



RICHMOND FC GOALKEEPING DEVELOPMENT

The Richmond FC Goalkeeping program is for Goalkeepers that are looking for more goalkeeping specific training, to further develop their skills during the course of the season.

Richmond FC is pleased to announce, the RFC Goalkeeping program for the 2018/19 season will be run by Marius Røvde the former Vancouver Whitecaps FC Head Goalkeeping coach. Marius is very experienced in the area of goalkeeping, having played at the Professional level in Norway, Scotland and England for many clubs including Stabæk, Lillestrøm, Motherwell and Wrexham.

At the end of his playing career, Marius moved into coaching working with the Goalkeepers within the Trinidad and Tobago Football Federation national programs as the Technical Director of Goalkeepers. In 2011 Marius worked with the Vancouver Whitecaps FC as the Head Goalkeeping Coach and Academy Director for Goalkeepers, during his time in Canada he also worked directly with the Ontario Soccer Association as a head educator to goalkeeping coaches, and was the Goalkeeping coach for the Canada U17 and U20 National Teams. In 2016 Marius moved to Minnesota United FC as the Head Goalkeeping Coach and to lead the Goalkeeping Academy.

Marius is highly qualified and currently holds the UEFA A Goalkeeping Licence.



Marius Røvde



The Goalkeeping program will be split into 3 groups, and follow a set curriculum developed by the Richmond FC Head of Goalkeeping Development Marius Røvde.

U11-U12 GK Program – Basic individual goalkeeping techniques including: Movement and Footwork, Set Position, Handling, Diving and Recovering Positions, Crosses, Distribution, Communication, Basic understanding of GK's role within the team.

U13-U15 GK Program – Individual Goalkeeping Techniques including: Movement and Footwork (in all directions), Set Position (in relation to the Ball), Handling (Catching and Deflecting, Diving and Recovering (from high, mid and low shots), Crosses (punching) and Positioning, Distribution and dealing with the back pass, 1v1', Communication (how, when and what to say), More advanced understanding of the GK's role within the team.

U16-U18 GK Program - Advanced Goalkeeping Techniques including: Movement & Footwork (in all directions), Set Position (in relation to the ball), Handling (catching & deflecting), Diving & Recovering (from high, mid and low shots), Crosses (punching) and Positioning in relation to the ball and opposition, Distribution & Dealing with the back pass, Decision Making (Positioning & Body Language in Dealing with Through Balls), 1v1's (when to stay or attack the ball) , Communication (how, when & what to say) Advanced understanding of the GK's role within the team.

Registration details will be communicated out separately.