

Goalkeepers -CCSA Summer Camp 2026

Day 1 - Drill 1

Reaction & Angle Play Circuit

Setup

- Full-size or standard goal
- 3 cones: one on each post, one at the penalty spot
- Coach/assistant stands at edge of box with 6-8 balls
- 2 servers (field players can fill this role) positioned at 45° angles

Rest Protocol

- 20 sec rest between each phase
- 45 sec rest between full circuit repeats
- GK should never be gassed before a game sim

Rules & Progression

- Set Position: Coach rolls ball slowly – GK sets stance and saves with two hands (4 reps each side)
- Angle Narrowing: Server shoots from wide angle – GK must advance off line to narrow angle before shot (4 reps each side)
- Reaction Save: GK faces away from coach; on "turn!" – spins and reacts to shot at goal (6 reps)
- Post-to-Post: GK dives to one post, recovers feet, dives to opposite post on next shot (4 sequences)

Coach Points

- Set position: weight forward on toes, hands at waist height, elbows slightly bent
- Angle play: imagine a line from the ball to each post – position yourself to bisect it
- Footwork: small, rapid shuffles to reset – never cross feet when moving laterally
- Diving: push off outside foot, reach with bottom hand, top hand supports
- Stay big – wide stance, arms spread – make yourself look as large as possible

Coach Tip

The reaction turn drill is deceptively hard mentally. Praise quick hands over perfect technique early – confidence in the moment matters more than textbook form at youth level.

Tactical Link

Angle play is the most underdeveloped skill in youth goalkeepers. A keeper who comes off their line correctly to narrow the angle makes shots that look like certain goals feel impossible. One session on this changes their game permanently.

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Setup

- Full goal and penalty area
- 4–5 field players spread across the field as targets
- Coach crosses balls in from wide positions
- 2 forward targets positioned in box as "attackers" for command drills

Rules & Progression

- Roll-out: GK rolls ball precisely to target player's feet (near side) — accuracy over power
- Overhand throw: Target on far side — GK throws to chest height, target controls
- Goal kick distribution: GK must land ball in a 5×5 zone marked by cones on each side — alternating left and right
- Under pressure: As GK catches ball, coach shouts a color (red/yellow) — red means quick roll, yellow means go long

Command the box

- Cross claiming: Coach crosses from wide — GK calls "KEEPER!" and claims at highest point with both hands
- Punch vs claim decision: Coach varies height/pace — GK decides to claim (safe) or punch (crowded box) and calls it out loud before acting
- 1v1 coming out: Forward receives ball 25 yards out and drives at goal — GK reads when to stay vs. come out and smother
- Back pass control: Defender plays back pass — GK must control, scan, and distribute in under 3 seconds

Coach Points

- Communication is non-negotiable: GK must call loudly every time — "KEEPER!", "AWAY!", "MAN ON!" — hesitation leads to collisions
- On crosses: attack the ball at its highest point, not where it's falling
- Distribution starts a counter-attack — always look for the fast option first
- On 1v1: don't go to ground too early; stay big and force the attacker wide
- Back pass: first touch with laces, not inside foot — use the whole boot for control

Coach Tip:

Make the communication requirement feel empowering, not bossy. Tell them: "The goalkeeper is the only player who can see the whole field — your voice is your team's GPS." GKs who communicate well become natural leaders.

Tactical Link

Modern goalkeepers are the first line of attack, not just the last line of defense. A well-placed goal kick or quick throw can bypass an entire press and create a goal-scoring opportunity. Manuel Neuer changed the game by treating distribution as a weapon — teach that mindset here.



- Goalkeeper
- Targets (T)
- Cross server / Defender
- Attackers in box