

ROB PARKER GOALKEEPING

PRESSURE TRAINING

EXERCISES

VOLUME 1

July, 2013

*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, 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  
Pressure Training  
Seated Foot Services

ASC DEMO  
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**Set-up:** Keeper with ball

**Exercise:** Goalkeeper sits on ground with a ball in their hands. Goalkeeper holds ball and serves out of their hand with their foot into the air. Keeper attempts to get up and catch the ball above their head. Repeat exercise.

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Pressure Training  
Forward Roll Save

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The illustration shows two soccer players on a green field. One player, wearing a black jersey and white shorts, is positioned near a black and white soccer ball and a red cone. The other player, wearing a green jersey and white shorts, is positioned near another soccer ball and a red cone. The two red cones are placed 8 yards apart, representing the set-up for the exercise.

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**Set-up:** 1 Keeper with 1 ball and a server, cones placed 8 yards apart

**Exercise:** Keeper at one cone is facing the other cone where the server stands. Keeper does a forward roll and receives a ball from the server (varying services). Keeper needs to find the ball quickly and makes a save, then gets the ball back to server and repeats activities.

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Shuffle Race



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**Set-up:** 2 Keepers with 2 balls, 8 yards apart

**Exercise:** each keeper starts at opposite balls facing each other. When the exercise starts, keepers race back and forth from one cone to the other side shuffling. Legs do not cross. Keepers attempt to catch each other.

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Pressure Training  
Sit up Chase

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**Set-up:** Keeper and Server who starts with ball

**Exercise:** Keepers starts in a situp position. Server is at the keepers feet. As the keeper is doing a sit up, server plays the ball over the keepers head. After the keeper finishes the sit up, the keeper gets to their feet and retrieve the ball as quickly as possible. Repetition is completed when the server is handed the ball by the keeper and repeat exercise.

Rob Parker  
Pressure Training  
Push up Save



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**Set-up:** 1 Keeper with 1 ball and a server, cones placed 8 yards apart

**Exercise:** Keeper does a push up at one cone and makes a low save at the other cone. After the save, keeper returns ball to server, and repeats same exercise at opposite cone.

**Variations:**

-various services

Rob Parker

Pressure Training

Low Ball Diving



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**Set-up:** Goalkeeper, Server and Ball

**Exercise:** Goalkeeper works clockwise as server lays out ball out to the side. Keeper gets to feet each time. As soon as server receives ball back from keeper, they play another ball. 40 second time limit count the number of reps in the time allowed. Might go around in a complete circle.

**Progression:** rest and then complete going in a counter clockwise direction

**Variations:** Can vary the services



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Bouncing Seaters

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**Set-up:** Keeper with ball

**Exercise:** Goalkeeper is seated on ground. Legs are spread out. Keeper bounces ball on ground between legs and attempts to get to feet and collect ball prior to ball hitting the ground a second time, preferably above head.

**Variation:** Keeper starts lying on stomach bounces ball in front of them and attempts to get to feet and collect ball before it hits the ground a second time.

Rob Parker

Pressure Training

Recovery Low Dives



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**Set-up:** Keeper and Server who starts with ball

**Exercise:** Keeper starts in the middle of the balls. Keeper makes a low save with hands behind one of the cones. Keeper quickly returns to standing position and immediately makes a low diving save to the opposite ball. Keeper continues this process until times expires. 40 second duration.

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Burpy Catches

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**Set-up:** Keeper and Server who starts with ball

**Exercise:** Server bounces ball in front of goalkeeper as they do a burpy. Goalkeeper gets off ground and catches the ball above head. Keep track of successful reps in 40 seconds. Only counts if keeper makes the save off the ground and above their head.

Rob Parker  
Pressure Training  
Crab Goalkeeping

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A small illustration showing a soccer player in a black jersey and white shorts, and a goalkeeper in a green jersey and white shorts in a crab position (on all fours). A soccer ball is positioned between them.

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**Set-up:** Keeper and Server who starts with ball

**Exercise:** Goalkeeper gets into crab position- on all fours. Server holds out ball in front of keeper just above their head height. Keeper uses stomach and legs to get up and touch ball. Both hands must be off ground. Alternate hands each touch.

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Leap Frog Goalkeeping

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**Set-up:** Keeper and Server who starts with ball

**Exercise:** Server holds ball as keeper leap frogs over the server. Once keeper lands, turn, makes low save and then gets up with the ball and returns it to server. Repeat exercise again for 40 seconds. One repetition consists of a low ball to left, then one to right and medium ball to left and then to right.

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Pressure Training  
Over Unders

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**Set-up:** Keeper and Server who starts with ball

**Exercise:** Server gets into leap frog position. Keeper leaps over the server, lands on the ground and shoots through the servers legs. Server rolls ball out and keeper collects and returns ball to server back thru servers legs and then repeat drill. Repeat exercise.