



# PLAYER-DEVELOPMENT FRAMEWORK

# **AGA Player-Development Framework**

## **Goals** - *What we want every goalkeeper to gain*

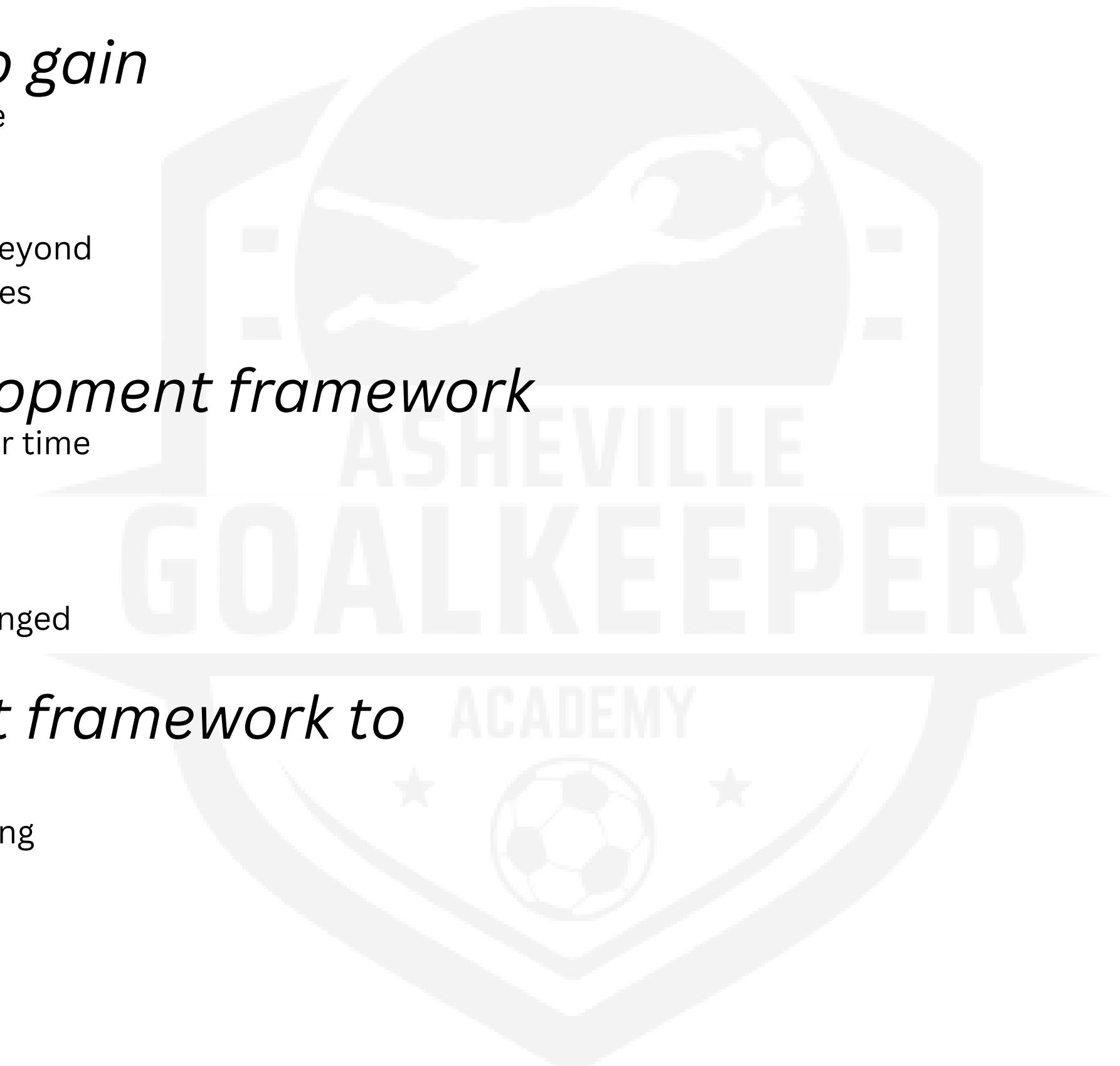
- Help goalkeepers grow in confidence, skill, and understanding of the game
- Teach goalkeepers how to play the position the right way at each age level
- Support long-term development rather than short-term results
- Prepare goalkeepers for the next level of play, including high school and beyond
- Build mentally strong players who enjoy challenges and learn from mistakes

## **Purpose** - *Why we use a structured development framework*

- To give parents a clear picture of how we believe goalkeepers develop over time
- To ensure training is age-appropriate, safe, and effective
- To provide consistency in coaching and expectations
- To help goalkeepers feel confident knowing what is expected of them
- To create a positive environment where players feel supported and challenged

## **Objectives** - *How we use the development framework to support goalkeeper development*

- Teach proper goalkeeper technique through structured, progressive training
- Introduce game understanding and decision-making at appropriate ages
- Emphasize confidence, bravery, and good habits in goal
- Encourage leadership, communication, and teamwork
- Provide clear feedback so goalkeepers understand their progress



# U9-U12 (Elementary) Foundation & Fun

- Primary Focus: Comfort, confidence, basic movement, love for the position
- Coaching Emphasis: Simple language, lots of reps, minimal over-coaching

## Technical Priorities

### Footwork

- Light feet
- Quick adjustment steps, getting head and body behind ball
- Basic efficient movement (no crossing feet unnecessarily)

### Handling

- Basket catch (knee-chest height balls)
- Basic high-ball hand shape (thumbs & pointer fingers close)
- Smother technique (low balls, ball to chest)

### Set Position

- Feet shoulder-width apart
- Hands in ready position
- Balanced stance (no leaning back)

### Diving

- Power step toward the ball
- Stepping forward into dives
- Landing safely on side

### Throwing / Rolling

- Rolling technique (low release, follow through)
- Basic overhead throw (arm extension, follow through)

### Distribution

- Short range passing

## Tactical Priorities

### Angles

- Standing in the middle of the goal relative to the ball
- Simple ball-goal relationship

### Decision Making

- Catch vs parry (basic concept)
- When to hold the ball

### Distribution

- Roll to feet
- Simple throws to teammates

### Communication

- Calling “Keeper”
- Encouragement and basic direction

### Mental / Presence

- Playing brave
- Not hiding in goal
- Confidence on the ball



# U14 (Middle School) Skill Expansion & Awareness

- Primary Focus: Clean technique + beginning tactical understanding
- Coaching Emphasis: Why we do things, not just how

## Technical Priorities

### Footwork

- Light, quick feet under pressure
- Efficient movement into set position

### Handling

- Cleaner high-ball catching
- Absorbing shots into body
- Smother technique with knee down for security

### Diving

- Explosive first step
- Hands attacking the ball
- Forward-diving emphasis

### 1v1 Technique

- Introduction to K-save
- Sliding hands-first when arriving early

### Crossing Technique

- Curved run to the ball
- Early and loud call
- Knee up facing the field

### Passing

- Inside-of-foot short passes
- Introduction to chopped-foot driven passes

### Throwing

- Overhead throw with hips and lower body
- Accuracy over power

### Recovery

- Faster get-ups
- Feet set quickly after saves

## Tactical Priorities

### Angles & Positioning

- Adjusting to moving ball
- Distance off line:
  - 18-yard shot straight on → 3-4 yards
  - Wide shot → closer to line

### Decision Making

- Catch vs parry based on shot hardness
- Parrying wide

### Distribution

- Choosing short vs long
- When to slow vs quick restart

### Ball–Goal–Man

- Understanding being between ball and goal

### Communication

- Organizing defenders
- Basic box control on crosses

### Mental

- Playing brave, not reckless
- Responding after mistakes



# U16 (9th-10th Grade) Refinement & Game Impact

- Primary Focus: Execution under pressure + tactical consistency
- Coaching Emphasis: Speed of play, realism, accountability

## Technical Priorities

### Footwork

- Efficient, explosive movement into saves
- Recovery footwork for second actions

### Handling

- Clean hands in traffic
- Secure catches under contact

### Diving

- Strong push foot
- Directional parries to safe areas
- Recovery after dive

### 1v1

- Confident K-save execution
- Delaying vs winning the ball

### Crossing

- Timing jumps
- Punching vs catching decisions
- Strong knee drive and landing balance

### Passing

- Chopped driven passes with backspin for medium distance
- Long high balls
- Introduction to side volley

### Side Volley Technique

- Ball dropped (not tossed)
- Hips perpendicular to target
- Follow-through toward target

### Recovery

- Spin-around technique for changing momentum
- Emergency save readiness

## Tactical Priorities

### Angles & Depth

- Adjusting depth based on pressure and defensive line
- Understanding when to step higher vs stay home

### Decision Making

- Stay vs come on crosses & through balls
- Advanced catch vs parry decisions

### Distribution

- Reading pressing cues
- Go quick for counters
- Slowing tempo to manage game

### Game Management

- Scoreline awareness
- Time management

### Communication

- Commanding the box
- Moving defenders proactively

### Reading Cues

- Hips, knee angle, shooting foot
- Swing-back of leg



# U19+ (11th-12th Grade, College, Pro) Performance & Leadership

- Primary Focus: High-level execution, leadership, match control
- Coaching Emphasis: Consistency, confidence, professionalism

## Technical Priorities

### All Techniques

- Executed at speed, under pressure, in game-like scenarios

### Advanced Distribution

- Side volley accuracy
- Long-range driven passes to break lines
- Disguised throws and kicks

### 1v1 Mastery

- Choosing delay vs commit instantly
- Clean smothering in tight spaces

### Cross Domination

- Strong starting positions
- Physical presence
- Winning aerial duels consistently

### Recovery

- Immediate reset after saves
- Second- and third-action readiness

## Tactical Priorities

### Angles & Ball-Goal-Man

- Advanced positioning relative to last defender
- Sweeper-keeper decision making

### Decision Making

- Risk vs reward
- Match-state awareness

### Distribution

- Dictating tempo
- Acting as an extra field player in buildup

### Set Piece Tactics

- Organizing corners
- Wall placement on free kicks
- Goal kick organization (build vs go long)

### Communication & Leadership

- Loud, commanding presence
- Defensive organization
- Emotional control of team

### Mental Toughness

- Confidence after mistakes
- Playing brave under pressure
- Composure in big moments

