



PERFORMANCE SOCCER CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING SOCCER PLAYERS

Developing Keeper Quick Reaction

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The Broncos have been a constant power in the Great Plains Athletic Conference and in Regional play since Coach Kranjc took over in 1999. Hastings has won 7 straight conference championships since 2000, 6 conference tournament championships, advanced to region final 6 times, and has made four National Tournament appearances (2001, 2003, 2005, 2006). Coach Kranjc has led the Broncos to two NAIA Final Four appearances in 2003 and 2005. The Broncos have also finished ranked in the final NAIA poll four times (#18-2001, #3-2003, #8-2005, #23-2006). Since 1999, Kranjc has led the Broncos to 133-35-11 record. Coach Kranjc has been named Conference Coach of the Year 6 times and was the Region Coach of the Year in 2001, 2003, 2005 and 2006. He has coached 4 conference players of the year, 5 NAIA All-Americans, and 8 All-American Scholar Athletes.

In addition, Coach Kranjc serves as the Head Coach of the 1990 and 1992 Olympic Development Teams. Coach Kranjc also serves as the Assistant Director of Coaching for the Nebraska State Soccer Association. Chris Kranjc has also assisted with the United States Deaf Women's National Team and trained the U.S. Men's Deaf National Team's goalkeepers in 2001.-ed



Chris Kranic

- Start with one set of each exercise progressing to two then three sets as time permits. (A set is doing an exercise continuously without pause or rest for the required number of repetitions).
- Allow enough rest between exercises and sets to insure perfect techniques for the next exercise.
- Have a coach see you do the exercises to make sure you are doing them with perfect technique.
- Once you've mastered the beginning exercises move to the intermediate level exercises. The time this takes varies greatly from athlete to athlete.
- Workouts shouldn't last more than 45 minutes including warm-up. Be sure you start out fresh to insure a good, quality workout.

- Cool down at the end of all activity.
- Allow about 48 hours between training sessions. Try to do the workout at least twice a week.
- Do the program for at least six weeks for best results.

Coaching Points:

- > To add variety substitute additional exercises not shown in this article that develops the same goalkeeping athletic skills.
- > Program should last 30-45 minutes, select the exercises from the menus based on the time you have. Progression is done by substituting more challenging exercises for easier ones.
- > Be organized. Have the equipment laid out ready to go prior to the start of the session.
- > Start the program at least two weeks prior to the start of the season. Six weeks is ideal. Program can be done year-round and should be continued through the season.

Program

The following program can be done on an individual or team basis. When doing the program in a team environment it is important to involve goalkeepers with team practice as much as possible. This is crucial from a psychological and team chemistry standpoint. Keepers can warm up with the team. After warm-up keepers with their coach can separate from the team to do the program. This separation will last anywhere between 30 to 45 minutes depending on where the team is at in the season.

Quick Reaction Drills

Beginning Level

#1 Figure 8's: Move the soccer ball between the legs forming a fig-



Presented are technical drills to help fine-tune keeper-specific movements. Quick reaction exercises work on balance, eye/hand/foot coordination, anticipation and decision making, mobility, ambidexterity and total body commitment. Reaction exercises are designed to develop first step acceleration, foot and

hand speed, jumping and change of direction quick reaction. The following drills are appropriate for players of all ages and stages of development.

Before we introduce the exercises it's important to understand the basis concepts of program design. The follow things to considering when establishing a program.

ALWAYS USE PERFECT TECHNIQUE WHEN DOING ANY EXERCISE!

- Before starting warm-up.
- Start with the balance/coordination and core strength and stability exercises at the beginner level recording your workout.
- Progress, intergrading additional exercise.

ure 8. (Figure 1).

#2 Alternating Left/Right Hand Switch: Move the hands catching the ball right in front, left in back, alternate, left in front, right in back. Ball should move as little as possible. (Figure 2).

#3 Front to Back Hand Switch: Move the hands front to back, back to front. Ball should move as little as possible. (Figure 3).

#4 Server Ball Bounces: Server hold a soccer ball in each hand at shoulder height. Keeper is two to five yard from the server (depending on level of ability) and tries to catch ball by first bounce working the quick 1st step.

#5 Boxer Punches: Keeper throws ball to server two to three yards away who, with clinched fists, boxes the ball with one fist back to keeper to make reaction save. (Figure 4).

Intermediate Level

Perform several repetitions with a partner and soccer ball(s).

#6 Partner stands with a ball in each hand about five feet away, drops a ball and player must pick it up before it bounces twice.

#7 Face partner who has a ball in each hand about five feet away. S/he drops one ball and player must clear ball into a net before it bounces twice.

#8 Face partner with a ball about five yards away. Throw the ball out overhead on a 45-degree angle. Receiving player must open hips, run, jump and catch the ball in the air.

#9 Face partner with a ball about five yards away. Roll ball past partner who must back drop, trap, pass the ball back and return to start.

#10 Face partner with a ball about five yards away. Throw ball at all angles so it bounces high. Player must back drop, sprint to collect ball, pass back to partner and return to start.

#11 Partner stands with a ball about five yards away and throws ball at a 45-degree angle so it bounces. Player must back drop, step, sprint to ball and clear it into a net before it bounces twice.

#12 Hand Slaps: Partner lays hands on top of yours. With the same

or alternate hand, slap the top of your partner's hand(s) before s/he can pull them away.

#13 Reaction Catches: Stand with back to partner about five yards away. Partner signals go and player must turn and catch a kicked ball.

Intermediate to Advanced Level

#14 1st Movement Reaction: Two ball are place three yards apart, keeper in keeper ready position facing server. Server makes the first movement toward one of the two balls. The keeper reacting off the servers movement to make save but scooping up the ball or in a close circumstance dives for the ball.

#15 Penalty Kicks: Goalkeeper takes 25 or more penalty kicks to work on reaction shot stopping.

#16 Goal Post Deflection Reaction: Goalkeeper faces the post 2-3 yards away from server, who bounces a soccer ball over keeper's shoulder off the post, keeper must react to ball off post to make reaction save. Progression would be to add a field player who tries to score a goal. (Figure 5).

#17 Ball Bounce Reaction: With 2 balls, one at the serve's feet, the other is in hands at shoulder height, the keeper position him/herself one to three yards from the server. The ball is dropped out of his hands into the ball at his feet. The keeper must react to rebounding ball to make reaction save. Progressions: server lower the ball closer to the ball on the ground or keeper mover closer to the server.

#18 Saves From Various Start Position: With goalkeeper in goal, the keeper saves in different start positions and varied angles. Progression use up to three shooting with the balls moving, not stationary (Figure 6).

More Information Please! Contact Chris at ckranjc@hastings.edu For a complete keeper development program be sure to check out the our keeper training card system ad in this issue!



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

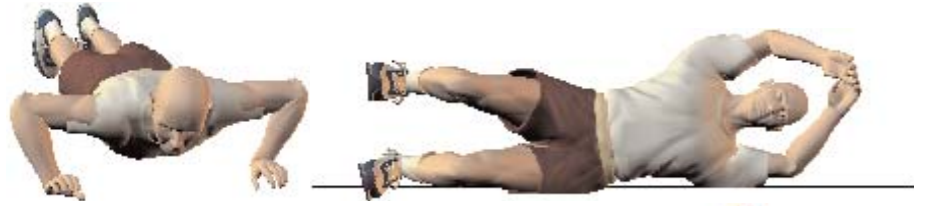


Figure 6