



GOALKEEPER DEPARTMENT OF LYN FOTBALL

The Goalkeeper department of Lyn Toppfotball is divided in two different stages: The Keeperklasse within the Lyn Akademiet, for ages between 6 and 12, and the Ungdomskeperavdeling, that involves the ages between 13 – 19, right before the transition for the senior football.

This division falls then, into a “sub-division” of four age groups, allowing a more careful and enriching approach, not only at social level, but most of all at a pedagogical one.

The role of the Goalkeeper of Football has been developing in the last 10 years at a vertiginous speed, and we cannot deny that, nowadays, there is a great risk of stopping producing Goalkeepers within the clubs because of the lack of joy for the game. High levels of failure, petty mistakes and the inability to follow up on those same mistakes in a right pedagogical way, makes this job even harder. The Goalkeeper, until 19 years old, is exposed to constant mistakes and pressure and needs the same measure of patience and dedication, looking forward towards his development and not backwards into the last games. Another issue is the amount of game time as a Goalkeeper that the children from 6 until 12 have. It is IMPERATIVE that, if a child trains specifically as a Goalkeeper, that he plays also as Goalkeeper. Not doing so is, more than stagnating the child's development as a Goalkeeper, impossibilitating his own development as a overall Football player, because the child will lack the specialization as a Goalkeeper and have a different set of kinetic and motorical skills than all other players. The Goalkeeper plays in the goal, no matter what.

6-8 Years (Keeperklasse – Lyn Akademiet)

PHYSICAL – Great window for the start of the development of some basic physical skills and coordination, due to the optimal stage of the development of the brain of the child;

TECHNICAL – Beginning of the work towards building a basic repertoire of Goalkeeper related movements / actions, associated to low complex exercises / small sided games;

MENTAL – “Golden Age of Learning” – Development of the intrinsic motivation to learn, through the fun and enjoyment that is held in the desire of play. High use of imagination, creativity and increasing demands towards fellowship, discipline and other values that both the game of Football and Lyn Fotball supports and demands from their athletes;

TACTICAL (GAME) – “The Child on the Goal” - Develop contextual awareness and encourage decision making, as well as simple combinations. How to start from the back and how to hide the goal;

GAME SITUATIONS

OFFENSIVE – Start from the back - create and improve a relationship between GK and 2 Defenders on a basic level: defenders provide width and stay available to receive the ball. Start teaching and helping identifying the principle of offensive cover;



DEFENSIVE – Hide the goal – Teach and improve the notion of positioning (between the ball and the goal and making the goal as small as possible in relation with the ball positioning), as well as introduce the blocking of the goal using the defender that is nearest to the ball (organize press to the ball holder);

9-12 Years (Keeperklasse – Lyn Akademiet)

PHYSICAL – Beginning of the pre-puberty leap stage for most the children, therefore there is a big focus on the perfection of the motoric skills, that are specific from the Goalkeeper position, through game related situations, paying attention to the amount of volume (repetitions X intensity) applied, avoiding morphological issues like Osgood-Schlatter Disease;

TECHNICAL – Continuation of the development of the repertoire of technical actions started on the last stage, introducing more complex actions, associated to small physical tasks, helping to develop the association between movement and execution, as well as the mental side, using a holistic and complete approach;

MENTAL – As the actions become more complex, we work to develop the focus of the Goalkeeper. The Goalkeeper Coach / Coach should incite the “Exploring Mindset” of the Young Goalkeeper, promote discussions during the session between him and the Goalkeepers, developing concentration, helping spirit, camaraderie, and overcoming spirit, as well as the positive response to less good actions. Beginning of the development of communication with the defenders;

TACTICAL (GAME) – “Specialization Phase” where the Child knows the Goal and should be guided on the pathway to develop the taste to protect it, at the same time he / she uses the advantages he / she possesses (playing with the hands, the amount of seconds to hold the possession of the ball, etc) in order to beneficiate his / her team during the attacking phase of the game. Strong input on positional play (different angles, distances and types of shots / approaches) and more complex decision making, aiming to promote superiority and when to start from the back or not (dynamic management of the team tempo);

GAME SITUATIONS

OFFENSIVE – Dictate Tempo – Analyse when to start from the back VS when to gain depth in the opponent half;

“Where is the empty half?!” – Analyse where is the side which is unbalanced, in order to achieve breakthrough and the consequent counter attack;

DEFENSIVE – Promote pressure and hide the goal – Goalkeeper + 3 or 4 defenders: define the 1st defender and establish a line of defenders between the ball holder and the goal (differentiated feedback to the defenders). Start exploring the definition of “basculation” of the defensive line (close the side where more opponents are establishing);



13-16 Years (Ungdomskeperavdeling)

PHYSICAL – Effective start of all the morphologic changes that will occur. The process of selection of the amount of charge during the training session needs to start being taken in consideration, to avoid injuries. The work associated to the physical part that was done before should be divided into differentiated types (Speed / Agility / Reaction Day – Strength / Explosion Day – Endurance Day). All sessions must have Dynamic Stretching (after the activation period) and finish with Static Stretching. Introduction of compensatory training in the Mesocycle, 3 / 4 times a month, maximal;

TECHNICAL – Associate and correlate actions in sequences, from low and medium complexity, in situations related to the game in order to promote and incentivize a more complex set of actions and also a more expertized technical capability;

MENTAL – During this stage, the body goes through changes, morphologically and also hormonal, promoting a wide amount of differentiated reactions to success and failure. The role of the Goalkeeper on the team needs to be supported by the Goalkeeper Coach / Coach due to the thin line between motivation and demotivation, specially in games where things might not go so well and where the desire of the Coach might be of winning. Remembering the Goalkeeper that this is a pathway of development and supporting him is important. Promote more quality on the feedback to the defenders – Short, concrete and concise;

TACTICAL (GAME) – In the first two phases, we guided the Goalkeeper on the discovery and development by the taste and pleasure of protecting the goal and enjoying playing there. At this stage, it comes the need to incite and develop a cunning tactical knowledge, associated to a very able game reading capability. For that path, the feedback should be interrogative and the decision making should be associated to the team model of play. The Offensive Cover and the reading of game situations as they happen, with the correct actions to avoid goals against are the priorities during this stage. Start to focus on dead ball situations, from some with low complexity to some more complex.

GAME SITUATIONS

OFFENSIVE – The Offensive Cover – Playing out of the goal and helping the team to keep possession of the ball, aiming to achieve breakthrough on empty spaces;

The Goalkeeper as the 1st Attacker – If the opportunity appears, incite the Goalkeeper to look for options to launch the counter attack, looking for valid options from the opposite goal to ours;

DEFENSIVE – Decision Making (The Goalkeeper anticipating situations) – Focus on anticipate possible attacks, using the defensive and midfield line to lead and close down spaces, in order to regain possession (decision making without ball).

Learn the Dead Ball situations and manage them (order markers on indirect freekicks, corners and throw ins and make walls on direct freekicks);



17-19 Years (Ungdomskeperavdeling)

PHYSICAL – Preparation for the Senior Football. Proper follow up within a Technical / Tactical Periodization, together with a compensatory work involving work in the Gym or even on the pitch with the right equipment. Advanced work with the activation of neurotransmitters (Speed / Agility / Reaction Day), with eccentric work involving explosivity and impulsion (Strength / Explosion Day) and flexibility and specific core – lower, mid and side core – (Endurance Day).

TECHNICAL – The association of actions proceeds, introducing now more complex actions, inducing the correction of the technical movement and the improvement of the said action. Improvement and specialization of the type of Goalkeeper (Reaction Goalkeeper, Box Goalkeeper or Anticipation Goalkeeper) and his development;

MENTAL – Win, Win, Win! – Use the work done before to incite passion for not suffering goals – Clean Sheet Mentality – at the same time we promote the fellowship needed develop 2 / 3 Goalkeepers per training group, even though only one plays. Promote discussions and a collective emotional intelligence that will allow the collective growth. Prime of the verbal communication;

TACTICAL (GAME) – Perfection of the game reading and game actions, with and without the ball. Fast thinking, highly offensive Goalkeepers, strong in anticipation, coordinating and leading the back 3 / 4 and enjoying playing in possession to help score. Mastering of dead ball situations;

GAME SITUATIONS

OFFENSIVE – Stimulate and perform impeccably in the offensive game of the team, both as the 1st Attacker, as well as a support player. Huge focus on achieving the opposite goal as fast as possible and with the best quality possible;

DEFENSIVE – Strong anticipation game, both to win the ball by himself but also to allow his team to conquer the ball higher in the pitch, near the opposite goal. Coordination and leadership of the back 3 / 4, allowing the defensive line and the Goalkeeper to be only one unit. Master the dead ball situations, playing in anticipation and preparing the counter attack even before the dead ball is taken;