



Summit Goalkeeping



GK OUTLINE



Greetings!



The goal of Club Goalkeeper Training is to improve the top goalkeepers while growing the number of aspiring goalkeepers within your club. Realistically 99.9% of goalkeepers we work with at youth level won't be professional players, and possibly won't reach a University level. Growing the goalkeeper position through an active healthy lifestyle, playing the position they love for the rest of their lives is something that we take pride in.

At Summit Goalkeeping, we believe that goalkeepers must be brilliant at the basics, masters of repetition, and have fun at every session.



About Us

SUMMIT was formed through discussions of passionate goalkeepers across all levels. At every level of the game we have the same mentality, **create the best training environment possible.**

Being a SUMMIT goalkeeper, it's not just about wearing the gloves or training in our programs. Being a SUMMIT goalkeeper will empower you to become a better keeper & person, overcoming any obstacle that life throws at you.

Our Team



Jordan Santiago

FOUNDER & DIRECTOR OF GOALKEEPING
FORMER CANADIAN INTERNATIONAL, WEST HAM UTD.
& CAVALRY FC GOALKEEPER COACH



Mack Roche

HEAD OF CLUB GOALKEEPING
FORMER U-SPORTS & CCAA GOALKEEPER & COACH



Jake Davis

HIGH PERFORMANCE STREAM COACH
CAVALRY FC GOALKEEPER COACH



Marco Carducci

HEAD ACADEMY GOALKEEPER COACH
CAVALRY FC & CANADIAN NATIONAL TEAM GOALKEEPER



Sterling Kerr

HEAD ACADEMY GOALKEEPER COACH
CAVALRY FC & U-SPORTS GOALKEEPER



David Thalheimer

ACADEMY GOALKEEPER COACH
CBE PHYSICAL EDUCATION TEACHER

Assistant Goalkeeper Coaches



AIDAN DUMOULIN

U-SPORTS GOALKEEPERS & CPL TRAINING GOALKEEPER



SJARID STRAUSS

VFB LÜBECK U19 & U-SPORTS



ASHLEY TOUPIN

CMSA TIER-1 GOALKEEPER



Clubs We Work With



Goalkeeper Curriculum



Our Club Goalkeeper Curriculum Is Tailored Around The 4-Pillars Of Goalkeeping and Broken Down To The Skill Level Of Each Group Of Goalkeepers We Work With. Although The Weekly Theme Is the Same For Each Group We Work With, The Level Of Detail We Go Into Depends On The Age Group & Tier Of Each Goalkeeper.

U7 - U9

CURRICULUM			
WEEK	Technique	Practice Focus	Psychological/Social
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position
2	Set Position	The set position is the foundation of being a great goalkeeper. Session focus will be the importance of a correct set position	Learn Through Mistakes
3	Handling Technique	Practice, practice, practice to improve both technique and co-ordination	Delay On The Catch
4	Diving Technique	This session will focus on the basic technique for low and mid-high dives	Attacking The Ball
5	1v1 Technique	Coming out low and decisions on whether you can smother the ball or stay on your feet	Quick Off Your Line
6	Short Distribution	Touch work & passing/receiving skills over 10-15 yard distances.	Focus On Technique
7	Shot Stopping	Agility, footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat
8	Crossing Technique	Focus is on timing your jump, pushing off the correct foot and attacking the ball	Keep Your Eye On The Ball
9	Shot Stopping	Movement from 1v1, to shot stopping to work on positions around the goal.	Positional Play
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right	Be the Winner

U10 - U12

CURRICULUM			
WEEK	Technique	Practice Focus	Psychological/Social
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position
2	Set Position	Game realistic movements will be created to keep goalkeepers moving in good positions before setting in the line of the ball.	Movement In Good Positions
3	Handling Technique	This session will cover the 3 main handshapes a goalkeeper uses to make a save. Low block, medium scoop & high catches.	Decision Making
4	Diving Technique	Diving takes strength, agility, flexibility and timing to master. This session will focus on low, mid-high & high saves.	Attacking The Ball
5	1v1 Technique	Execution of blocking & smothering technique involved in 1v1's	Be Confident & Be Brave
6	Short Distribution	Touch work & passing/receiving skills over 10-15 yard distances.	Focus On Technique
7	Shot Stopping	Agility/footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat
8	Crossing Technique	Focus is on timing your jump, pushing off the correct foot and attacking the ball	Time Your Jump
9	Shot Stopping	Multiple shots in each set. Readjusting after saves have been made.	Recovery Positions
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right	Be the Winner

U13 - U19

CURRICULUM			
WEEK	Technique	Practice Focus	Psychological/Social
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position
2	Set Position	Recovery from shot stopping into good set positions.	Recovery into good positions
3	Handling Technique	This session will cover the decision to use the 3 main handshapes a goalkeeper uses to make a save. Low block, medium scoop & high or this age group keepers should have mastered in low ages. We focus on high & cross handed saves. Decision on when to parry & when to catch.	Decision Making
4	Diving Technique		Decision Making
5	1v1 Technique	Gamelike scenarios of 1v1, 2v1, 3v2. Decision & communication is key	Decision Making
6	Short Distribution	Touch Work & Passing/receiving skills over 15-25 yard distances.	Distance Control
7	Shot Stopping	Agility, Footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat
8	Crossing Technique	Dealing with crosses & highballs under pressure	Read The Flight
9	Shot Stopping	Multiple shots in each set. Readjusting after saves have been made.	Recovery Positions
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right	Be the Winner

