

Frank Marotti Jr. Personal Soccer Training

About the Coach

Frank Marotti Jr. is in his 14th season as a licensed soccer coach and his 26th year as a professional goalkeeper trainer. He has mastered the art of modern goalkeeper development, continually studying evolving trends in the position. Frank has been personally trained by world-renowned goalkeeper coach Frans Hoek, and began his coaching journey under the guidance of legends like Dr. Joe Machnik (No. 1 Goalkeeper Camps) and the late Tony DiCicco (Soccer Plus Camps).

Throughout his career, he has learned from top-level minds including Steve Sampson and Paul Holocher, and most recently spent over two months in Italy working with the coaching staffs of Pescara Calcio and Teramo Calcio—focusing on advanced ball-striking and 1v1/group defending methodologies.

Frank's depth of experience has contributed to the development of:

- 8 professional players
- 14 NCAA Division I athletes
- 26 additional college players (Division II & lower, boys and girls)

He has coached players across all age groups and skill levels and now offers private, personalized training sessions.

Playing Career

High School: Prospect High School – Saratoga, CA

- Parade Magazine All-American (1998)

- 2x All-Section Player (1996, 1997)
- Goalkeeper of the Year (1997)
- 3x All-League Varsity Goalkeeper (1996–1998)
- League Junior of the Year (1997)
- Defender of the Year (1996)
- California State Team Goalkeeper (U15, U17, U19)
- ODP Region IV Goalkeeper (1998)

College:

- Mission College (2000–2002), Santa Clara, CA
- Cal Poly San Luis Obispo (2003–2004)

Achievements:

- 4-Year Letter Winner (2 years at each school)
- California State Community College Record Holder:

- Total Saves: 259
- Saves Per Game: 13.6
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Professional:

- Central Coast Roadrunners (USL) – Member, 2005

Coaching Career

Goalkeeper Coaching Roles:

- No. 1 Goalkeeper Camps (1999–2001)
 - Youngest staff member; only junior college staff coach
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- Soccer Plus Camps (2002–2005)
 - Worked alongside Tim Howard, Nick Rimando, Hope Solo, and others
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Director of Goalkeeping:

- Folsom Earthquakes (2015–2022)
- San Jose Earthquakes Club (2017–2019)
- Liverpool FC International Academy – Bay Area (2020–2022)

Head Coaching Roles:

- Cal Poly SLO Men's Club Team (2011–2012)
 - 2x Regional Champions
 - National Champions (2011)
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- Eagles Soccer Club – San Luis Obispo/Ventura, CA (2011–2014)
 - U15, U13 Boys; U11 Girls
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- Folsom Earthquakes – Folsom, CA (2015–2017)
 - U12 & U13 Boys Premier
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- San Jose Earthquakes Soccer Club (2017–2019)
 - U17, U15 Boys NPL; U13 Girls NPL
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- Liverpool FC International Academy – Los Gatos, CA (2020–2022)
 - U15, U17, U19 Boys NPL
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Individual GoalPlayer Development

The position of goalkeeper has evolved—now more than ever, goalkeepers must be effective as both shot-stoppers and skilled distributors. Coach Marotti’s “GoalPlayer” development model is built around his “Attack the Ball” philosophy.

Key Areas of Focus:

- **Becoming the First Field Player**
Learn to distribute effectively with both feet while improving tactical vision and decision-making.
- **Attacking the Ball**
Train to take assertive angles, dominate the goalmouth, and develop a commanding mindset.
- **Mastering the Box**
Use the lines and spatial structure of the penalty area to gain positional advantage in all defensive situations.
- **Technique Mastery**
Maximize repetitions in catching, diving, deflecting, and 1v1 situations—with real-time coaching and video analysis to reinforce learning.

The GoalPlayer program is adaptable for beginners through advanced-level goalkeepers. Each session is personalized to accelerate individual growth while working toward long-term performance goals.

Individual Field Player Development

Field player training emphasizes precision, creativity, and efficiency using Frank's proprietary "On Point Process", which includes:

- **Hip Stabilization & Flexibility**
Improve mobility for cleaner, more effective ball striking.
- **Striking Technique**
Build a reliable striking surface for accurate passes and shots.

- **Ankle Mobility**
Enhance joint flexibility and stability to prevent injury and improve balance.
- **Bilateral Proficiency**
Train both feet to create well-rounded, unpredictable players.

Additional Focus Areas:

- **Receiving and First Touch**
Proper body positioning and technique to facilitate continued possession.
- **Mental Preparation**
Teaching awareness, composure, and tactical understanding for game-time situations and off-field readiness.
- **Off-Ball Movement**
Recognize space, create overloads, and make intelligent runs to stay involved in play.

All sessions incorporate professional-grade video analysis using the Veo Camera System, and are conducted in a

supportive, high-performance environment aimed at developing confident, versatile athletes ready to thrive in any game situation.