

Virginia Soccer Centers Of Excellence

Goalkeeper Academy

The Goalkeeper Academy builds on the philosophy of the Soccer Centers of Excellence, with its overall aim being to push players out of their comfort zone and engage them in an educational environment. The Goalkeeper Academy uses high level goalkeeper coaches with backgrounds from the collegiate, professional and International stage to provide Goalkeepers an environment which exposes them to new ideas, challenges their thinking of the role of being a GK and promoting an inclusive environment for all ages and stages.

Elite ID Clinics

AM Training: GK Specific Technical Training
AM Matches: Small Sided/11v11
PM Classroom: GK Specific Tactical Analysis*
PM Training: GK Specific Situational Training
PM Matches: 11v11

Each Elite ID Clinic has GK specific training & tactical analysis throughout the day to enhance learning opportunities. Training and Analysis focus changes from camp to camp to provide returning GKs a broader scope of learning.

Residential Camps

Arrival Day Training: GK Specific Technical Training & Team Situational Training
Days 1 & 2:
AM Training 1: GK Specific Technical Training
AM Training 2: Team Situational Training
PM Classroom: GK Specific Tactical Analysis*
PM Training: GK Specific Situational Training
PM Matches: 11v11
Final Day Matches: 11v11

** GK Specific Tactical Analysis will utilize footage of UVA, NWSL & US WNT footage to create a discussion about the set theme of the Analysis Session*

Training Structure

Each camp is designed to allow GKs to learn new techniques but also develop and refine current techniques in a progressive training environment. The “GK Specific Technical Training” allows for the GKs to learn and develop technical execution in a closed environment, building muscle memory of the actions, and self-confidence in their ability to demonstrate the action. This is followed by “GK Specific Situational Training” where the GKs are required to apply the techniques in pressured situations vs an opponent. The final stage is then having the opportunity to perform in the realistic 11v11 game, in addition to having the tactical aspects of adjusting and repositioning to be in the optimal position to execute each action.

What Makes Us Different

The focus of each camp, activity and discussion within the Goalkeeper Academy is to promote the learning of each individual goalkeeper. The need to increase the “toolkit” of each goalkeeper is vital to their development. However, there are many varieties and styles of goalkeeping, and being able to possess a “toolkit” that has many of these variations in it is essential to allow each goalkeeper to find what works best for them and sets them up for success when they move to the next level of performance (whether that be club, collegiate or professional). This individual approach is what makes the Goalkeeper Academy at Virginia Soccer Centers of Excellence a special experience for each goalkeeper.

Curriculum

Technical	Tactical
Advanced Handling Extension Saves (Low/Medium/High) Dealing with Crosses 1v1 Situations Reaction saves Multiple Save Situations Recovery techniques Distribution (feet/hands)	Understanding the role of a goalkeeper Reading Cues & Triggers Positioning & Angle Awareness Adjusting & Repositioning Defensive Principles Spacing of Defenders Styles and Systems of play
Physical	Psycho-Social
Speed Strength Agility (acceleration, deceleration, changing direction) Power & Explosiveness Coordination Balance	Performance Analysis (own and others) Professional goalkeeper performance analysis Communication and Organization Interaction with players, coaches and staff Self-determination (motivation) Teamwork