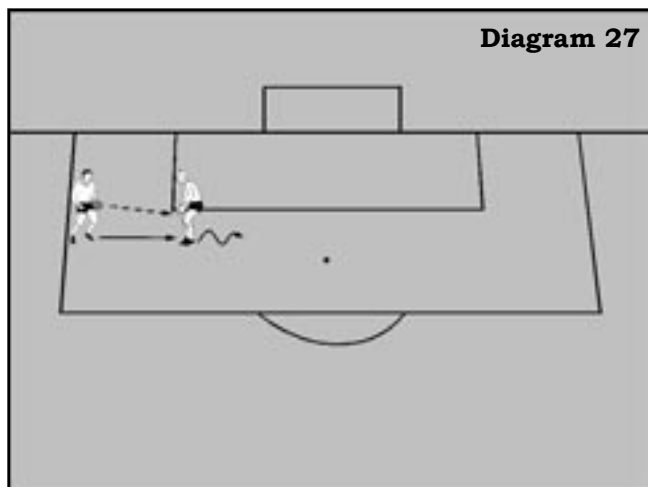


Brazilian Youth Practices U14/15

These two sessions are from our new book, "THE FULL SEASON GOALKEEPER TRAINING PROGRAM." Written by John Murphy, the New England Revolution assistant/goalkeeper coach, this book contains every single training session conducted by the Rev's goalkeepers during the 2002 MLS season. These sessions were conducted on February 3, 2002 during pre-season training in São Paulo, Brazil. SESSION PROVIDED BY www.worldclasscoaching.com



Morning Session - Warm-Up (25 Mins)

- Two minutes on your own
- Working across the width of the penalty area:
 - movement with and without the ball
 - jog and skip without the ball
 - dribble with the ball, angled touches out of the keeper's feet
 - scoop the ball forward using right, left, then both hands
 - vary tasks and movement
 - build up the intensity to short sprints and leaping
- Agilities: Core stability with a medicine ball
- Handling/Falling/Collapsing:
 - Various starting positions & serves: on the side, redirections, volleys, half volleys and sidewinders (3 sets each: 6 - 8 reps per set)

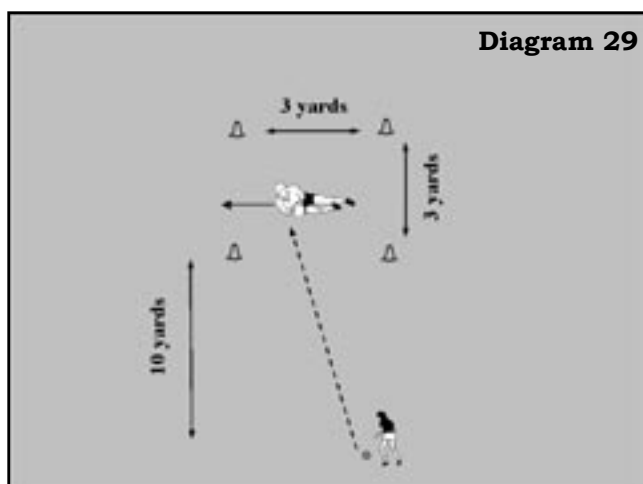
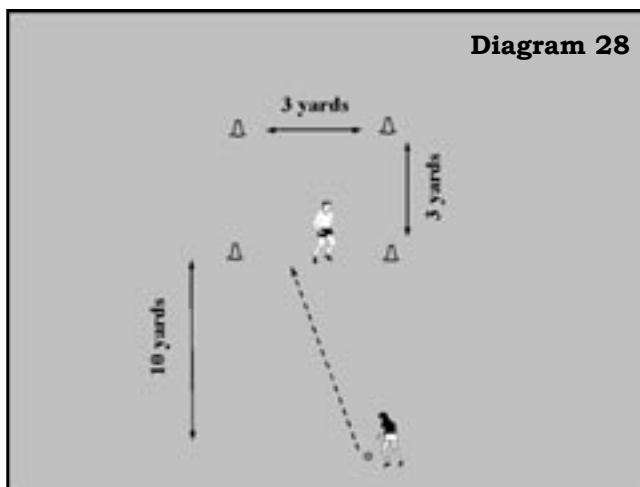
Main Theme: Fitness: Quickness/Agility Focus (20 Mins)

The Box

A series of falling/collapsing exercises:

Starting at the front panel - catch 10 volleys each set with all sets continuous:

- Stand
- Kneel
- Sit

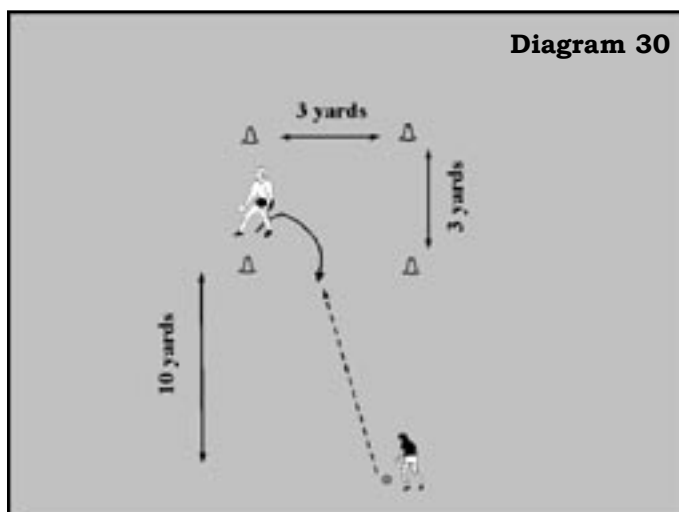


Progression #1

Start in the middle of the square:

- On the keeper's side
- On the coach's command - keeper gets to his feet and steps through the front panel to save
- Goalkeepers alternate to start on the opposite side
- 6 - 8 reps two sets

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Progression #2

Starting at the side panel, same as before, but now two saves:

- The coach hits a dead ball from the floor off center to force the goalkeeper to collapse for a save
- The 2nd shot is a volley from the hands (the coach must allow the goalkeeper to get to his feet for the 2nd save)
- Four sets, two saves each

Cool Down (10 Mins)

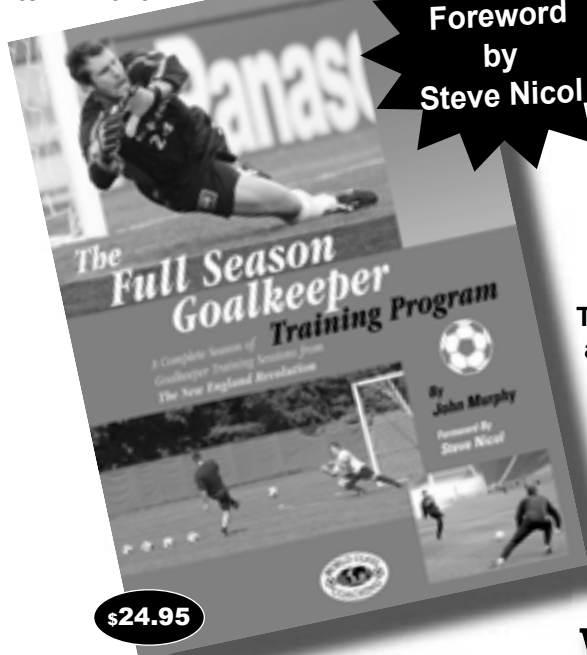
- A series of handling exercises with a medicine ball

Observations

- Take more time between sets early on for stretching and hydration
- Watch the heat and adapt accordingly

NOW AVAILABLE

Item # 1013



Foreword
by
Steve Nicol

NEW BOOK

A complete season of
GOALKEEPER training sessions
from the
2002 MLS Finalists
New England Revolution

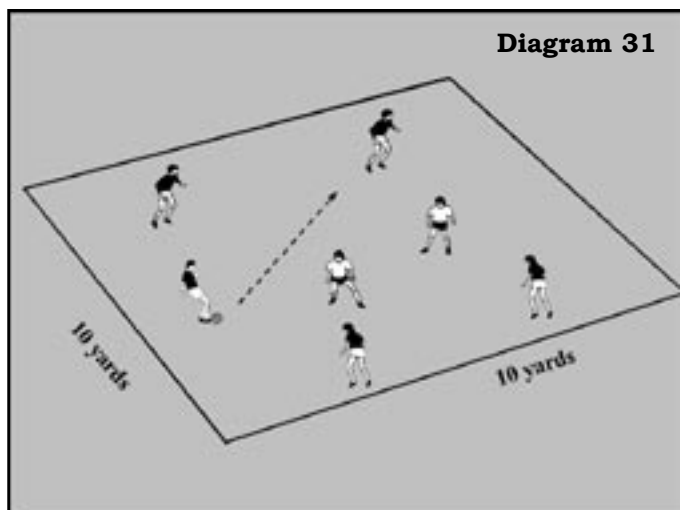
This incredible book contains 150 pages, 190 diagrams and training sessions from pre-season trips to Brazil, Portugal, the regular season, and concludes with sessions leading up to the MLS Championship game.

THE MOST COMPLETE GK BOOK EVER

For more details visit

WORLDCLASSCOACHING.COM

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Afternoon Team Training Session

Warm-Up (25 Mins)

- Informal 5 v 2's

(Note: I always encourage the keepers to participate in the 5 v 2's with the team. It is a great exercise to develop touch, mobility and understanding).

- Jog and Stretch

- 5 v 2's, sharp

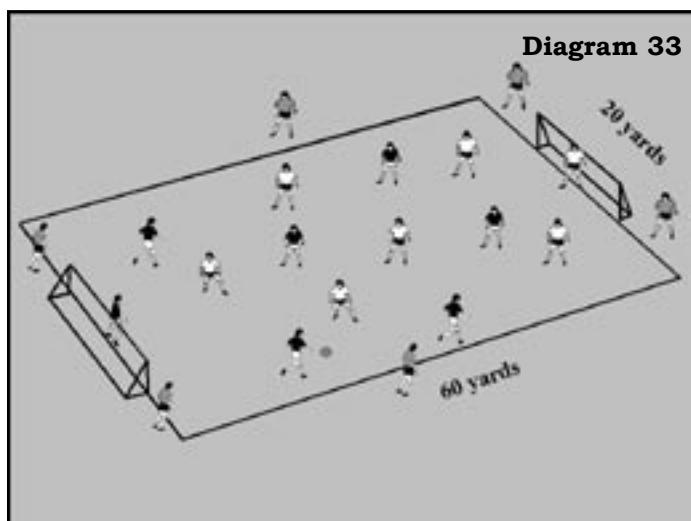
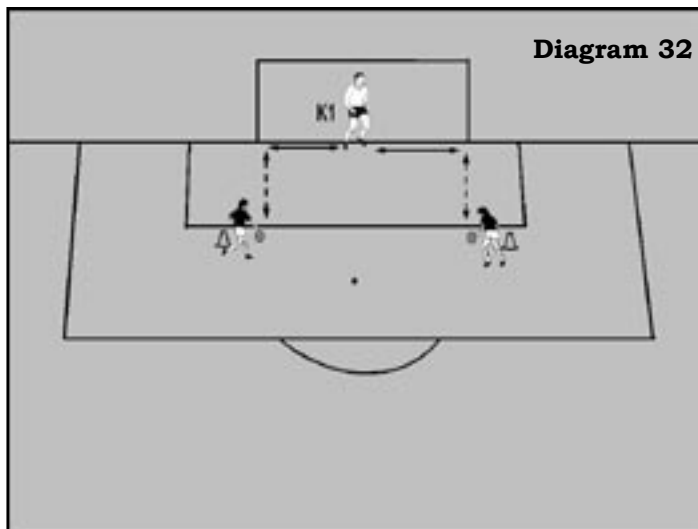
(Team and goalkeepers split for separate work outs)

Team:

- 6 v 6 v 6 possession in a 30 x 60-yard area

Goalkeepers:

- Handling in the goal
- Two servers and one keeper
- Keeper moves from post to post handling different serves



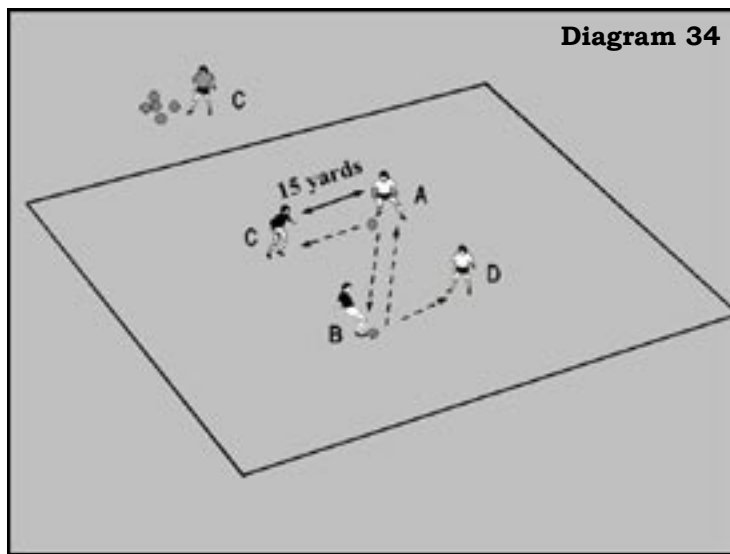
Main Session (30 Mins)

6 v 6 v 6 with goalkeepers and full goals in a 60 x 40 area. The games last for three minutes or two goals with the losing team moving to the outside.

Goalkeeper's Focus:

- Shot handling: catch/box, decision
- Angle play: up and down the line, close the shooter down
- Distribution

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Technical Work

Players in line A exchange passes with players in line B. Then player A plays a pass to player C and player B plays a pass to player D. Passes are then returned to players in lines A and B.

Coaching Points

- Always follow the forward pass
- Sharp passing and movement
- Forward passes - one touch, diagonal passes - two touch

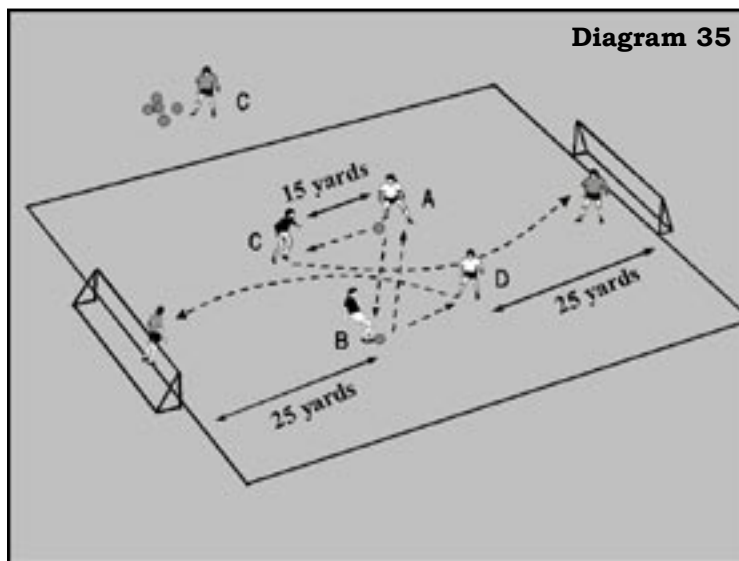
Finishing On Goal

Using the same set up as the previous exercise, progress to adding two goals with goalkeepers 25 yards away.

A and B exchange passes, A plays to C, B plays to D, C and D touch the balls forward and finish with a shot on goal.

Progression

Introduce flighted passes for volleyed shots



Cool Down (10 Mins)

- A series of stretching exercises with a medicine ball

Observations

- Address communication in 'match' situations: It must be clear and concise
- Work on developing a relationship with the defenders - it can't just be negative or aggressive comments
- The movement in the goal must be more positive on angle play in the small sided games

Visit our discussion forum at

www.worldclasscoaching.com