



Goalkeeping topics to coach at different ages and stages of development U5 – U17+

The below guidance should be adapted to the needs of individuals and groups

U5

Small-sided games: 1v1; 2v1; 2v2

- Fundamental soccer skills with hands and feet

U6

Small-sided games: 1v1; 2v1; 2v2

- All players to have the opportunity to play in goal
- Fundamental goalkeeping skills: passing, throwing, catching, diving

U7-8

Small-sided games up to 4v4

- All players to have the opportunity to play in goal
- Fundamental goalkeeping skills: passing, throwing, catching, diving
- Goalkeeper specific constraints-led games

U9-10

Small-sided games up to 7v7

- All players to have the opportunity to play in goal
- Different catching positions
- Goalkeeper specific constraints-led games

U11-12

Small-sided games up to 9v9

- Up to U11 – All players to have the opportunity to play in goal
- Short and long passing, catching and deflecting, explosive diving, anticipation and support

U13-14

Small-sided games up to 11v11

- Continue to develop short and long passing, catching and parrying, explosive diving, anticipation and support

U15-16

How to play 11v11 using a game model for attack, defense and transition

- Goalkeeper specific physical training

U17+

Develop tactical awareness and game strategies in 11v11