



**National Soccer Coaches  
Association of America**

**Academy**

# **Goalkeeping Level I Diploma**

**Improving Soccer. One Coach at a Time.**

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# NSCAA Goalkeeping Level I Diploma

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Academy



## General Introduction

On January 11, 1941, the organization known as the National Soccer Coaches Association had its first meeting. From a small group of college coaches who met at that time, the NSCAA has grown to include all levels of men's and women's soccer, including youth, high school, junior college, college and professional coaches, as well as referees, administrators and other individuals interested in the growth of soccer in the United States. With more than 30,000 active members, the NSCAA is currently the largest single-sport coaching association in the world.

The nature and purpose of the Association is to educate, provide services, and promote and stimulate interest in the game of soccer. With this in mind, the NSCAA Coaching Academy Program was established to further these ideas and to meet the growing needs of our membership to learn more about the game of soccer. The philosophical foundation for all levels is to improve the development of soccer by creating a learning environment which will enhance the individual's experience and enjoyment of the game.

The Coaching Academy Program is a comprehensive educational program. We hope to reach coaches on all different levels from youth recreational to advanced and professional coaches. We anticipate that the different programs we offer will evolve as the needs of coaches change and evolve.

Any individual completing a diploma course through the NSCAA Coaching Academy will become a more effective coach by understanding the need to organize appropriate material and information for the various ability, experience and age levels of the individuals they coach.

**-- The NSCAA Education Committee**





# The NSCAA Coaching Academy

The NSCAA Coaching Academy offers courses for coaches across all levels of the game of soccer. Totalling more than 350 hours of coaching education, including specialized courses geared toward Goalkeeping, Directors of Coaching and High School coaches, the NSCAA Academy offers a comprehensive program for continuous self-improvement.

- The Youth Level I Diploma (formerly the Parent Coach Diploma) deals with coaching young players 5-8 years of age who are playing the game for the first time. The course content includes philosophy of coaching youth, risk management strategies, organization of practice sessions and activities appropriate to players of this age.
  - The Youth Level II Diploma (formerly the State Diploma) is directed toward the person newly involved in coaching the game of soccer and designed to be helpful to coaches working with a player level of 5-10 years of age.
  - The Youth Level III Diploma (formerly the Youth Diploma) is geared toward coaches of U-6 through U-8 players, and emphasizes the basic methods of coaching youth. The curriculum centers upon teaching coaches how to utilize the game of soccer itself as the teacher, and includes practice coaching opportunities.
  - The Youth Level IV Diploma (formerly the Advanced Youth Diploma) is designed for coaches of players in the U-9 through U-12 age groups, and introduces the progressive and coaching in the game methodologies as tools. The course also focuses on the physical and psychological differences between coaching children, adolescents and adults. This course also provides practice coaching experience.
  - The Junior Level V Diploma (formerly the Regional Diploma) is aimed at coaches of 11- to 18-year-olds, and emphasizes working with the developing player within both individual and team concepts. The course outlines how both technical and tactical concepts can be applied in the development of players.
  - The Junior Level VI Diploma (formerly the Advanced Regional Diploma) is a 21-hour course, supplemental to the Junior Level V Diploma. It introduces an examination of systems of play, and also offers candidates the opportunity to conduct a training session on an assigned topic and receive feedback from a staff coach. This course is highly beneficial for coaches interested in preparing for the NSCAA National Diploma.
  - NSCAA Residential Academies (National, Advanced National and Premier Diplomas) are conducted at a variety of pre-selected sites. The National Diploma and Advanced National Diploma are geared toward coaches of senior and advanced senior players, and explore a variety of teaching models and methodologies. The Premier Diploma is designed for coaches working with elite players and deals primarily with systems of play and advanced tactical concepts. The NSCAA National Diploma is also taught in a non-residential setting at select sites.
- Participation in residential courses is mandatory (unless a physical condition prohibits) but the playing ability of coaches is not assessed and has no bearing on one's final evaluation. Evaluations take into consideration only a candidate's coaching ability.
- The High School Diploma addresses leadership and managerial issues as well as coaching methodologies specific to coaches of boys' and girls' high school teams.
  - The Director of Coaching Diploma is designed to address the issues confronting the Director of an American soccer club. The curriculum is rich in application and theory and will focus on organizational structure, methods of coaching, leadership theory, evaluation and development of coaches and players and fiscal, legal and moral responsibility.
  - The Goalkeeping Academy consists of four courses: Level I, Level II, Level III and Advanced National. The Goalkeeping Level I Diploma is six hours and deals with introduction to teaching goalkeeping. The Goalkeeping Level II Diploma is twelve hours and deals with integrating the goalkeeper into team training and the eighteen-hour Goalkeeping Level III Diploma analyses tactical decision making in goalkeeping. The Advanced National Goalkeeping Diploma is a 50-hour course that deals with positioning, communication, goalkeeper psychology, goalkeeper fitness and the methodology of training goalkeepers.
  - The Master Coach Diploma is the pinnacle of the NSCAA educational program. The Master Coach Diploma is a 18-month-long mentorship program formulated along the lines of the UEFA "A" license. Only holders of the Premier Diploma with a "Good Pass" are allowed into the Master Coach program. Candidates who do not have a "good pass" may be considered if the committee determines that the applicant can make a "significant contribution" to the course.
  - The Academy program is progressive. The National Diploma Course is a prerequisite for the Advanced National, unless the candidate has received a "B" license from the United States Soccer Federation or a UEFA "B." The Premier Course requires the Advanced National, and/or the USSF "A" license or the UEFA "A" with an application requiring additional support material.

<b>Non-Residential</b>	<b>Instruction Testing</b>	
Youth Level I Diploma	2.5	-
Youth Level II Diploma	5	-
Youth Level III Diploma	13	-
Youth Level IV Diploma	21	-
Junior Level V Diploma	13	-
Junior Level VI Diploma	21	-
<b>Total Hours (Non-Residential)</b>	<b>75.5</b>	<b>-</b>
<b>Residential</b>	<b>Instruction Testing</b>	
National Diploma	50	6
Advanced National Diploma	50	6
Premier Diploma	50	6
<b>Total Hours (Residential)</b>	<b>150</b>	<b>18</b>
<b>Goalkeeping Academy</b>	<b>Instruction Testing</b>	
Goalkeeping Level I Diploma	6	-
Goalkeeping Level II Diploma	12	-
Goalkeeping Level III Diploma	18	-
Advanced National Goalkeeping Diploma	50	9
<b>Total Hours (Goalkeeping Academy)</b>	<b>86</b>	<b>9</b>
<b>Specialty</b>	<b>Instruction Testing</b>	
High School Diploma	21	-
Director of Coaching Diploma	21	-
<b>Total Hours (Specialty)</b>	<b>42</b>	<b>-</b>
<b>Master Coach Diploma</b>		
18-month-long self-guided study with guidance from a mentor.		
Cohorts are enrolled in January		
<b>Total Hours of Instruction</b>	<b>353.5</b>	<b>27</b>







## Preface

Welcome to the NSCAA Coaching Academy and more specifically, the Goalkeeping Level I Diploma. The Goalkeeping Level I Diploma is the foundation of the NSCAA Goalkeeping Academy.

The Goalkeeping Level I Diploma is directed toward the team coach and the aspiring specialist goalkeeper coach. The overall objective of the course is to provide the team coach with a better understanding of the goalkeeper position and methods for training goalkeepers. The course includes both lecture (theory) and field (practical) sessions.

After taking this six-hour course, the coach will be able to observe the goalkeeper in matches or in training and be able to create challenging and meaningful goalkeeper sessions that will inspire and also develop the goalkeeper. The coach will also be to provide reference points to the goalkeeper allowing each keeper to coach themselves. The course curriculum is geared toward the fundamentals of handling; positioning; goalkeeper-related movements and basic goalkeeper communication and organization. The course will also include training sessions; methods for training the goalkeeper and techniques to help build their confidence.

This NSCAA Coaching Academy course will be a highly informative clinic dedicated to fulfilling the important NSCAA mission of education. The NSCAA instructors assigned to facilitate and teach this course are dedicated professionals that have been certified by Education Committee and the NSCAA Board of Directors.

The Education Committee welcomes your comments relative to course curriculum, administration and staff. We hope your participation in this academy is very beneficial to you.

### IMPORTANT NOTICE

The NSCAA Coaching Academy does not discriminate based on any physical limitations to perform. While the non-residential courses do require participation in certain instructional sessions, candidates that have any disability or health problem which might limit their participation in some academy activities should notify a staff member and they will be excused from participation. There is no testing or evaluation of participant's personal technical ability to perform in this course. All individuals completing the Goalkeeping Level I Diploma course will receive a diploma.

The curriculum for this Goalkeeping Level I Diploma is the property of the National Soccer Coaches Association of America. With the exception of the coaching templates in Appendix F, any reproduction or reuse of any part of this material without the express written consent of the NSCAA Executive Director is strictly prohibited. Videotaping of academy sessions is also strictly prohibited.



Academy



# Goalkeeping Level I Diploma





## Course Introduction

This course is vital because most coaches do not fully understand the techniques and tactics of the goalkeeper position and are even less comfortable designing training sessions and actively coaching their goalkeepers.

The NSCAA's goal in this course is to give the team coach the confidence and the ammunition to successfully train and develop their goalkeepers. My personal coaching philosophy is to challenge and to guide to success. This in itself builds self-esteem and self-confidence and there exists a direct relationship between self confidence and performance.

The NSCAA also believes in simplifying the goalkeeper position. Provide specific and simple guidelines for both the coach and the goalkeeper to understand the position. I have seen too many coaches use the "paralysis by analysis" coaching methodology and it does not work with your goalkeeper. Every exercise needs to be compatible with developing the mental skills of your keeper. A confident but limited goalkeeper is almost always better than a multi-skilled goalkeeper who is unsure of themselves and lacking in confidence.

With this in mind, we identify four ways of handling in the Goalkeeping Level I Diploma. Every ball coming to a keeper is handled in one of four ways, again simplify and make it easy to coach and easy for a keeper to self-coach.

There is no doubt in my mind that the NSCAA Goalkeeping Academy and the diplomas earned are worthwhile and important coaching educational opportunities. So, enjoy the courses and the community atmosphere, the interaction with instructors and other candidates that the NSCAA Coaching Schools are known for.

**-- Tony DiCicco**  
**Director, NSCAA Goalkeeping Academy**





# Course Overview

## Classroom Sessions

### Classroom Session 1:

I. Introduction/Course Overview

II. Methods for Developing Goalkeepers

Goalkeeper Coach vs. Goalkeeper Trainer

Environments

- Training Large Groups of GK's
- Training with only the GK's (2-4)
  
- Selective Coaching
- Managing and Building Confidence  
"Catch Them Being Good"

Training GK Methodology

- i. Coach – Goalkeeper
- ii. Coach – Goalkeeper – Team

IV. Video – Basic Technical Skills; Basic Positioning Concepts and Basic Movement and Footwork

V. Questions

### Classroom Session 2:

I. Goalkeeper Positioning

- balls in attacking third
- balls in middle third
- balls in defending third
  - angle arc
  - ball line

II. Goalkeeper Communication

- Importance
- Keys
- Terms

III. GK as a Soccer Player

- Student of the Game
- Soccer Player 1<sup>st</sup>
- Age Considerations

IV. Video – Positioning/Communication

V. Questions

**Field Sessions****Field Session 1:**

## Handling 1

- I. Set Position / Starting Stance
- II. 4 basic Handling/Catching Positions
  - Basket Catch
  - Counter
  - High Counter
  - Side Counter
- III. Basic Goalkeeper Movement and Footwork

**Field Session 2:**

## Handling 2

- I. Technical Breakdown
  - collapse dive
  - reload
  - front smother
  - parrying – finger tip save – 1 and 2 handed
  - breakaway – winning the free ball – Introduction only!
- II. Hand Distribution
  - Bowling
  - Sling Throw

**Field Session 3:**

## Angle Play / Positioning

- I. Positioning
  - Lateral (ball line – angle arc)
  - Vertical (based on position of the ball on the field)
  - Horizontal
- II. Foot Skills
  - Backpass
  - Goal kicks
  - Punt
  - Drop Kick

**Field Session 4:**

- I. Proper GK Warm Up
- II. Team Games
  - Review of Sessions / Q&A
  - Dismissal





## Course Schedule

<b>SAMPLE SCHEDULE Level 1 – 2 Days</b>
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<b>6 HOURS</b>
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**Day 1**            **2.5 hours**

5:30 – 6:00 pm            **Registration / Check In**

6:00 – 7:30pm            **Classroom Session 1**

7:30 – 8:30 pm            **Classroom Session 2**

**Day 2**            **3.5 hours**

9:00 – 10:00 am            **Field Session 1 – Handling 1**  
(Train: Large Group of GK's)

10:00 – 11:00 am            **Field Session 2 – Handling 2**

11:00 – 11:45 pm            **Field Session 3 – Basic Positioning/Footwork**

11:45 – 12:30 pm            **Field Session 4 – Distribution/Proper GK Warm Up**

<b>SAMPLE SCHEDULE Level 1 – 1 Day</b>
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<b>6 HOURS</b>
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8:30 – 9:00 am            **Registration / Check In**

9:00 – 10:00 am            **Classroom Session 1**

10:00 – 11:00 am            **Field Session 1 – Handling 1**

11:00 – 12:00 pm            **Field Session 2 – Handling 2**

**Lunch Break**

2:00 – 3:00 pm            **Field Session 3 – Basic Positioning/Footwork**

3:00 – 4:00 pm            **Field Session 4 – Distribution/Proper GK Warm Up**

4:00 – 5:00 pm            **Classroom Session 2**





## Age Considerations

### Under 10 Years Old

All players should experience all positions including the goalkeeper position. All players should have an opportunity over the course of the season learn some of the basics of handling; moving in goal and positioning.

All players, most importantly, should develop as soccer players.

Areas of concentration for keeper coaching:

1. The four basic handling positions
2. Basic positioning concepts
3. Basic and safe distribution (kicks and throws) to teammates for possession and to begin the attack
4. Balance/Coordination exercises (overall as well, not solely goalkeeper-specific exercises) with or without the ball.

### 11-14 Years Old

Players should still play a multiple of positions and a number of different players serve as goalkeepers. There should be no full time goalkeepers at the early ages in this group. As the players mature through these age groups, they will evolve into playing certain positions and fewer players are used as goalkeepers.

Areas of concentration for keeper coaching:

1. Shot handling and diving to save
2. Handling the breakaway situation.
3. Understand their role as a back pass option to maintain possession or relieve pressure
4. Ability to communicate and organize their defensive players
5. Speed/ Power/ Footwork/ Core Strength

### 15 Years And Older - Youth

Players now often are put into specialized positions including the goalkeeper. However, at this stage the goalkeeper must also be a competent and comfortable outfield player.

Areas of concentration for keeper coaching:

1. Advanced shot stopping – including collapse and extension dive saves
2. Commanding the penalty area and beyond (supporting the back defenders)
3. Organization of the defense
4. Handling flank attacks from the end line to the touchline
5. A high level of sophistication in positioning
6. Plyometrics/ Goalkeeper Fitness/ Power programs (explosiveness) / core strength

### Senior Accomplished Goalkeepers

Areas of concentration for keeper coaching:

1. All of the above
2. Sophisticated mental skills (not too high nor too low – even keel)
3. Reading the game (anticipating the next pass)  
Ability to stay in the moment and prepared to make the big save at the key time



# Methodology of Goalkeeping Training

## Progression

1. Coach - goalkeeper training
2. Coach - goalkeeper - players training
3. Coach - goalkeeper - team training

## Managing your keepers and Building confidence

Selective coaching

“Catch them being Good”

Techniques for building confidence

Self Talk

Training Hard and Smart

Not necessary to bury the goalkeeper

Build on success

“Earn the right”

Building on Successes

- Coach towards the keeper's strength

- minimize weakness

Anger Management– it's a technique

Paralysis by analysis

Don't coach the athletic dimension out of the keepers



# Basic Handling 1

## Set Position (Starting Stance)

### Key Points

- The goalkeeper's weight should be forward in a balanced position on the balls of their feet. Head is relaxed but still.
- Feet should be about shoulder width apart.
- The goalkeeper must bend at both the knees and waist. They cannot be standing straight up – this makes it hard to save low balls.
- Hands are out in front of the goalkeeper with their palms facing diagonally down and palms slightly towards each other. This is where the goalkeeper's hands are strongest and can react the easiest to any ball played at the goalkeeper, high or low.
- Elbows slightly in front of trunk.
- The goalkeeper must get set before the ball is struck.



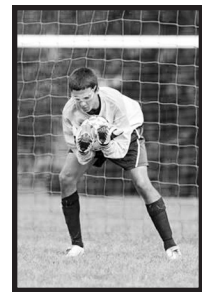
**Set Position**

## Basket Catch

This form of handling is for a ball driven mid-trunk height or lower.

### Key Points

- Hands and arms parallel
- The goalkeeper's fingers point towards the ground
- The goalkeeper's feet are in a split stance. The goalkeeper is more balanced and stronger in this position to deal with a low driven ball.
- The goalkeeper should get their body behind the ball.
- The goalkeeper should not go down on their knees.
- The ball is brought into the body to secure it.
- The basket is formed by the upper body (flexed at waist; the arms and the hands)



**Basket Catch**

### Coaching Point

- Concave shape/ wrap body around ball by flexing at waist.

## Contour Catch

The contour catch is for a ball driven around chest to head height.

### Key Points

- Hands are together and the fingers are pointed up.
- The hands should form the shape of the ball.
- The goalkeeper should catch the back and top half of the ball. This prevents the ball from going behind the goalkeeper.
- The goalkeeper's elbows should be bent and hands out in front of them. This will allow the goalkeepers arms to act like shocks and take the force out of the ball.
- The ball must be caught in front of the goalkeeper, not close to their body. They can not cushion the shot if their hands are too close to their body. The hands are the strongest in front of the goalkeeper's body.
- Playing a high piano



**Contour Catch**

## High Contour

The high contour is the same technique as the contour except this technique is used for balls played above the head.

### Key Points

- The goalkeeper's hands should be together and their hands out in front of them.
- Elbows are slightly bent
- Hands should form the shape of the ball.
- The should catch the top back half of the ball.

## Side Contour

The side contour is the same technique as the contour and high contour catch. The difference is that the fingers and hands are pointed outward. Hands are still together and parallel. This catch is used most often when a goalkeeper is diving for a ball.



**High Contour**



**Side Contour**

## Re-stand

The reload is used to get off the ground quickly after making a save. The goalkeeper is in the collapse diving position on the ground.

### Key points

- The goalkeeper must kick the top leg out to create momentum to get up while pulling with their abdominal muscles while keeping bodies forward.
- The goalkeeper without the ball should use their bottom hand to push up to create momentum. With the ball the goalkeeper should not use their hands.
- The goalkeeper will end up in a set position (balanced) ready to react to another shot.





# Basic Footwork

## Shuffle/Mini-Shuffle

The shuffle is used when the goalkeeper needs to travel a short distance in their goal quickly. Hips should stay level.

### Coaching Point

- Don't allow feet to cross.

## Crossover

The goalkeeper should use the crossover step to travel a greater distance across the goal. The goalkeeper should only cross over their feet in front never behind.

## Drop step

Drop step is used for crossed balls and balls played towards the crossbar. The key to this is that the goalkeeper steps backwards with one of their feet but always keeping their eyes up the field. This kind of footwork is faster than a back pedal and the goalkeeper remains more balanced to react to a high ball in this position.

## Warm Up

Goalkeepers are shuffling throughout an area appropriate to the number of goalkeepers that are training. Soccer balls are on the ground throughout the area. The coach will first demonstrate and then get the players to repeat.

### Progressions

1. Players do movements throughout the grid, changing direction and avoiding the soccer balls.
    - A. Jogging
    - B. Shuffling
    - C. Skipping
  2. Dead Ball
    - A. Goalkeepers are shuffling around. On the coaches command, they use a keeper call and scoop up a ball using the proper basket technique. Distribute the ball down and continue to shuffle, waiting for the coach to give the command to repeat.
    - B. Same as above but coach calls out # and GK's touches that # of balls then scoops up the last ball. Focus on getting body behind the ball and momentum going through the ball.
  3. Moving ball
    - A. Goalkeepers now shuffling around a ball in their hands. On the coaches command they bowl the ball couple of yards in front of them. The goalkeeper must then run around the ball and save through it using the basket scoop technique. Make sure the goalkeeper is saving with body weight forward of the center of gravity.
    - B. Same as above but now the ball is tossed to the side, goalkeeper shuffles away and comes back to make basket catch.
    - C. Now goalkeepers continue to shuffle but every third shuffle bounce, contour catch and then shuffle away in a different direction.
- \*With all saves the goalkeeper should be saving with forward momentum.**

*This is an example of a warm up, it is just one of many possibilities.*

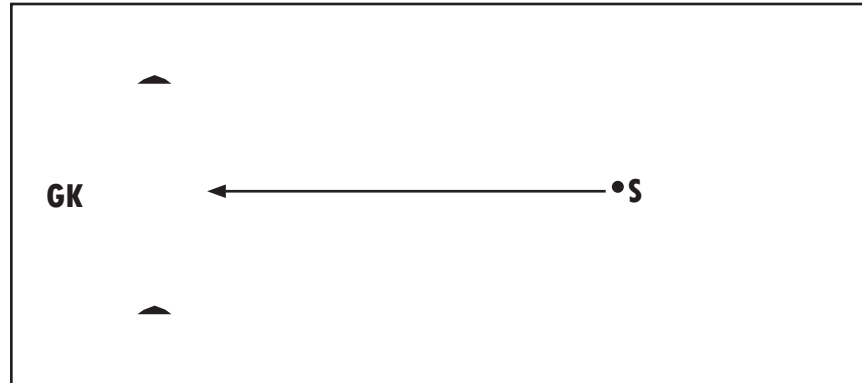


# Training Session – Basic Handling 1

## Cone Footwork to Handling (Coach-Goalkeeper)

### Set Up

- Two cones about four yards apart. Server stands about 10 yards in front of the cones.



Step forward on rhythm of the shooter, pre-stretch and make the save

### Footwork Options and/or Progressions

Getting set for a shot

1. Start behind the cones take a step forward through the cones get set in front of the cones for shot.
2. Shuffle touch one cone back to the middle get set in front of cones for shot.
3. Shuffle touch both cones come back to the middle get set in front of cones for shot.
4. Start at one of the cones facing the outside. Drop step in to a set position for a shot.
5. Figure 8 through cones get set for shot in front of cones.
6. Shuffle between the cones shooters rhythm. The GK is shuffling back and fourth inside the cones when the shooter goes to strike the ball the GK should get set in front of cones for shot. The GK must get set before the ball is struck by the shooter.
7. Side lie reload into set position for shot.
8. To practice high contour coach/ server can throw balls from hands that the goalkeeper can catch using the high contour.

### Coaching Points

- Goalkeeper should be preparing to save in the correct set position.
- Goalkeeper should be using the proper handling technique for the ball being served. (e.g. If the ball is going to hit the chest 1st then they should be catching with contour technique)
- Footwork should be quick, efficient and balanced.
- Goalkeepers should avoid diving, but instead use footwork to get their body behind shots.

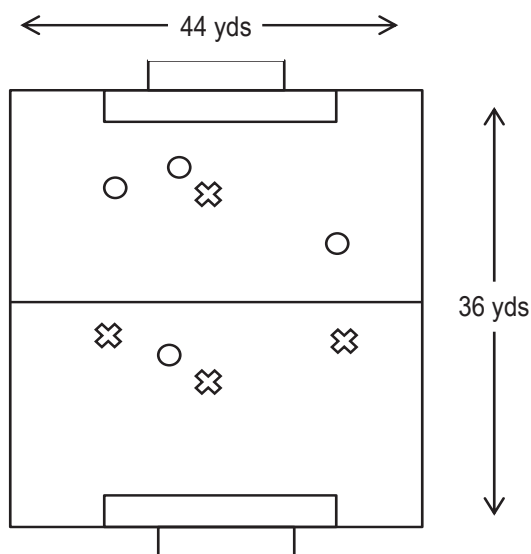
## Zone Game (Coach-Goalkeeper-Players)

### Set Up

- Field 24-36 yards long (depending on ability of players)
- Goalkeeper in each goal
- Two zones the size of the penalty box
- 3v1 in each zone
- Teams are attacking the goal where they have one player in the attacking box
- Shots can come from any where on the field.
- Players can also pass to shoot.
- Players can play in to their attacking zone by playing their player and receiving the ball back on a wall pass to shot.

### Options/Progressions

- Keep goals small to avoid diving
- Can finish with 4v4
- Modify accordingly to make exercises challenging for goalkeepers handling.



## Basic Handling 2

### Collapse Dive

1. The goalkeeper takes a forward attacking step perpendicular to the flight of the ball. If the goalkeeper steps directly forward, it will cause the goalkeeper to dive backwards. This step should allow the goalkeeper to save the ball with forward momentum. No step will make it hard for the goalkeeper to save with forward momentum and also cause the goalkeeper to land hard.
2. The goalkeeper steps towards the ball and their hands go straight to the ball.
3. The hands should be in a side contour position.
4. The ball is then taken to the ground. The ball should be the first thing that hits the ground and then the body follows behind by flexing at the knee and lowering themselves to the ground. Also lean forward with your chest and trunk.
5. The goalkeeper should tuck their elbows in when they go to the ground and also make sure the elbows are relaxed and in front of the chest.



**Collapse Dive**

### Parrying

The technique of parrying is used when the goalkeeper cannot catch the ball in an extended diving position. There is the two hand parry and the one hand parry. To parry the ball the goalkeeper should make a strong solid surface by extending their fingers.

#### One Hand Parry

The determining factors when deciding which hand to use are the height of the ball and the pace. If the ball is driven high the upper hand is used if the ball is driven low the lower hand is used. Typically it is the hand that can stretch the furthest.

#### Two Hand Parry

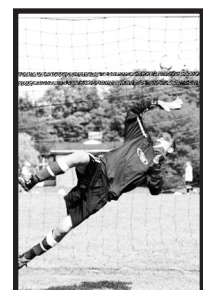
This is used when a ball is driven too hard to catch and the goalkeeper just wants to get it out of danger wide of the goal. The goalkeeper should just keep their hands together and save through the ball.



**Parrying**

### Tipping

This handling technique is used when a ball is played to a point in which the keeper is not confident with attempting a catch. Tipping usually refers to balls above the goalkeepers head. The fingers are stiff (rigid) and are extended to make the hand surface as big as possible.



**Tipping**

## Front Smother

This technique is used for balls that are driven low with pace at the goalkeeper.

### Key Points

- Hands and arms are parallel just like when the goalkeeper makes a basket catch.
- Goalkeeper takes a step forward so the hands meet the ball.
- Ball is brought into the body.
- In the same motion the goalkeeper takes the ball to the ground by extending forward onto to their forearms while spreading their legs behind them to make sure that if the ball gets through the hands the body will stop it.



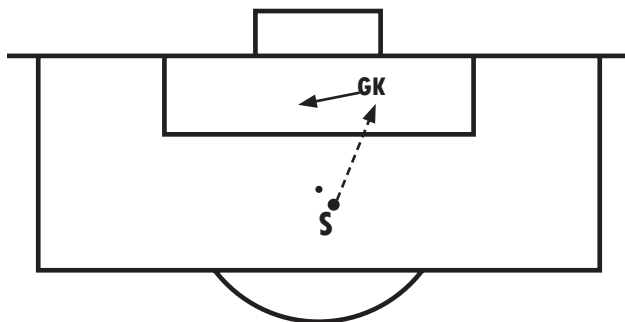
**Front Smother**

## Training Session – Basic Handling 2

### Post Warm-Up (Goalkeeper-Coach)

#### Set Up

- Coach/server stands at penalty spot
- Goalkeeper starts at post, shuffles to center of goal. Coach gives serves the ball back to the post the GK started at. This exercise will help the goalkeeper work on their collapse dive. During the exercise the goalkeeper will have to decide if they can catch the ball or if they need to tip or parry the ball wide. Make sure you train both sides of the goal.



#### Coaching Points

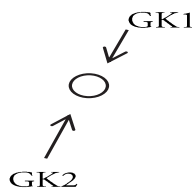
- The goalkeeper should be taking an attacking step towards the ball.
- Hands to the ball first in a side contour catch.
- Make sure the goalkeeper is diving forward and not backward.
- This drill will help the goalkeeper decide when to parry and when to catch.
- Strike some balls at the keeper so that they must also perform a front smother.

### Two Shot Exercise (Goalkeeper-Coach-Players)

#### Basic Breakaway exercise to introduce the breakaway save

- GK starts on knees - takes knee step towards ball then extends hands makes save through the ball. Final move is to bring ball in to body to secure it.
- GK now goes to 3/4 position (1 knee down, 1 foot down). This will allow for more extension to the ball.
- Finish with stand position.

#### Exercise using 2 goalkeepers



GK1 saves – leaves ball. GK2 then saves, repeat. Change sides.

### Coaching Points for basic breakaway technique

1. Extend hands to ball - use side contour handling technique.
2. Attack the ball with a big last step and come in low and through the ball.
3. After making the save, secure the ball by bringing it into the body.
  - Keep head low and behind the ball for safety.

### Set Up

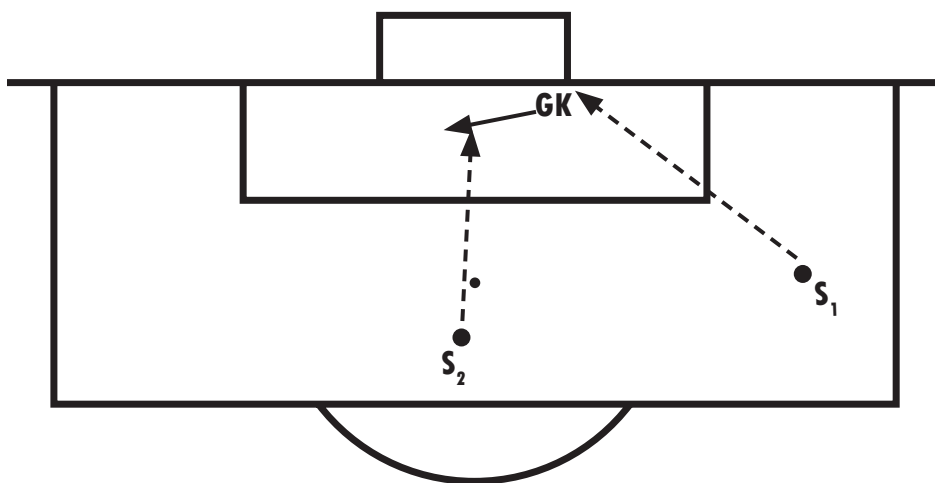
- Goalkeeper in the goal.
- Two servers - one at an angle about 12 yards out, the other in the middle of the field between the penalty mark and the top of the box.

Goalkeeper starts by setting at the near post for a shot from an angle. The service should force the goalkeeper to have to collapse dive to make the save. Once the goalkeeper makes the save they should reload to their feet, distribute back to the server, and get across to set for the second shot.

### Coaching Points

- The goalkeeper should get set every time before the shot.
- Make sure the goalkeeper is starting on their ball line. (the ball line is the imaginary line that starts in the center of the goal and goes to the ball.)
- Goalkeeper should be using the correct catching technique
- Once the goalkeeper collapse dives for the first shot, they should reload to their feet.

*\* Note: If a second server is not available set a stationary ball which the goalkeeper will collapse dive to, then reload for the shot.*

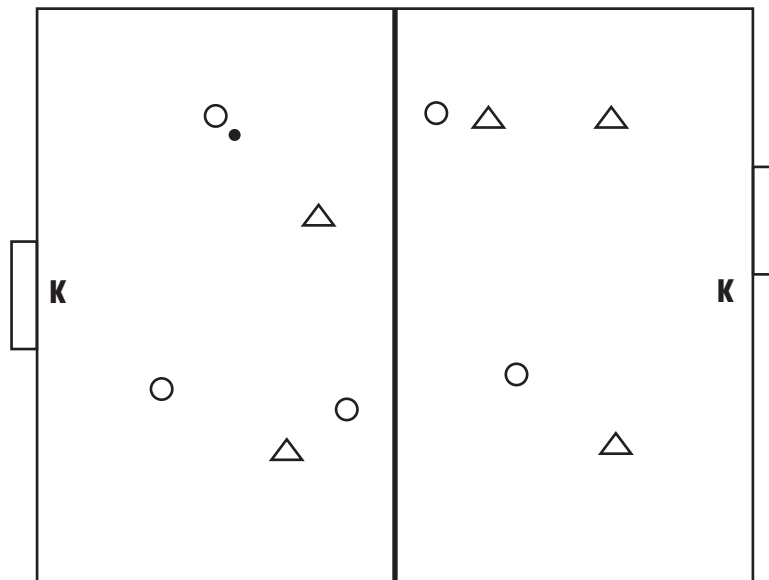




## Game (Goalkeeper-Coach-Team)

### Set Up

- Two goals about 60 yards apart. Play 5v5 or 6v6
- Add plus players if necessary to insure a lot of shots.



### Coaching Points

- Goalkeeper should be communicating with their players in front of them.
- Goalkeeper must constantly be moving with the ball and staying on their ball line.
- Goalkeeper should be using correct technique when attempting to make saves.



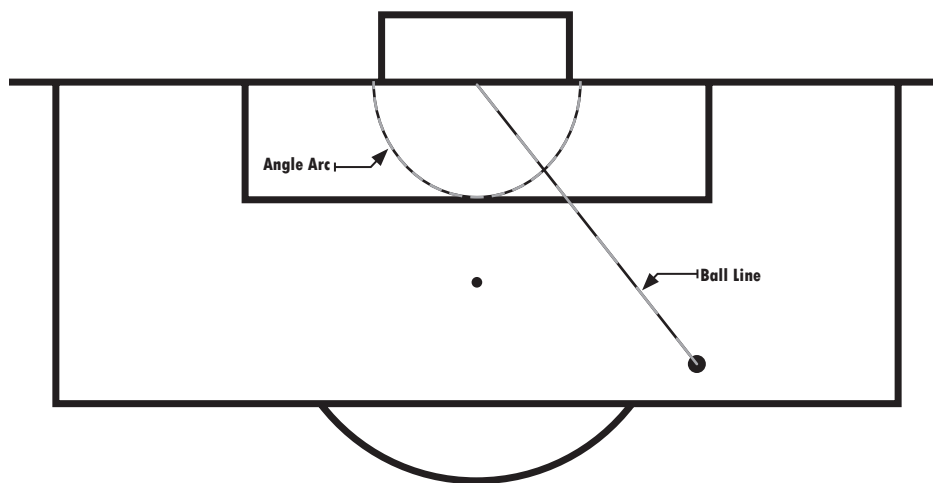
## Positioning/Communication

### Ball Line

This is an imaginary line that is drawn from the center of the goal to the ball. This is the basic initial positioning for all goalkeepers.

### Angle Arc

This imaginary arc starts just outside the post and peaks at the center of the six yard box. The angle arc provides guidelines to how far a goalkeeper can come out to close a shot when a shot is taken at or inside the penalty area.



### Vertical Position

Is how far the goalkeeper is off their line. This is unique to each goalkeeper depending on their size and athletic ability.

#### Defending Third

A ball in the defending third the goalkeeper should be 1-2 yards off their line and on their ball line. Closing the angle of the shooter when ball is at or inside the penalty area.

#### Middle Third

The goalkeeper should be between 6 to 12 yards from their line. The position is determined by the goalkeeper's ability to save back to the bar.

#### Attacking Third

The goalkeeper should be at least 18 yards off their line. This helps the goalkeeper stay connected with the team. In this position they can still communicate effectively with their team and can be used for a back pass to relieve pressure.

### Horizontal Position

Is where the goalkeeper positions themselves left and right. When the ball is in the defensive third, the horizontal position is determined by the ball. The goalkeeper should try and stay on their ball line as much as possible but as the ball gets wider and there is less of a shooting threat, the goalkeeper's position will most often be off the ball line but in a better position to intercept a cross or service into their penalty area.



## Keys to Communication

- Communication should be clear, loud, concise
- Use a tone of voice that reflects urging or calm depending on the situation. Your tone should always be confidence and “in control”.
- Limited communication to important things. Too much communication and your teammates will start to ignore you.

### Communication Basics

“Keeper”

“Away”

“Contain”

“Out or step”

“Turn left #9”

“Katie back post” used to organize the weak side.

“Back (or yes): used to organize the weak side

“Push Wide”

- No cheerleading
- Assist with offensive communication such as “turn” and “man-on”

## Games

Small-sided game of 6v6 with or without plus players on a field of 60 yards long and 44 yards wide. Coordinate and adjust as needed to create repetition. Two full goals with a keeper in each one. One goalkeeper plays as a normal goalkeeper. The other goalkeeper stands behind their goal line and can only communicate to prevent shots and goals. Goalkeepers should play for 10 minutes and then switch roles.

## Keys to Game Warm Up

- The goalkeeper's warm up should cover all aspects of the game.
- The warm up is a ritual that prepares the keeper both physically and mentally.
- The warm up should prepare the keeper to handle the most difficult athletic or complex tactical situation in the first few seconds of the game if necessary.

### Sample Game Warm Up (30 minutes)

1. Dynamic movement and stretching
2. Coordinated handling
3. Getting to the ground
4. Breakaways
5. Crosses
6. Kicking-back pass
7. Team Shots (goalkeeper determines how many or few to handle)
8. Field Assessment (wetness, hardness) and playing conditions



# Field Player Skills

## Back Pass Technical Game

Have 4 goalkeepers or 2 goalkeepers and 2 field players in opposite grids 30-40 yards apart. Grid size is 15 yards wide by 20 yards long.

The goalkeepers from grid A serve a ball in the air into grid B. One goalkeeper makes a keeper call and catches the ball (high-contour). If the ball hits the ground it is a point for the serving team.

After making the catch, the goalkeeper bowls a distribution pass back to his goalkeeper partner who one-times a ball into the opposite grid and sequence continues.

If the serve misses the grid or a ball is dropped or hits the ground inside the grid, a point is earned.

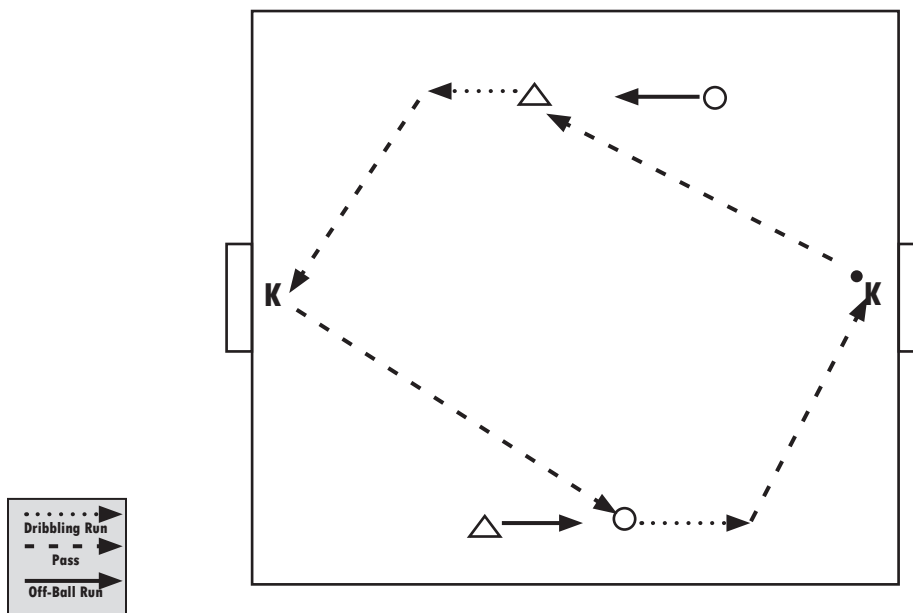
Play to 15 points. Modify the rules if a goalkeeper and field player are matched up as partners or if 2 field players are playing against 2 goalkeepers.

## Game 2

Goalkeeper starts with the ball at their feet.


Goalkeeper plays the ball out to their defender. Defender goes towards the other goal. Attacker tracks them to put pressure on the ball.

Goalkeeper in the other goal communicates with their defender for the back pass. The goalkeeper then receives the ball and plays their defender on the other side, repeating as necessary.









**NSCAA GOALKEEPING ACADEMY**  
**LEVEL 1**  
**LECTURE SESSION ONE**

Prepared by:  
NSCAA National Staff Coaches  
Director: Tony DiCicco




### WELCOME

**NSCAA Goalkeeping Academy**  
Level 1 – 6 hours  
Level 2 – 12 hours  
Level 3 – 18 hours  
Advanced National – 50 hours

**Staff**  
Tony DiCicco, National Director  
Lisa Cole, NSCAA Staff

### EXPECTATIONS




- Be on Time
- Participate in some capacity
- Be Positive, Open to Learning and Sharing


Grading

- No pass/fail - as long as you participate/follow rules you get a certificate
- Introduction to Goalkeeping Course

### SCHEDULE



### GOALS OF THE COURSE...




- Provide you with a basic understanding of the goalkeeper position.
  - Coaching Methods Specific to Goalkeepers
  - Coaching Points for Basic GK Skills
  - Proper Positioning for the GK
  - Distribution
  - Communication

### TRAINING GOALKEEPERS



- Goalkeeper Coach vs. Goalkeeper Trainer
- Environments
  - Group of GK's with GK Coach
  - Clinic/Camp Coaching – mass group
  - Functional Training – great for GK's
  - Using GK Methodology



NSCAA GOALKEEPING ACADEMY  
LEVEL 1  
LECTURE SESSION ONE

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### GOALS OF THE COURSE...

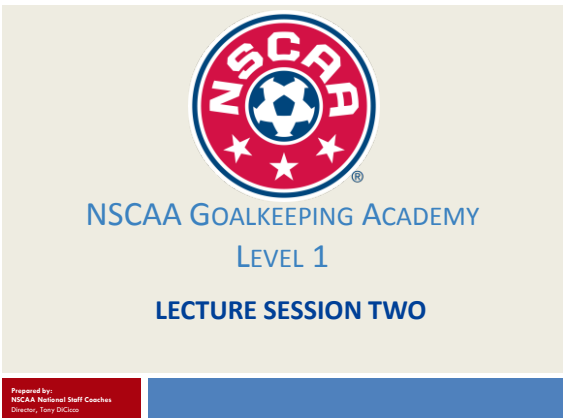



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**NSCAA GOALKEEPING ACADEMY**  
**LEVEL 1**  
**LECTURE SESSION TWO**

Prepared by:  
NSCAA National Staff Coaches  
Director, Tony DiCicco

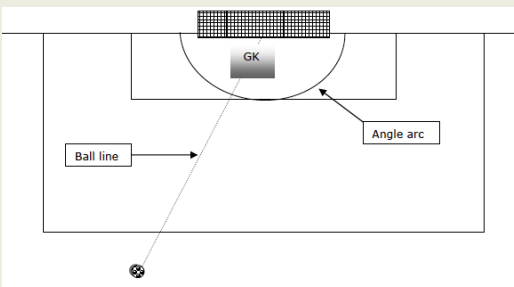


### BASIC TERMS


- Ball Line
  - ▣ An imaginary line from the center of the goal to the ball. In most situations, the goalkeeper should be straddling this line. Exceptions: Free Kicks, Corner Kicks, Crosses.
- Angle Arc
  - ▣ An approximate guide in the positioning for shots. Starts one yard outside the post, peaks at the center of the six-yard box and finishes on yard outside the post.
  - Exception...Bouncing Ball



### BALL LINE / ANGLE ARC




The diagram shows a goal with a goalkeeper (GK) positioned in front of it. A ball is located on the field to the left. A line labeled 'Ball line' extends from the center of the goal to the ball. A semi-circular arc labeled 'Angle arc' is drawn around the goal, starting from the left post, peaking at the center of the six-yard box, and ending at the right post.





### POSITIONING

- Vertical Positioning
  - ▣ Position when the ball is in each third of the field
- Lateral Positioning
  - ▣ Goalkeepers movement along the ball line as the ball moves
- Horizontal Positioning
  - ▣ Positioning on flank service
- Positioning on Set-pieces
  - ▣ Corner Kicks
  - ▣ Free Kicks – In Shooting Range and Outside Shooting Range
  - ▣ Long Throw In's

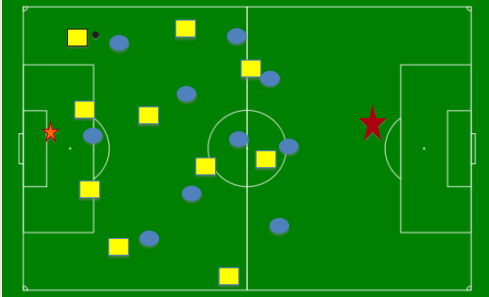


### VERTICAL POSITIONING – ATTACKING 3<sup>RD</sup>

- Position should be, at minimum, top of the 18.
- Goalkeeper is a support player and is organizing against the counter attack.

### VERTICAL POSITIONING – ATTACKING 3<sup>RD</sup>



The tactical diagram shows a soccer field with yellow squares representing attacking players and blue circles representing defensive players. A red star is placed in the attacking third, indicating the goalkeeper's vertical positioning. The diagram illustrates the distribution of players across the field during an attacking phase.

### VERTICAL POSITIONING –

MIDDLE 3<sup>RD</sup>



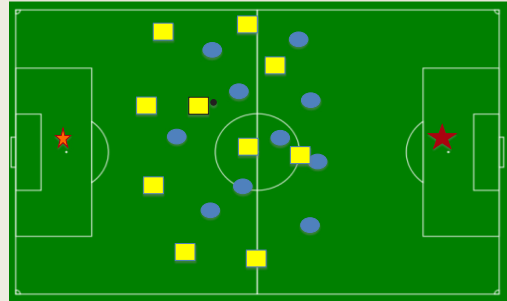
- Positioning should be 6 to 12 yards off goal line.
  - ▣ Distance off the line dictated by ability to cover shot back to the bar.

- Shape
  - ▣ Sprinter's stance, ready to gain ground on through ball or bad touch.



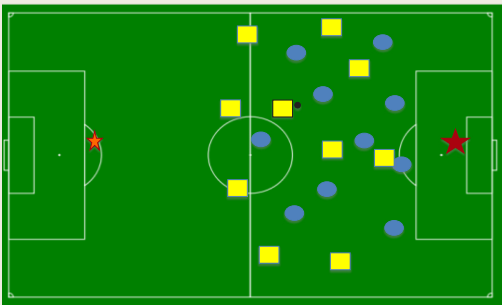
### VERTICAL POSITIONING – MIDDLE 3<sup>RD</sup>

ATTACKING HALF



### VERTICAL POSITIONING – MIDDLE 3<sup>RD</sup>

DEFENDING HALF



### VERTICAL POSITIONING –

DEFENDING 3<sup>RD</sup>

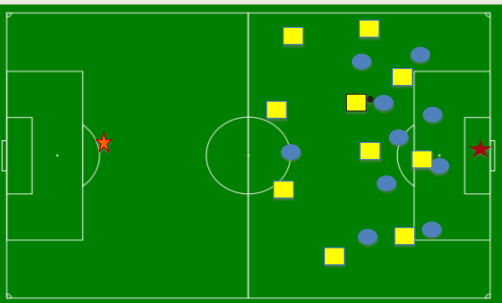


- Outside 18-yard box.
  - ▣ Position should be 2 - 4 yards off line
- Inside the 18
  - ▣ Position is on the ball line and along the angle arc position.

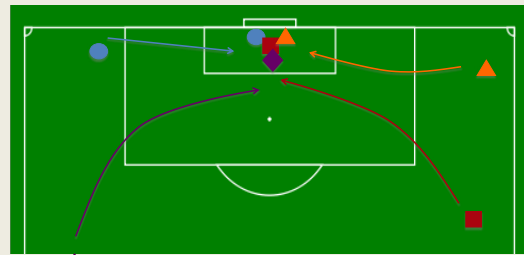



### VERTICAL POSITIONING –

DEFENDING 3<sup>RD</sup>



### HORIZONTAL POSITIONING






NSCAA GOALKEEPING ACADEMY  
LEVEL 1  
GOALKEEPER = SOCCER PLAYER


Prepared by:  
Lisa Cole  
NSCAA National Staff Coach

Site, Date of Course



### STUDENT OF THE GAME

- ❑ Soccer Player 1<sup>st</sup>
- ❑ Watch Games
- ❑ Understand Basic Principles
- ❑ Systems of Play – Strengths/Weaknesses
- ❑ Tendencies of Players


### BASIC PRINCIPLES OF SOCCER

- ❑ Defensive Principles
  - ❑ 1<sup>st</sup> Defender – pressure and delay
  - ❑ 2<sup>nd</sup> Defender – deny penetration/provide cover
  - ❑ 3<sup>rd</sup> Defender – balance
- ❑ Attacking Principles
  - ❑ 1<sup>st</sup> Attacker – shoot, dribble, pass
  - ❑ 2<sup>nd</sup> Attacker – support
  - ❑ 3<sup>rd</sup> Attacker – unbalance defense



### DURING TRAINING


- ❑ Develop Leadership within Team
- ❑ Develop Foot Skills – Soccer Player 1<sup>st</sup>
- ❑ GK needs to hear what HC is saying
- ❑ Needs to be involved in defensive sessions
  - ❑ Understand Team Defensive Organization
- ❑ Game Management Issues
  - ❑ Keep Score / Call Out Time Left


NSCAA GOALKEEPING ACADEMY  
LEVEL 1  
COMMUNICATION / BASIC TERMS

Prepared by:  
Lisa Cole  
NSCAA National Staff Coach

Site, Date of Course



First learn the meaning of what you say,  
and then speak.



~Epictetus~



## IMPORTANCE OF COMMUNICATION



- Prevents Shots and Goals
- Increase Confidence
- Controls Game Tempo
- Maintains Team's Shape / Avoids Counter

## KEYS TO GOOD COMMUNICATION



- Clear
  - ▣ Players can understand GK and respond
- Specific
  - ▣ Assign Responsibility
  - ▣ Don't just cheerlead
- Tone
  - ▣ Demanding – Creates Urgency
  - ▣ Calm – Relax

## TERMINOLOGY



- KEEPER
- AWAY
- OUT
  
- STEP / DROP / HOLD

## TERMINOLOGY



- SLIDE RIGHT/LEFT
  
- PUSH UP
  
- GOALSIDE / BALLSIDE
  
- WATCH WEAKSIDE

## TERMINOLOGY



- FORCE RIGHT/LEFT - INSIDE/OUTSIDE
  
- PRESSURE / CONTAIN / DELAY
  
- NO SHOT / NO CROSS

## TERMINOLOGY



- (NAME) BACK POST
  
- (NAME) MARK (#)
  
- TIME / TURN
  
- MAN ON



Academy

## TERMINOLOGY



- TURN OUTSIDE
- PLAY BACK
- **BODY LANGUAGE CAN ALSO COMMUNICATE!**



## NSCAA GOALKEEPING ACADEMY LEVEL 1

### VIDEO SESSION

Prepared by:  
Jae Gile  
NSCAA National Staff Coach

Site, Date of Course

## POSITIONING



## COMMUNICATION









# Appendices





# Hydration and Nutrition

Presented by Gatorade

## I. Hydration

The National Athletic Trainers' Association released in 2000 a Position Statement titled Fluid Replacement for Athletes. This document provides extensive recommendations for all levels of athletics and a number of these are highlighted below:

- Establish a hydration protocol unique to each sport, including a rehydration strategy that considers the athletes' sweat rates, sport dynamics, environment, acclimation state, exercise duration and intensity, and individual preferences.
- Fluid replacement beverages should be easily accessible in individual fluid containers and flavored to the athlete's preference.
- Calculate each athlete's sweat rate:  
**sweat rate = pre-exercise body wt. – post exercise body wt. + fluid intake – urine volume/exercise time in hours.**  
Knowing the athlete's typical sweat rate is the most fundamental consideration when establishing a rehydration protocol.
- Athletes should begin all exercise sessions well hydrated. To ensure proper pre-exercise hydration, the athlete should consume approximately 17 to 20 fl oz of water or sports drink 2 to 3 hours before exercise and 7 to 10 fl oz of water or sports drink 10 to 20 minutes before exercise.
- Fluid replacement should approximate sweat and urine losses and at least maintain hydration at less than 2% body weight reduction. This generally requires 7 to 10 fl oz every 10 to 20 minutes of exercise.
- Postexercise hydration should aim to correct any fluid loss accumulated during the practice or event. Ideally completed within 2 hours, rehydration should contain water to restore hydration status, carbohydrates to replenish glycogen stores, and electrolytes to speed rehydration.
- In many situations, athletes benefit from including carbohydrates (CHOs) in their hydration protocols. Consuming CHOs during the pre-exercise hydration session, along with a normal daily diet increases glycogen stores. CHOs should be consumed about 30 minutes before intense exercise and should be included in the hydration beverage during exercise. An ingestion rate of about 1 g/minute (0.04 oz/min) maintains optimal carbohydrate metabolism: for example, 1 L of a 6% CHO drink per hour of exercise. CHO concentrations greater than 8% [18+ g/8-oz serving] increase the rate of CHO delivery to the body but compromise the rate of fluid emptying from the stomach and absorption from the intestine.
- Those supervising athletes should be able to recognize basic signs and symptoms of dehydration: thirst, irritability, and general discomfort, followed by headache, weakness, dizziness, cramps, chills, vomiting, nausea, head or neck sensations, and decreased performance.
- Adequate salt in the hydration beverages will stimulate thirst, increase voluntary fluid intake and decrease the risk of hyponatremia.\*  
*\*Symptoms of hyponatremia may be mild and nonspecific, such as fatigue, malaise, and nausea. Symptoms of moderate severity include pounding headache, swollen fingers, wrist, and ankles, confusion, restlessness, disorientation, and slurred speech, as well as vomiting, seizures, stupor, coma, and death.*
- Becoming accustomed to exercising in the heat induces physiologic changes that may alter individual fluid-replacement considerations.
- Consider modifications in practice schedules when working with prepubescent and adolescent athletes who exercise intensely in the heat and may not fully comprehend the medical and performance consequences of dehydration.
- Implementing a hydration protocol for athletes will only succeed if athletes, coaches, and athletic trainers, and team physicians realize the importance of maintaining proper hydration status.



In addition to the NATA fluid position statement, consider what makes an optimal sports drink:

- Electrolytes (Sodium) – As with carbohydrates, both the amount and type of electrolytes are key factors in a scientifically based sports drink. Sodium helps determine how much fluid is consumed and how much of that fluid remains in the body for proper hydration.
- Carbohydrates – The amount of carbohydrate in a beverage affects taste, fluid absorption and performance. Research has shown that a 6% carbohydrate solution (i.e. 6 grams of carbohydrate per 100 ml of beverage or 14 grams per 8 ounces) strikes the optimal balance in taste, rapid fluid absorption, and delivery of carbohydrate energy to fuel working muscles. Rapid fluid absorption depends upon having the right amount and right kinds of carbohydrates. Gatorade contains a blend of sucrose glucose, and fructose to take advantage of the way the body absorbs fluid. Other carbohydrate types such as maltodextrin (or glucose polymers) have no physiological or performance benefits. Sports drinks containing only fructose or high levels of fructose should be avoided because fructose can't be absorbed as fast as other carbohydrates and may cause gastric distress.
- Taste – It's no surprise that people will drink more of a beverage with flavor. What does surprise many people is that taste preferences change substantially during exercise. The Gatorade Sports Science Institute has conducted a lot of research to understand the taste characteristics that appeal most to people when they're hot and sweaty. All of the Gatorade flavors incorporate this knowledge to make sure Gatorade tastes best when it's needed most. After all, voluntary drinking is one of the best defenses against dehydration.

## II. General Nutrition

Competitors in stop-and-go team sports like soccer understand the importance of speed, agility, and power. These athletes also need to know that nutrition and hydration will help fuel their team to victory. Below are some pointers to help keep your soccer players performing at their best. You should also take a look at the USDA's new food pyramid for healthy nutrition guidelines.

### A. Pre-Workout Fuel

Athletes should fuel their bodies 2 to 3 hours before practices and games with a high-carbohydrate meal or snack. This will give the body additional energy to help make it through the workout or game.

### B. Tips:

1. Team leaders can organize pre-game meals for the whole team, including high-energy foods like breads, cereals, pasta, rice, fruits, and vegetables – as well as lean sources of protein. Athletes should fill 2/3 of their plate with high-carbohydrate options.
2. Before exercise, players should eat foods they know work well for them. Avoid foods high in fat, fiber or protein just before training or competition. They slow down absorption and can cause stomach upset.
3. Athletes should replace the sodium lost in sweat – especially for heavy crampers. Athletes can do this by regularly salting their food, eating some salty snacks like pretzels, crackers, and soups and favoring sports drinks, like Gatorade, over water during training and games.

### C. Post-Workout Fuel

Athletes can burn up muscle energy stores (carbohydrate stores) during a tough workout. So it's important that athletes replenish muscle energy stores by choosing carbohydrate-rich foods within 30 minutes after a practice or game and again within two hours. They may also have snacks like cereal mixed with peanuts and raisins, an energy bar, and a properly formulated sports drink, like Gatorade, to help refuel fast.

### D. Easy Access to Snacks

Many younger athletes/soccer players run from school directly to practices or games and have no time to stop for a high-energy snack to boost energy for performance. To stay fueled, athletes should keep healthy snacks accessible in their backpacks, lockers and coolers.



### III. Energy For Tournaments

Tournaments present unique opportunities and challenges for the individual soccer player and the team as a whole. One of the most important challenges is supplying adequate fluid and food to fuel the athlete participating in multiple matches throughout the tournament period. What makes the challenge especially complex is the two-fold nature of the dilemma, that of supply and demand.

#### A. Demand for Energy

A single soccer match may deplete most of a player's fluid and nutrition reserves. During a tournament, matches may be as close as an hour apart, leaving little time to rebuild fuel stores. Consequently, fatigue sets in sooner; speed, skills, accuracy and concentration are compromised, and the risk of dehydration increases. In warm environments, the degree of dehydration and its associated dangers are even higher.

#### B. Supply of “sport friendly” foods

1. Immediately after a match, the hunger sensation may be blunted so it is crucial that foods or beverages consumed at this time be high in carbohydrate (CHO), the major fuel for the physical demands of soccer. In order to store those carbohydrates as muscle glycogen, the body also needs sufficient fluid.
2. Tournament concession stands offer limited selections, often with many high-fat foods. Fast-food restaurants may be an option but careful selection is necessary to ensure adequate amounts of carbohydrates. When possible, the best bet is to bring a supply of “sport-friendly” foods and beverages to the tournament. Even when traveling far from home, there are some simple tips for ensuring a supply of portable foods and fluids that meet the high-energy demands of soccer tournaments. Some examples include: bagels, cereal, sports drinks, high-carbohydrate herb-free energy drinks, fruit, and energy bars.

#### C. Beverages

Favor a sports drink over water during workouts and games. Gatorade supplies 14g CHO per 8 oz, a good choice for quickly replenishing fluids and electrolytes lost in sweat and supplying carbohydrates to active muscles.

- 17 to 20 oz fluid 2 to 3 hours before the match
- 7 to 10 oz fluid 10 to 20 minutes before the match. Players are encouraged to weigh before and after training to modify the volume recommendations for their own personal needs and sweat rate.
- 28 to 40 oz fluid per hour during the match (7 to 10 oz fluid every 10 to 15 minutes of play). Some players may need less, others more, depending on overall sweat losses.
- 20 oz fluid per pound of weight lost during the match, within 2 hours of finishing the match. Players should weigh themselves before and after practices and games.
- Water alone, while a source of fluid falls short. It blunts thirst before the athlete is fully hydrated and doesn't supply needed nutrients to fuel the body.
- Skip the soda. The carbonation makes it harder to gulp down enough fluid, plus carbonation can bloat the stomach causing indigestion.
- Watch the caffeine. Caffeine can be a diuretic, which increases fluid loss as urine, impairing rehydration.





# NSCAA Membership

## NSCAA Membership Categories

Active/Retired Membership	\$65	
Regular Membership	\$85	(U.S. and Canada Only)
European Membership	\$125	
Other Foreign Membership	\$135	

The National Soccer Coaches Association of America is the largest single-sport coaches association in the world with more than 30,000 members. Founded in 1941, the NSCAA is dedicated to the education of coaches at every level of the game including youth, high school, college and professional.

## Benefits of Membership in the NSCAA

- Soccer Journal Magazine - Printed eight times each year, this official publication of the NSCAA is the only magazine dedicated specifically to soccer coaches.
- Annual Convention - Held each January in a U.S. city, the NSCAA Convention is the largest soccer show in the world with clinics, lectures, exhibits, meal and social functions.
- Awards and Recognition - The NSCAA sponsors numerous award and recognition programs including Coach of the Year, All-American, national team rankings and various service awards including commendations, the Hall of Fame and the Honor Award, the NSCAA's highest award.
- Academy Program - The academy program includes the coaching certification courses (both residential and non-residential), clinics, forums, symposiums and various educational offerings.
- Product Discounts - Members save on books, videotapes and soccer-related products with their NSCAA membership. Special offers are made through direct mail and the Soccer Journal.
- Apparel and Equipment - Through sponsors like adidas, members are offered various discounts on team products and exclusive licensed coaching apparel.
- Insurance - Dues also provide members with \$1 million in liability insurance which covers almost all soccer-related coaching activities.
- Non-members will receive a free one-year membership with your academy enrollment. Maybe you know another coach who could benefit from membership in the NSCAA? Write or call for a membership brochure at:

**NSCAA**  
**800 Ann Ave**  
**Kansas City, KS 66101**  
**Phone: 913-362-1747**







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### Region VIII

#### KY, OH, TN

Ken White  
2217 Castlewood Dr.  
Franklin, TN 37064  
H - 502-931-8989  
E - cionnath@aol.com

### Region IX

#### CO, MN, NE, ND, SD, WY

Please contact the NSCAA  
National Office:  
Casey Berrier  
W-913-362-1747  
E - cberrier@nscaa.com

### Region X

#### AR, KS, MO, OK, TX

Rob Herringer  
624 S. Bittersweet Lane  
Lansing, KS 66043  
H - 913-683-1410  
E - rherringer@benedictine.edu

### Region XI

#### AZ, CA, HI, NM, NV, UT

Marco Santillan  
3257 Leigh Ave.  
San Jose, CA 95124  
H - 408-559-1503  
E - santizorro@sbcglobal.net

### Region XII

#### AK, ID, MT, OR, WA

George Hageage  
307 Holladay Dr.  
Cheney, WA 99004  
H - 509-359-7949  
W - 509-235-6613  
E - george.hageage@mail.ewu.edu

### Region XIII

#### Long Island, N.Y.

John Fitzgerald  
5 Broadway  
Smithtown, NY 11787  
O - 516-773-5277  
C - 631-235-2850  
E - JandEFitz@msn.com





## Recommended By The NSCAA Academy

### Ages 12 +

Bauer, Gerhard; Soccer Techniques, Tactics and Teamwork.  
Bisanz, Gero & Norbert Vieth; Success in Soccer.  
Bonfanti, Mario and Angelo Pereni; The Complete Book of Soccer Restart Plays.  
Caitlin, Mark; The Art of Soccer.  
Caruso, Andrew; Soccer Coaching Development and Tactics.  
Caruso, Andrew; The Great Game.  
Coerver, Wiel; Score.  
Critchell, Mick; Warm Ups for Soccer: A Dynamic Approach.  
Detchon, Jack; Zonal Defending.  
DiCicco, Tony; Catch Them Being Good.  
DiCicco, Tony; The Goalkeeper Training Manual.  
Dorrance, Anson; Training Soccer Champions.  
Erickson, Sven; The England Coach.  
Gregg, Lauren; The Champion Within.  
Goncalves, Jose. The Principles of Brazilian Soccer.  
Gorman, Barry with Lawrence Fine; The Full Season.  
Howe, Bobby; Coaching the Player.  
Hughes, Charles; The Football Association Coaching Book of Soccer- Tactics and Skills.  
Kentweel, Richard; Dutch Soccer Drills Volume 1: Individual Skills.  
Kentwell, Richard; Dutch Soccer Drills Volume 2: Game Action Drills.  
Kipnes, Barry D.; PRIDE + A Coach's Handbook.  
Marziali, Floriano and Vincenzo Mora. Coaching the 4-4-2.  
NSCAA, The Soccer Coaching Bible.  
Pererni, Angelo and Michele Di Cesare; Zone Play.  
Pronk, Nico & Gorman, Barry; Soccer Everyone.  
Schreiner, Peter; Coordination, Agility and Speed Training For Soccer.  
Schum, Tim; Coaching Soccer. (Masters Press)  
Simon; Practice Games for Winnng Soccer.  
Simon & Reeves; Soccer Restart Plays.  
Success in Soccer; the Magazine.  
Verheijen, Dr. Raymond; Conditioning for Soccer.  
Wade, Alan; Soccer Strategies.  
Wade, Allen; Positional Play.  
Walters, Tony; Coaching the Team.  
Walters, Tony; Coaching Set Plays.  
World Class Coaching; The Magazine.  
Wrzos, Jerry; The International Training Guide.

### U-12

Dewazien, Karl; Practice for Champions.  
Dewazien, Karl; Tactics for Champions.  
Dewazien, Karl; Fundamental Soccer.  
Quinn, Ron; The Peak Performance.  
Walters, Tony and Bobby Howe; Coaching 6, 7 and 8 Year Olds.  
Walters, Tony and Bobby Howe; Coaching 9, 10 and 11 Year Olds.



## Recommended By The NSCAA Academy

### The Indoor Game

De Boer, Klaas; [Indoor Soccer](#).

Leight, Wes; [Indoor Soccer Tactics and Skill](#).

### Goalkeeping

Luxbacher, Joe; [The Soccer Goalkeeper](#).

Machnik, Joe; [The Skills of Goalkeeping](#).

Machnik, Joe; [Goalkeeping Fitness and Tactics](#).

Machnik, Joe; [Goalkeeping- The Next Dimension](#).

Phillips, Lincoln; [Goalkeeping- The Last Line of Defense, The First Line of Attack](#).

Walters, Tony; [Coaching the Goalkeeper](#).

### Psychology and Management

Beswick, Bill; [Focus on Soccer](#).

Goleman, Daniel; [Primal Leadership](#).

Gorman, Barry; [The Personality Pyramid](#).

Martens, Rainer; [The Coaches Guide to Sport Psychology](#).

Useem, Michael; [The Leadership Moment](#).

Walton, Gary M.; [Beyond Winning: The Timeless Wisdom of Great Philosopher Coaches](#).

### Videos

NSCAA; Club Tactical Development

NSCAA; Futbol Moderno

NSCAA; Goalkeeping Staff, DiCicco (coming January 2012)

NSCAA; Player Development

NSCAA; Soccer Coaches Guide - For Young Players 5-7 Years Old

NSCAA; Soccer Coaches Guide - For Youth Players 9-12 Years Old

NSCAA; Soccer Tactics - On the Attack

NSCAA; Soccer Tactics - Defending to Win

NSCAA; Technical Training - Critical Coaching Points

DiCicco, Tony; Soccer Fun!

DiCicco, Tony; The Champions Soccer Series with Brandi Chastain (Tapes 1-3)

DiCicco, Tony; Goalkeeping, The DiCicco Method (3 DVD Series)

Heinrichs, April; Training Girls and Women to Win

International Tactics Limited (Jape Shattuck); Individual Attacking

International Tactics Limited (Jape Shattuck); Individual Defending

International Tactics Limited (Jape Shattuck); Group Attacking

International Tactics Limited (Jape Shattuck); Group Defending

### NSCAA Partners

Human Kinetics

[www.humankinetics.com](http://www.humankinetics.com)

800-747-4451

Reedswain Books & Videos

[www.reedswain.com](http://www.reedswain.com)



## Recommended By The NSCAA Academy

Soccer Learning Systems

800-331-5191  
www.soccervideos.com  
800-762-2376

### Top Soccer Websites

National Soccer Coaches Association of America  
Down the Line  
Eurosport  
ESPN Soccer  
FIFA  
Major League Soccer  
National Intercollegiate Soccer Officials of America  
Soccer 365  
Soccer America  
Soccer Association for Youth  
Soccer Buzz Magazine  
Soccer Plus  
Soccer Times  
United Soccer Leagues  
United States Soccer Federation  
United States Soccer Players  
United States Youth Soccer Association  
Women's Professional Soccer  
Women's Soccer World  
World of Soccer

www.NSCAA.com  
www.down-the-line.com  
www.soccer.com  
soccernet.espn.go.com  
www.fifa.com  
www.mlssoccer.com  
www.nisosa.com  
www.soccer365.com  
www.socceramerica.com  
www.saysoccer.org  
www.soccerbuzz.com  
www.soccerpluscamps.com  
www.soccertimes.com  
www.uslsoccer.com  
www.ussoccer.com  
www.ussoccerplayers.com  
www.usyouthsoccer.org  
www.womensprosoccer.com  
www.womensoccer.com  
www.worldofsoccer.com





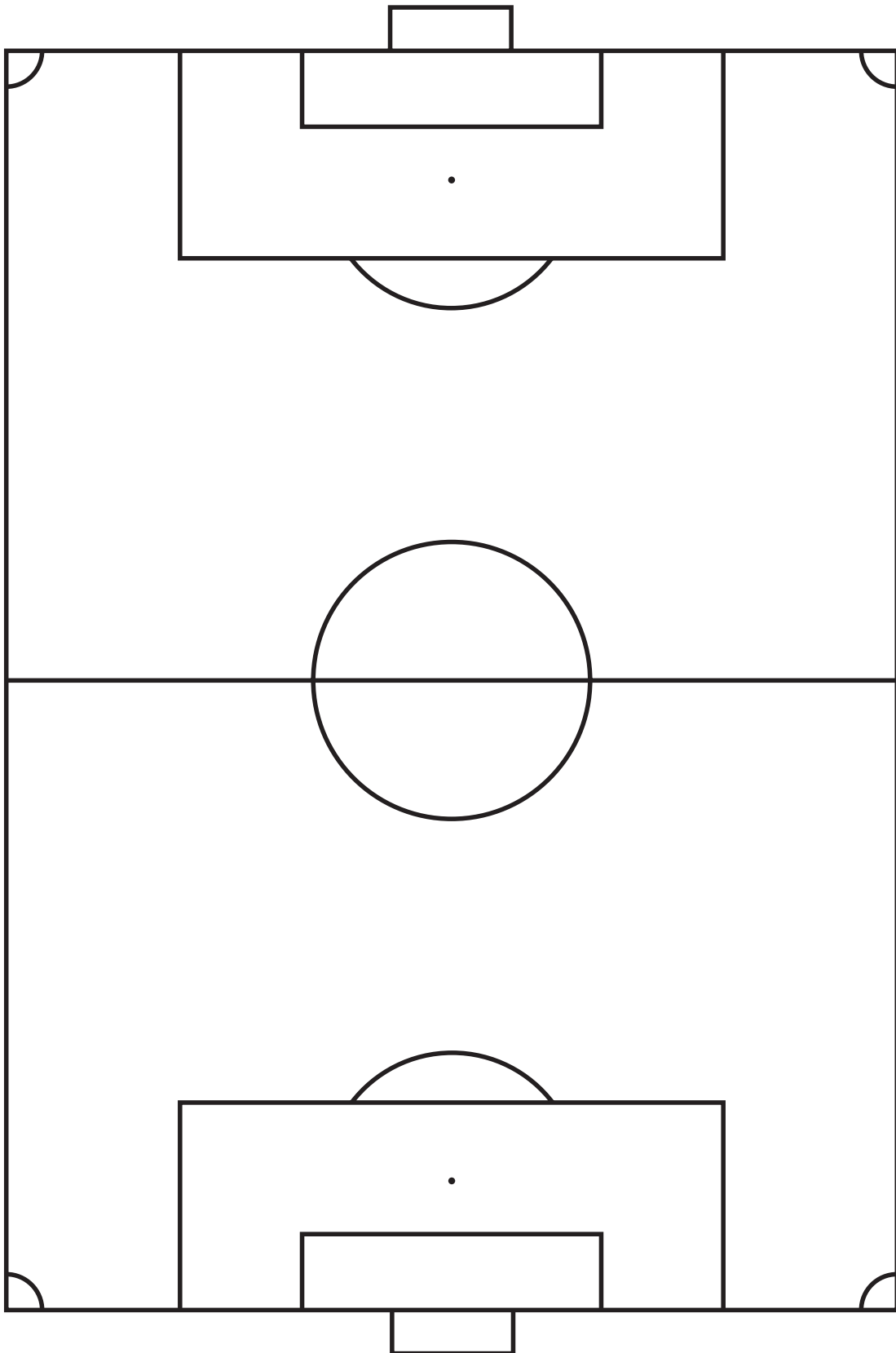
# NSCAA Code of Ethics

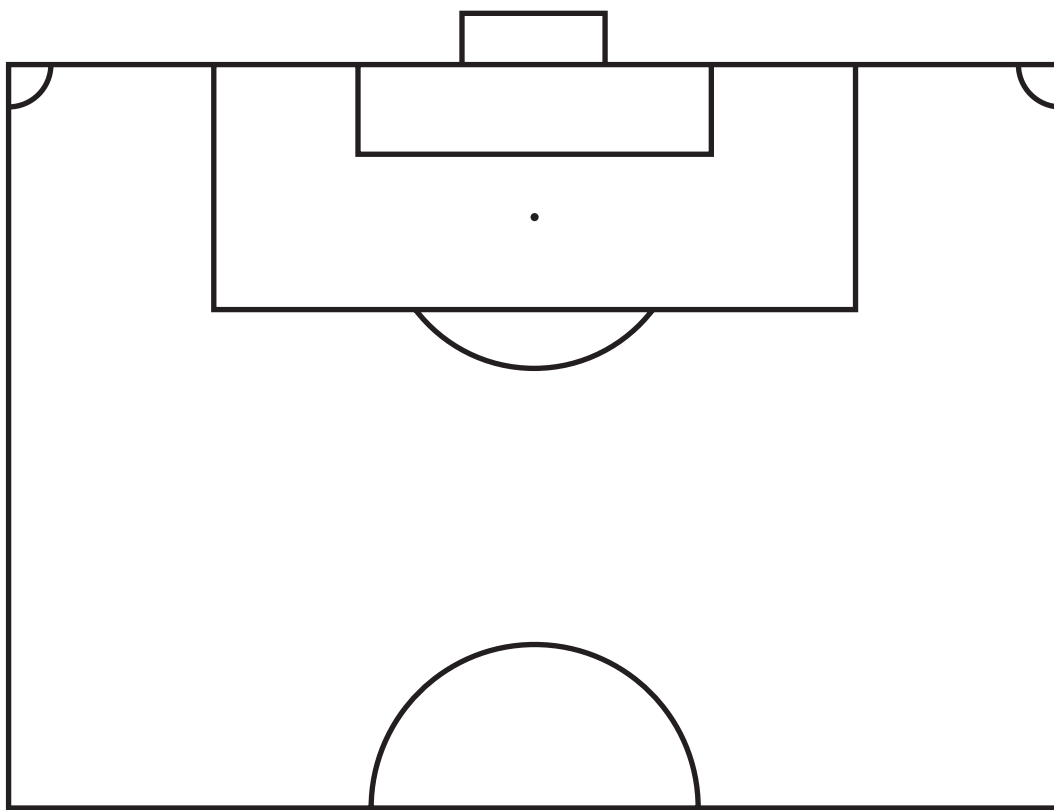
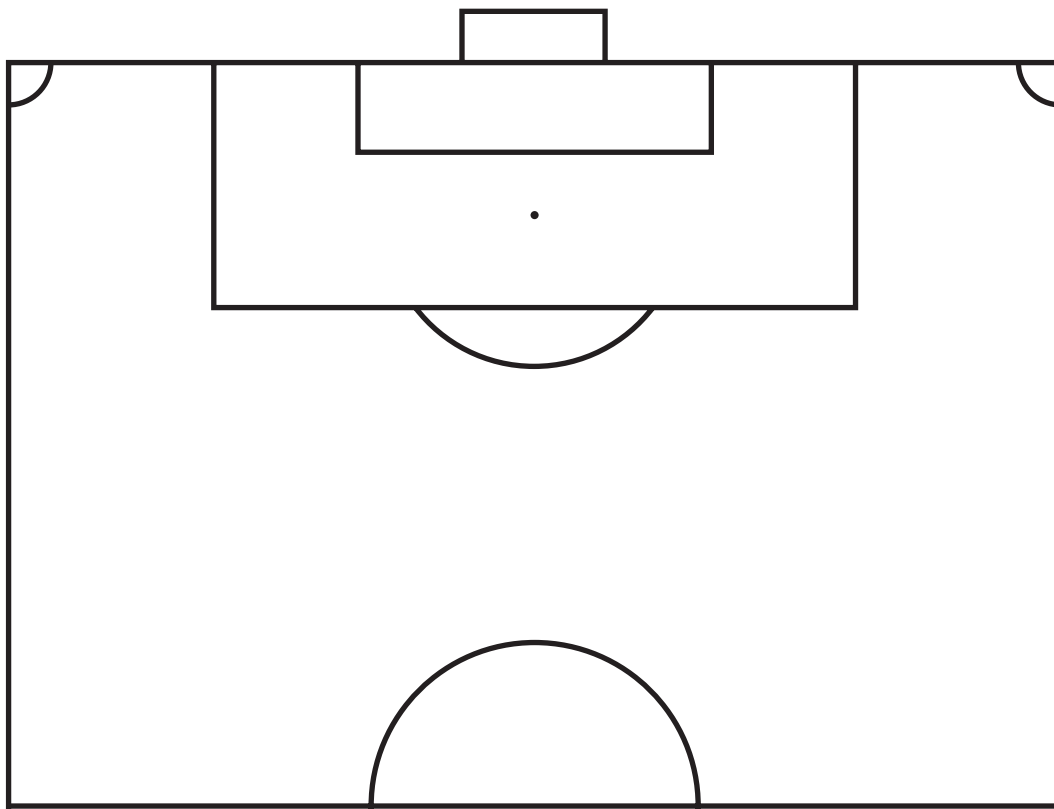
**(Adopted: 5/24/99)**

1. Soccer is the player's game. The paramount concern of coaches is the holistic development, welfare, enjoyment and safety of their players.
2. Coaches bear the responsibility for teaching players to strive for success while playing fairly, observing the laws of the game and the highest levels of sportsmanship.
3. Coaches shall treat officials with respect and dignity, and shall teach their players to do the same.
4. Our opponents are worthy of being treated with respect. Coaches will model such respect for opponents and expect their players to do likewise.
5. In both victory and defeat, the behavior of the coach shall model grace, dignity and composure.
6. Coaches shall adhere to the highest standards and the regulations of the institutions they represent: clubs, schools, sponsoring organizations and sports governing bodies.
7. Coaches have a responsibility to promote the interests of soccer, including treating the media with courtesy, honesty and respect.
8. Coaches shall model inclusive behavior, actively supporting cultural diversity while opposing all types of discrimination, including but not limited to, racism and sexism, at all levels of the game.
9. Coaches are responsible for taking an active role in education about, and prevention and treatment of drug, alcohol and tobacco abuse, both in their lives and in the lives of their players.
10. Coaches shall refrain from all manner of personal abuse and harassment of others, whether verbal, physical, emotional or sexual, and shall oppose such abuse and harassment at all levels of the game.
11. Coaches shall respect the declared affiliations of all players, and shall adhere to all guidelines and regulations on recruiting established by the governing bodies having oversight of their teams and leagues.
12. Coaches shall seek to honor those who uphold the highest standards and principles of soccer and shall use appropriate protocol to oppose and eliminate all behavior that brings disrepute to the sport – violence, abuse, dishonesty, disrespect and violations of the laws of the game and rules governing competition.



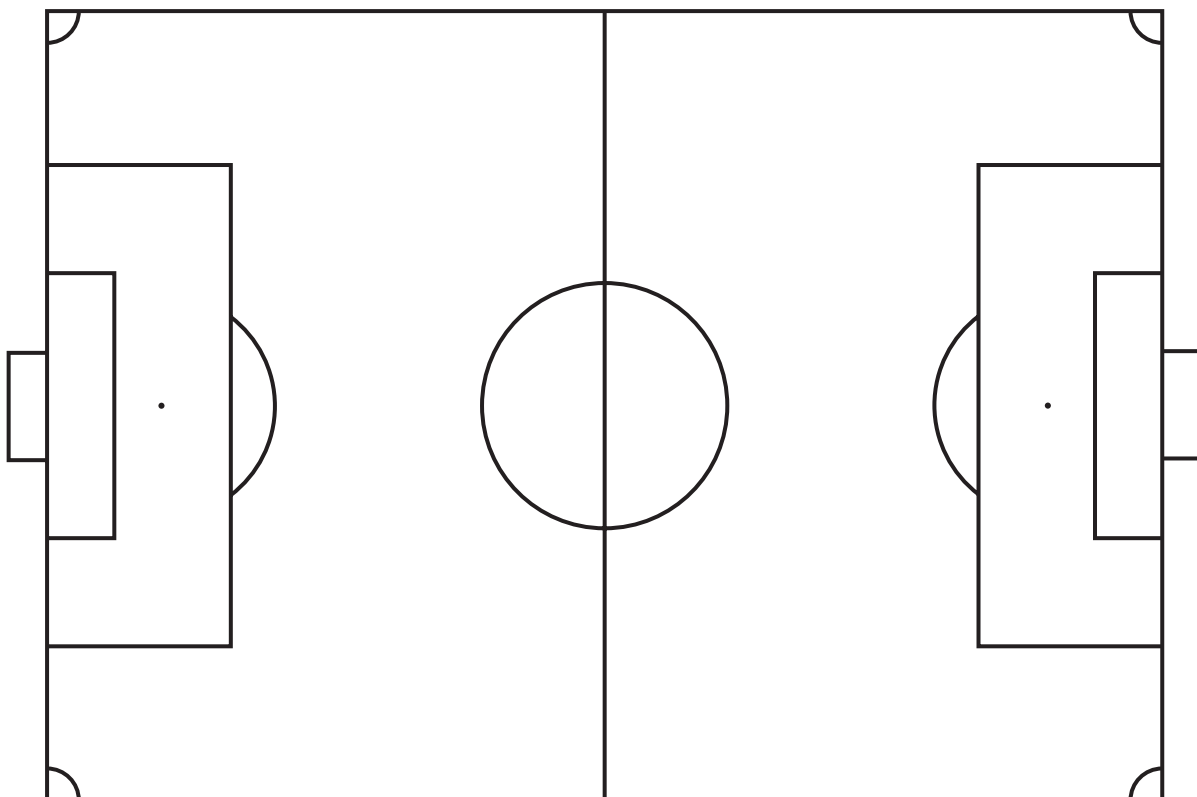
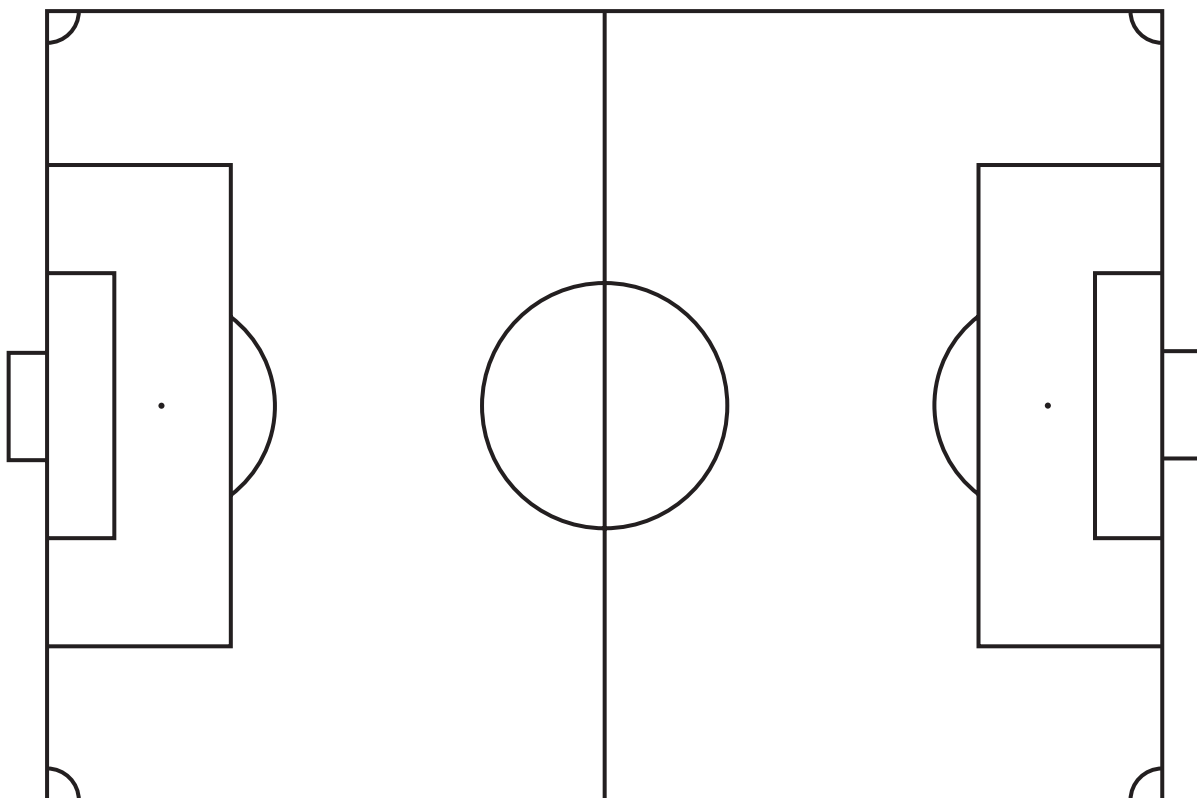


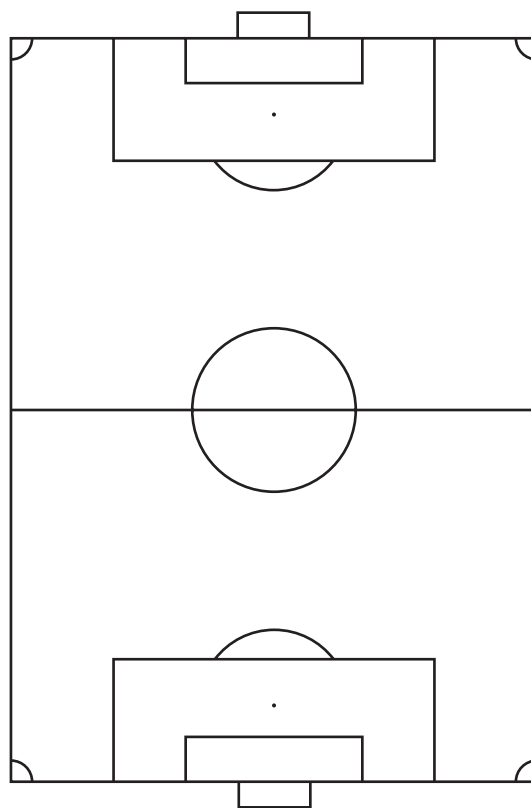
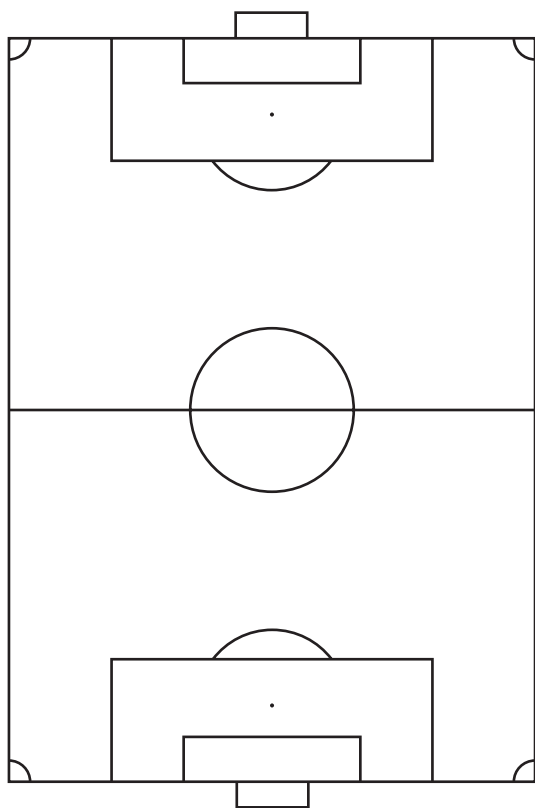
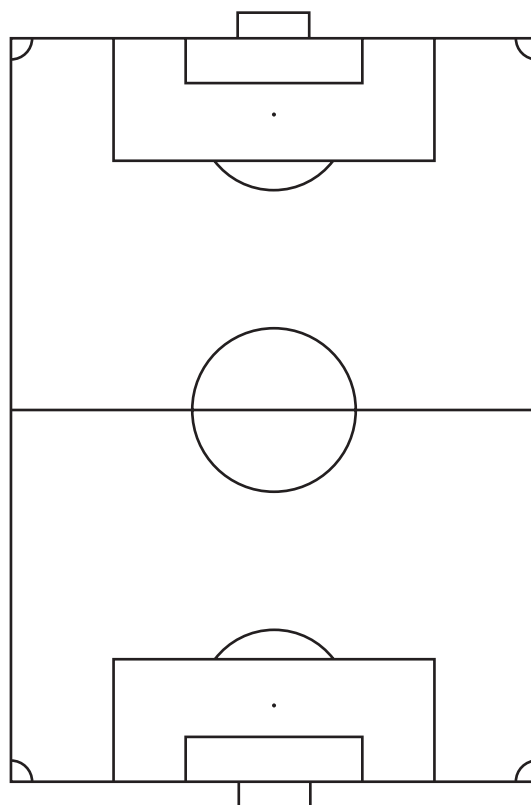
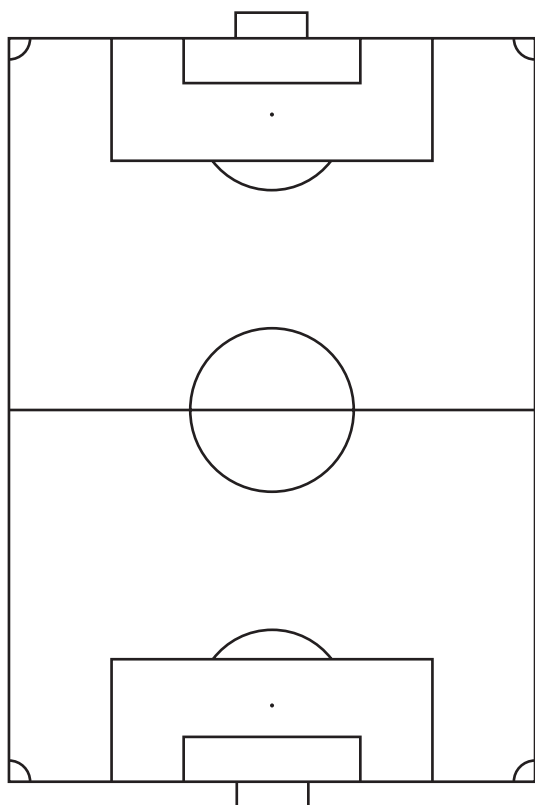






Academy







Academy

## College Credit For NSCAA Academy Courses

As a participant in a NSCAA Residential, Non-Residential or Special Topics course, you are eligible to apply for college credit through the University of Colorado. Information about credit hours and tuition cost is listed below.

NSCAA Course	Semester Hour Credits	Tuition
Youth Level II Diploma*	1	\$100
Youth Level III Diploma	2	\$150
Youth Level IV Diploma	2	\$150
Junior Level V Diploma	1	\$100
Junior Level VI Diploma	2	\$150
National Diploma	3	\$200
Advanced National Diploma	3	\$200
Premier Diploma	3	\$200
Goalkeeping Level I Diploma*	1	\$100
Goalkeeping Level II Diploma	1	\$100
Goalkeeping Level III Diploma	2	\$150
Advanced National Goalkeeping Diploma	3	\$200
High School Diploma	2	\$150
Director of Coaching Diploma	2	\$150
Master Coach Diploma**	2	\$150
Special Topics: Algarve Cup Symposium	3	\$200
Special Topics: Men's Championship Clinics	1	\$100
Special Topics: Women's Championship Clinics	1	\$100
Special Topics: Champions Coaches Clinic	2	\$150
Sports Safety: PREPARE (online course)	½	\$65
NSCAA Annual Convention Clinic Sessions***	1	\$100

\* Credit for the Youth Level II Diploma and the Goalkeeping Level I Diploma courses require submission of a short paper to meet college requirements for receiving credit. Details listed below in #4.

\*\* For the Master Coach Diploma, register for college credit with UCCS after completion of all of the course requirements.

\*\*\* Course requirements for the NSCAA Annual Convention Clinic Sessions are listed in the materials provided for attendees at the convention.

### COURSE REQUIREMENTS for COLLEGE CREDIT

- Attend all the sessions and complete all course requirements for the NSCAA course or courses you are using to apply for college credit.
- Download and complete the **University of Colorado - Faculty Course Questionnaire**. Return of this form is required.
- Mail the completed Faculty Course Questionnaire to: Jay Engeln, 1724 Wood Avenue, Colorado Springs, CO 80907.
- If taking the Youth Level II Diploma or the Goalkeeping Level I Diploma you will need to complete a one-page paper describing how you will use the information learned in the course in your coaching career. Mail your paper along with the Faculty Course Questionnaire to the address listed in #3 above. Paper should be postmarked within two weeks of the conclusion of the course.
- Complete the credit registration process with the University of Colorado (see the Credit Registration Process section on the reverse of this page). Credit registration must be completed within two weeks of the completion of the NSCAA course.
- Please allow 6-8 weeks for processing of grades through the University of Colorado and verification of course completion with the NSCAA.



### **CREDIT REGISTRATION PROCESS**

1. Go <http://www.tinyurl.com/nscaa-college-credit> or visit the College Credit link at [www.nscaa.com](http://www.nscaa.com).
2. Scan the list of courses for the specific NSCAA course you took and for which you wish to receive University credit. Each course listing will indicate the deadline to register in the University of Colorado online system, the number of credit hours available, and the tuition.
3. Make a note of the appropriate 5-digit call number above and the term designation (right-hand column), and then proceed to the [LAS Extended Studies Registration page](#). The registration instructions will guide you through registration and payment. *Note: online registration through UCCS can take up to two business days, so please do not wait until the last day to register*
4. Any questions regarding registration should be directed to the [LAS Office of Extended Studies](#).









# Course Evaluation Form

## Goalkeeping Level I Diploma

Course Date(s) \_\_\_\_\_

Location \_\_\_\_\_

Thank you for your participation in this NSCAA Coaching course. Please assist us in our commitment to the quality education of soccer coaches by taking a moment to complete this questionnaire.

Please rate the overall course value terms of the enhancement of your coaching knowledge.

- Excellent     Very Good     Average     Below Average     Poor

Please rate the curriculum content and the value of the handouts/materials provided for this course.

- Excellent     Very Good     Average     Below Average     Poor

Please rate the instructors on his or her ability to teach the course and communicate effectively.

- Excellent     Very Good     Average     Below Average     Poor

Please rate your overall enjoyment of the course in terms of its being both interesting and fun.

- Excellent     Very Good     Average     Below Average     Poor

Please indicate the overall value of the course based on its length and cost to you or your association.

- Excellent     Very Good     Average     Below Average     Poor

What was your opinion of the academy staff? Please feel free to list those that did a quality job and/or fell short of your expectations and explain why.

Your comments and suggestions are always appreciated in our course evaluations. In the space provided below, please provide us with any additional information about your participation in the event:

Please give completed forms to the site coordinator or mail to:

**NSCAA Course Evaluation**  
**800 Ann Ave**  
**Kansas City, KS 66101**





## **Waiver of Liability - Coaches**

I, \_\_\_\_\_, understand that the National Soccer Coaches Association of America (NSCAA) has explained that its Coaching courses are physically demanding and I certify that I am in condition to participate fully in the program. I hereby agree to save and hold harmless the NSCAA, its staff, including coaches, and each of its officers and directors (the persons and entities releases hereinafter being referred to individually and collectively as “NSCAA”) against loss or damage for any injury, illness or other conditions arising from my participation in the Coaching Academy Program, and hereby release waive, and forever discharge NSCAA from any and all claims which may be made by or on behalf of me relative to my participation in the Coaching Academy Program.

## **NSCAA Likeness Statement**

By my registration for this NSCAA Coaching Academy course, I agree that the NSCAA may use my likeness in photographs and video to be used for publications and presentations to promote the NSCAA and its programs. I understand that there will be no financial remuneration involved and stipulate that the photographic and video reproductions may be used only for NSCAA purposes.

I have read the above waiver of liability and Likeness Statement and understand that I have signed them voluntarily.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Course Date(s) \_\_\_\_\_ Location \_\_\_\_\_

# The NSCAA Foundation Endowment Campaign



## About the National Soccer Coaches Association of America

The NSCAA is the largest coaches' organization in the United States. Founded in 1941, the NSCAA represents more than 26,000 members. Core to its mission is advancing soccer through coaching education. This is pursued through a nationwide program of clinics and week-long courses, teaching more than 4,000 coaches each year.

The NSCAA is also firmly committed to fostering diversity. The NSCAA strives to accomplish this by nurturing a learning environment that respects differences in culture, age, gender, race, ethnicity, physical ability, sexual orientation, religious affiliation and socioeconomic status.

## About the NSCAA Foundation

More recently, the NSCAA established the NSCAA Foundation. Its mission is to provide soccer coaching educational opportunities to underserved socioeconomic communities, geographic areas, and ethnic groups throughout the United States.

The Foundation firmly believes in the broader societal benefits of soccer as a recreational activity, an avenue for health and fitness, a means of building leadership skills, and a

competitive sport. We believe we can provide these benefits through soccer coaching education.

The Foundation's primary program activity is direct financial support through grants and through scholarships to coaching education programs.

## Why We Need an Endowment—The Case for Support

Several minority groups, most notably Hispanics, are the fastest growing population segments of the United States, yet often they face financial and social barriers. Other underserved groups, such as African Americans in urban communities and Native Americans in rural areas, face the same barriers.

The NSCAA Foundation began awarding grants four years ago. Grantees include the Special Olympics, organizations serving Hispanic youth and Native American youth, inner city groups in the District of Columbia, Atlanta, and Philadelphia, and flood victims of hurricanes Katrina and Rita.

Because the Foundation does not have an endowment, each year we grant only what we receive in annual contributions. And because we have never undertaken a comprehensive

fundraising initiative, funds available for grants have been inconsistent. We award an average of about \$15,000 in grants each year.

To keep pace with the growth of these underserved groups, and to reach largely overlooked urban communities, the Foundation must be financially positioned to support the increasing demand for coaching education.

If we have the ability to increase support for these underserved groups, we will be able to provide them a never-before-offered opportunity to join the American youth soccer experience that today is predominantly a suburban experience.

Therefore, the NSCAA Foundation has launched a campaign to establish a significant permanent endowment that will bring coaching education opportunities to underserved communities and groups throughout the United States. Our initial goal is \$1,000,000. Each year a draw of 4% on this principal will enable the Foundation to make grants of approximately \$40,000—nearly three times what we currently award.

A gift to the NSCAA Foundation endowment will ensure that we are able to provide financial support to many more underserved groups than at present, and that these educational outreach initiatives will continue well into the future.

NATIONAL SOCCER COACHES ASSOCIATION OF AMERICA  
800 Ann Avenue, Kansas City, KS 66101 phone: 800.458.0678  
www.nscaa.com

