

ROB PARKER GOALKEEPING

BALL HANDLING

VOLUME 1

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*Rob Parker has coached at the collegiate level for sixteen years. He has been working with youth keepers for over 20 years. Prior to joining Union College, Parker worked with the women's teams of Siena, UAlbany, Marist and Towson. At just 19 years old, Parker joined the coaching staff at Towson University making him, at the time, the youngest college soccer coach in the country.*

*Under his tutelage at Union, the Dutchwomen goalkeepers have carried a goals against average of under 1 in each of his years. In 2008, Union posted 9 shutouts with a 0.84 GAA. During the 2009 campaign, the Dutchwomen posted 6 shutouts and led the league with a GAA of 0.94. In 2010, Union once again posted 9 shutouts and led the league with a 0.63 GAA while 2011 saw the Union net minders with 8 shutouts and a 0.67 GAA. This past season, Union netminders had 10 shutouts and a 0.73 GAA.*

*During his tenure at Siena, Parker's goalkeeper was selected to the MAAC all-rookie team in 2005. Additionally, Saint keepers twice earned MAAC Goalkeeper of the Year honors and three first team All-Conference selections. Siena participated in the Conference Tournament in each of Parker's years at Loudonville.*

*Parker also coached the Adirondack Region women's squad at the Empire State Games for six years, guiding his team to four gold, one silver and one bronze medal in the open division. He is actively coaching with several clubs in the Capital Region.*

*He has also served as a member of the Eastern New York Olympic Development Program staff and is a contributor to keeperstop.com, writing articles on goalkeeper development and continues to work as a clinician for several coaching clinics and courses. Parker also contributes to several coaching educational resources, sharing lesson plans and blogs with goalkeeper coaches around the world. He can be found on twitter @goaliecoach00*

Rob Parker

Ball Handling



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Servers volley ball to keeper facing them. Keepers make save return ball to the server they received the ball from and move to opposite side to repeat drill.

4-6 reps

Progression:

Half Volley



**Footwork and Handling:**

Cones are numbered left to right 1-4. Server with several balls, calls one of the numbers. Keeper uses quick feet to get out to that numbered cone, touch cone and get into ball line position to receive shot from server. Repeat.

**Variations:**

- Change cone numbers
- Add touch post then cones or vice versa
- Vary Services

**Coaching Points:**

- Proper Footwork to get to cone and then shot
- Set position when ball is struck by server
- Keep Head up-Eyes on Ball
- Hands up and Thumbs behind ball to absorb impact
- Decision Making proper handling technique: "W" or Basket Catch



**Handling and Footwork:**

Keeper starts on line, comes out to cover near post and makes a save from the first server. After save keeper then shuffles through the disc cones, and quick feet over 4 cones and received another ball from the second server.

**Variations:**

-Various footwork exercises through the cones

**Coaching Points:**

- Clean saves
- Speed through the cones
- Set and properly positioned for shots

**Variations:**

**Coaching Points:**



**Footwork and Ball Handling:**

2 Keepers, 2 servers, 6 cones, 2 balls.

Both Kprs train at same time, can be a speed competition.

Keepers Backpeddle to first cone, sprint to second and sidestep to center of grid where they receive a ball from their server. They then swap sides and repeat. As reps continue, the speed of both the goalkeeper and the server increases. Look for a Kpr mistake and dropped ball.

**Variations:**

-Kpr goes to one cone back to center of grid to save, then two cones and save and finally three cones and save. Always rotating sides each time.

-Varying services

-Second save a diving to the outside of the grid

**Coaching Points:**

-Quick Feet

-Focused on Ball

-Quick Positioning



Rob Parker  
Ball Handling  
Saving Across Goal



Player 1 volleys ball at keepers hands. GK makes save and distributes ball to Player 2. Once releasing ball, Keeper moves quickly across goal and positions for shot from player 3.

**Coaching Points:**

**Footwork**

**Hand Shape**

**Head Shape**

**Shoulders**

**Technical Preparation**

**Crossover Footwork**



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#### **Handling and Footwork:**

**3 Keepers and 3 Servers with a number of balls, three cones in a triangle shape 8-10 yards apart from each other. Each goalkeeper stands between two cones and receives a shot from the server directly in front of them. Rotate to the left, then rotate to the right.**

#### **Variations:**

- vary services
- when rotating quick footwork across workspace to far cone then back to center before receiving shot from server

#### **Coaching Points:**

- Set position facing the ball
- Quick Feet sideways
- Proper Catching Technique







#### **Handling and Footwork:**

Five cones in a straight line across the six yard box of the goalmouth

- Shuffle through cones
- Keeper receives shot at center cone
- Alternate sides keeper shuffles to
- Vary Services

#### **Variations:**

- Double leg hops through cones laterally
- Single leg hops

#### **Coaching Points:**

##### **Footwork**

- Be in Ready/Set position when shot is taken
- Proper body position
- On balls of feet prepared to receive shot
- Adjust hands to receive ball properly depending on shot location
- Eyes focused on the ball



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#### Handling and Footwork:

Two Keepers facing each other 2-3 yards apart however slightly off centered from each other. Both keepers have ball in their hands and they roll their ball straight ahead while then taking 1-2 steps to the opposite side to receive the ball from their partner. As confidence grows, speed up exercise.

#### Progressions:

- Knee Height
- Waist Height
- Chest Height
- Head/Face Height
- Above Head Height

#### Coaching Points:

- Services should be paced properly and straight ahead, not lofted
- Demand complete focus

Timing and Accuracy by both keepers in key



Keeper saves shot from 1st server in the middle of workspace; after save moves to cone on their left side, to save low shot, then to their right to save shot; then moves to opposite side to repeat pattern

4-6 reps by changing direction

Coaching Points:

-Head Still - focused on ball

-Set position

Quick feet into position