

ROB PARKER GOALKEEPING  
CROSSING EXERCISES

VOLUME 1

June, 2013

@goaliecoach00

*What do you call a Goalkeeper who is afraid of crosses?*

*A Vampire*

*~Kia Zolgharnian*

*Major Indoor Soccer League Legend*

*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](http://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  
High Ball Collect  
Warmup



© 2011 [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

**Set-up:**

2 balls and 1 cone which creates a triangle

1 server with a number of balls

**Exercise:**

Keeper starts at one ball. On server's command, keeper uses footwork to get around cone in the center of workspace and collects a ball between cone and opposite stationary ball.

Once collected, returns ball to server, quick feet to closest stationary ball, touches ball and repeats exercise in opposite direction

Variation: Instead of the keeper touch the stationary ball, have keeper hop over the ball, then back and repeat exercise above

**Coaching Points:**

Rob Parker  
Crossing/Ball Handling  
Warmup



**Setup:**

**Keeper in goal**

**Server on endline with a number of balls**

**Exercise:**

**Server plays ball just over the goal for the keeper to collect the ball at the highest point.**

**Returns ball to server to repeat exercise.**

**Coaching Points:**

**Collecting the ball cleanly**

**Collecting the ball at the highest point**

**Proper take off technique to reach ball**

Rob Parker

High Ball Warmup



© 2011 [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

**Set-up:**

One server, One keeper  
two cones, situated in a triangular formation  
A number of balls

**Exercise:**

Goalkeeper starts behind two cones that are positioned about 5-7 yard in front of them;

Server is about 5-7 yards in front of the same cones.

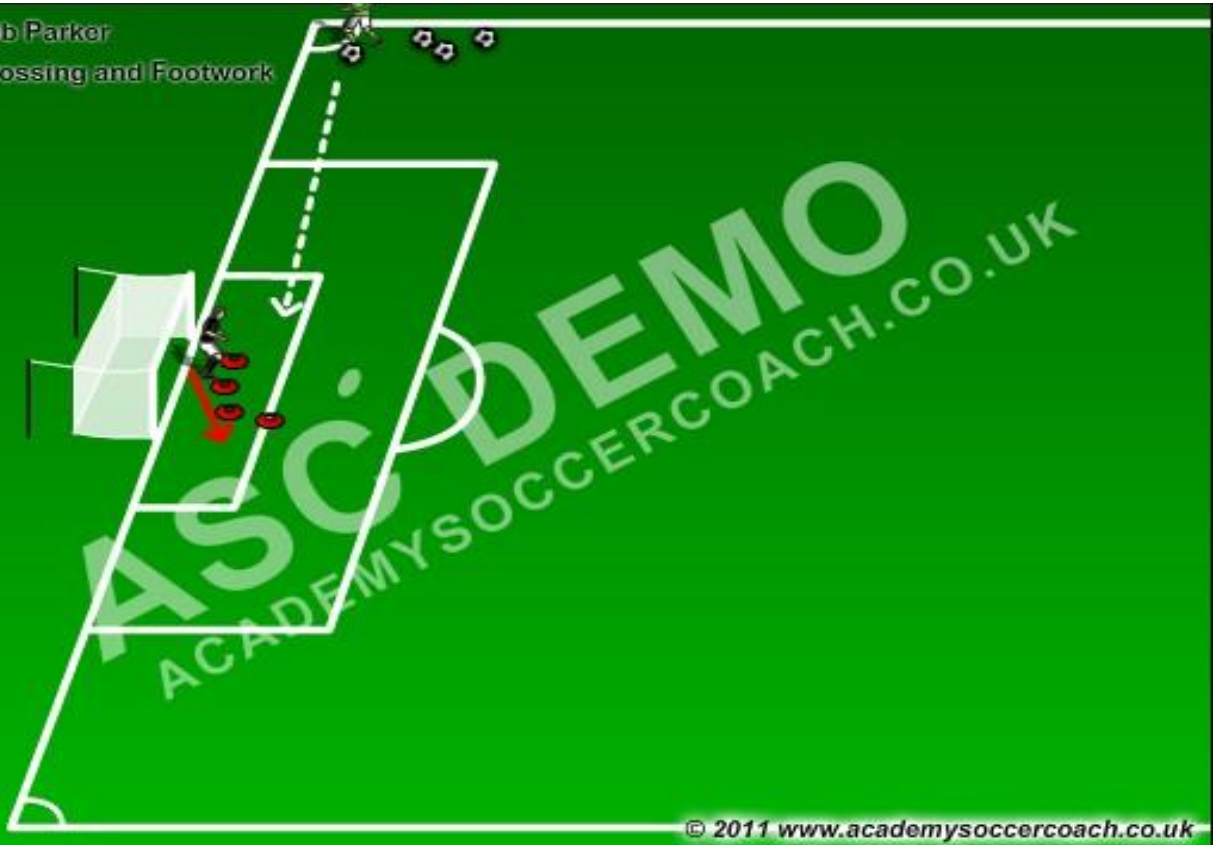
Server tosses ball up for the keeper to collect the ball, in the air, between the cones; keeper then returns the ball to the server, rounds the cone behind them and receives a second ball in the air from the server to the outside of one of the two cones to collect the ball in the air. Repeat exercise by switching the next ball to the outside of the other cone.

**Coaching Points:**

- Proper Technique approaching/Attacking ball
- Collecting ball at highest point
- Properly calling prior to attacking and collecting the ball

Rob Parker

Crossing and Footwork



**Set-up:**

Server

GK

4-6 cones positioned halfway between the goalline and the six yard box, place in a hook type set-up

Server at corner of field with a number of balls

**Exercise:**

-Keeper takes a starting position behind the hooked cone line in exercise setup

-Server looks to play ball toward the back side of the hooked cone line

-Keeper makes decision to collect ball, makes call and uses footwork to get around hooked cone area and make save

-After collecting the ball, keeper returns ball out to server; repeat

**Coaching Points:**

-Decision-Making

-Communication

-Proper footwork technique

-Collect ball at highest point

Rob Parker  
Crossing and Footwork 2



© 2011 [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

**Set-up:**

Goalkeeper and Server; number of ball with server at corner of field

**Exercise:**

Goalkeeper starts toward the front post, on servers command, keeper backpeddles to back post, once they get to back post, server then plays ball into box between top of 6 and penalty spot where Goalkeeper collects ball. Exercises is repeated

**Coaching Points:**

- Quick Feet
- Decision Making
- Collecting the ball at its highest point
- Timing of run to collect ball



Rob Parker  
Handling Crosses from  
Early Services



**Set-up:**

- Four players, two set up on each side of the field, each group with a number of balls.
- Goalkeeper in goal slightly off their line.

**Exercise:**

Server on flank plays ball into teammate who lays off ball. Server then serves a ball in the air to the Goalkeeper who must come off line and collect ball at highest point. Action is repeated on other side of field.

**Coaching Points:**

- Clear Communication

Rob Parker  
Crossing/  
Decision Making



© 2011 [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

**Set-up:**

Two goals, set up in a "L" shape; two servers set up facing a goal in front of them about 20-30 yards out

1 Goalkeeper; goalkeeper is positioned like the ball is coming from a corner.

**Exercise:**

Server plays ball into area toward goal that is directly across from them. Keeper makes decision to collect ball. Must defend the mouths of both goals. If keeper can, they should collect ball cleanly. If they cannot collect the ball, they should attempt to punch or Box the ball clear of both goals.

**Coaching Points:**

Proper Footwork to get to the ball

Decision making: Whether to catch or Re-direct/Box/Punch

Lofted ball v. Driven ball

Rob Parker  
SSG with Neutrals  
Emphasis on crosses



© 2011 [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)

**Set-up:**

2 goals 35y x 25 yard pitch

2 teams of 4

Third team divided up as neutrals 2 on each endline

**Exercise:**

the teams on the field have unlimited touches

Neutrals and Keepers allowed one touch

Goals can only be scored by a pass from a neutral

Ball out of bounds starts from coach

Teams that scores remains in possession of ball

4-5 minute games

**Variations:**

Play regular game but goals from neutral pass can count as double (2 goals).

Place neutrals on sidelines, neutrals cannot pass to each other

Keeper can only play the ball to a neutral player



**Set-up:**

2 goals set up the length of one goal box. The space between the width of 18 yard box and the sidelines are created into channels.

2v2 with 2 keepers and 2 neutrals who must stay in the channel created between the width of the 18 and the sidelines and marked with the cones and endline.

**Exercise:**

Keeper starts with ball plays out to teammate who looks to play wide to neutral. Neutral dribbles in channel and crosses ball to runners, ball is played like regular game otherwise. If goal is scored directly from cross, worth 2 points. If ball is intercepted, ball is played in opposite direction.

**Variations:**

- make field larger, add more players
- outswinging instead of inswinging balls
- if space is enlarged add a defensive player in the neutral zones

