and dribble
- ❖ Coaching Point - project arms to ball, do not land on your elbow
- ❖ As he emphasized that the keeper get low and extend he called this a “grass cutter save”
- ❖ Warm-up - #2 - both feet on floor, one forward, knock the ball off of the up foot and attack, making a save
- ❖ Coaching point – both hands need to arrive at ball at same time
- ❖ Warm-up - #3 – keepers were asked to do a side dive with ball in hands and get up
- ❖ Warm-up - #4 – Set up 6 balls in a zig zag pattern with balls for markers each about 7 yards from the previous ball. The keepers were asked to shuffle from ball to ball saving each ball.
- ❖ Coaching point – When recovering from the prone position after a dive the keeper should roll up to a 3 point stance with knee, same foot, and opposite foot on ground, then stand up
- ❖ Warm-up - #5 - jog forward, go down on command of left or right and then get up to standing position
- ❖ Coaching point – keepers must believe in themselves and be willing to take risks
- ❖ Warm-up - #6 – began with a keeper on their side, the ball about a yard away from belly button, the coach kicks ball at the keepers mid section, the keeper closes and makes the save, closing with both arm and legs
- ❖ Warm-up - #7 - 4 ball activity – the balls were placed at the corners of a 10x10 yd. square, 2 keepers were placed on opposite sides of the square. One goes down to save a ball while the other reacts to the choice and saves the ball on the opposite side (i.e. if keeper A dives to save a ball to his/her right then keeper B dives to save the ball to his/her right), after a time the drill was modified to having the keepers go for the diagonal balls
- ❖ A suggested method to train keepers to develop the always ready mentality and the needed mental focus – tell them don’t turn your back on a chosen player for an entire practice
- ❖ Trivial item #10,001 – it would take 345 soccer balls cover the face of the goal
- ❖ Warm-up - #8 - offensive player moves to a ball, keeper saves, then the offensive player proceeds to a 2nd ball 5 yards away, keeper recovers and makes second save, the offensive player moves at 50% effort

- ❖ Drill - #1 - keeper in center of small square (4x4) within a big square (10x10) with a field player at each corner of the larger square, the coach calls a players name who tries to dribble to center of the square, keeper finds player and makes save, there was a cone square in the center as a target for field player to dribble at
- ❖ Coaching point - keeper should dive with head to near post so any rebound is away from goal and when the keeper recovers he does so into the middle of goal area
- ❖ Coaching point – the keeper should mirror the field players speed as the keeper attacks the ball
- ❖ Coaching point - if mad, relax and be forgiving
- ❖ Coaching point – “focus on the ball”
- ❖ Drill - #2 – 4 10x10 squares put at corners of a 30x30 square with a 4x4 square in the center, 3 players in each of the corners inter-passing and a keeper in the center square. When a group is called the player with ball attacks to center goal, keeper closes on player and saves ball
- ❖ Drill - #3 – same as #2 except when the group is called then the player with the ball passes to space and one of the other two players attacks to the center goal, keeper closes on player and saves ball
- ❖ Drill - #4 – same as #3 except when the group is called then the player with the ball passes to space and the other two players attack to center goal, keeper closes on player and saves ball
- ❖ Drill - #5 – 2 goals marked with cones at 12 and 18 yd lines in front of a regular goal with keepers in each goal, a field player must beat first keeper with ball to advance to next goal
- ❖ Coaching point - keepers should dive with head behind the ball
- ❖ Observed keeper basic stance when standing and waiting on the attacker is to have hands down to side, palms out
- ❖ Coaching point - on a late dive open arms and legs (upper arm and leg raised high) to take up as much space as possible
- ❖ Drill - #6 - To teach keeping elbow in on dive – start keepers in a kneeling position with hands in prayer position, on command keepers lift knee and launch into dive on their side