



ASSIGNMENT 3
COMPLETED AS AN.....

**INDIVIDUAL
MATCH ANALYSIS &
SESSION DESIGN**

WITH YOUR DESIGNATED PROFESSIONAL
GOALKEEPER, WATCH A MINIMUM OF 2x
MATCHES, BEFORE DESIGNING 2x TRAINING
SESSIONS BASED ON YOUR GAME ANALYSIS



MATCH ANALYSIS

WHAT TO LOOK FOR IN GK

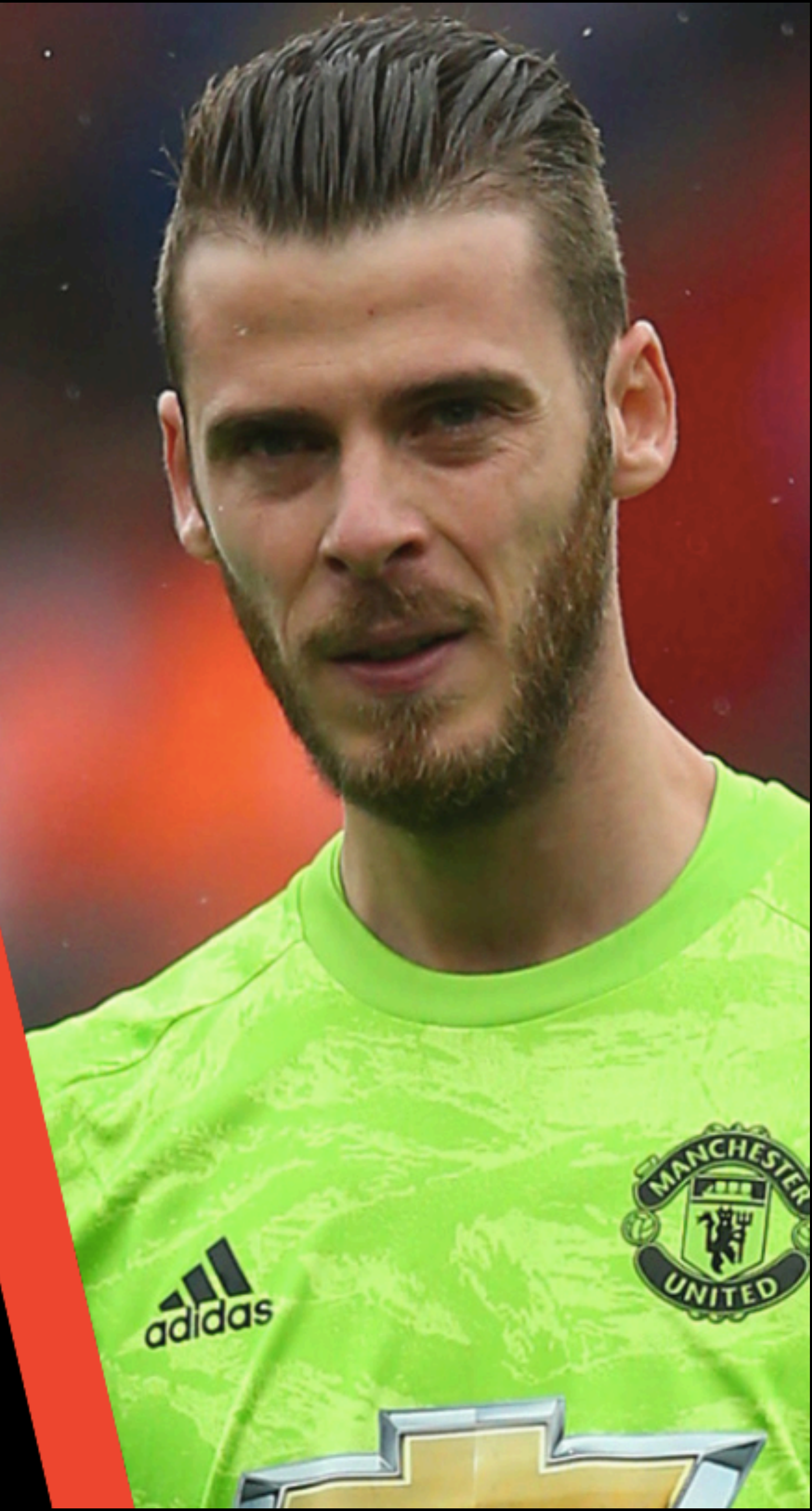
- HOW DO THEY PERFORM? **PHYS/TACT/TECH/PSYCH**
- WHAT ARE THEY DOING WELL- **WHAT CAN WE DO TO FURTHER ENHANCE THIS**
- WHAT IMPROVEMENTS COULD BE MADE- **DISCUSSION WITH GOALKEEPER AND MAKE PLAN**
- ARE THEY DOING WHAT IS BEING ASKED OF THEM?
STYLE OF PLAY/SET PLAYS ORGANISATION



MATCH ANALYSIS

GK WORKING WITH DEF UNIT

- WHERE ARE THE OPPOSITION CHANCES COMING FROM?
IS THERE A RECURRING ISSUE?
- ARE WE ORGANISED AND DISCIPLINED- BACK LINE HARD
TO BREAK DOWN? MIDFIELD PROTECTION?
- WHAT ARE THEY DOING WELL - WHAT CAN WE DO TO
FURTHER ENHANCE THIS
- WHAT IMPROVEMENTS COULD BE MADE- DISCUSSION
WITH STAFF AND MAKE PLAN



SESSION DESIGN

SESSIONS MUST REPLICATE THE GAME

- CAN YOU DESIGN SESSIONS TO ENHANCE STRENGTHS & IMPROVE OTHER AREAS?
- CAN YOU USE PLAYERS / MANNEQUINS TO REPLICATE 'GAME PICTURES' & TRIGGERS?
- INTEGRATION OF SQUAD- CAN YOU GET ACCESS TO DEFENSIVE UNIT? CRITICAL ASPECT
- DELIVER SESSIONS WITH OTHER STAFF- KNOW YOUR ROLE IN THE SESSION
- IN POSSESSION & OUT OF POSSESSION MUST BE COVERED



DELIVERY TO STAFF/PLAYERS

KEY POINTS

- USE VIDEO TO SUPPORT YOUR KEY POINTS
- BE CAREFUL WITH YOUR LANGUAGE & TONE, YOU WANT PLAYERS TO BUY IN & IMPROVE
- INDIVIDUAL VS TEAM MEETINGS- **BOTH REQUIRED**
DEPENDING ON SITUATION
- KEEP IT SHORT- **ENSURE KEY MESSAGES ARE DELIVERED**
- ASK FOR THEIR THOUGHTS & FEEDBACK- **AS COACHES**
WE'RE THERE TO HELP & SUPPORT THEM



DE GEA FIRST SEASON

MY APPROACH IN 2011



MATCH ANALYSIS

IDENTIFIED WHAT
AREAS I WANTED TO
WORK WITH DAVID
INDIVIDUALLY AND AS
PART OF THE TEAM TO
CORRECT & IMPROVE
HIS PERFORMANCE



STAFF INTEGRATION

WORKED WITH THE
FIRST TEAM STAFF TO
DESIGN & DELIVER
SESSIONS THAT
IMPROVED DAVID'S
UNDERSTANDING WITH
THE DEFENSIVE UNIT





LCTrusse111992



ISOLATED GOALKEEPER SESSION

THE FOLLOWING SESSION WAS DESIGNED TO SUPPORT & HELP DAVID NOT TO BE DRAWN TOO FAR DOWN THE LINE, TO GAIN REACTION TIME & TRANSFER PRESSURE TO THE STRIKER

IN LINE- DOWN THE LINE (DAVID DE GEA)

C

GK

2yds
4yds

KEY POINTS

- In line
- Light on balls of feet
- Head still
- Max 2yards

PROGRESSIONS

STRIKERS CAN CREATE 1V1 SITUATION

CHANGE STRIKERS L & R TO SHOOT INSIDE. CENTRAL STRIKER CAN ENTER PEN AREA FOR REBOUNDS

COACH POINTS AT STRIKER HE WANTS TO SHOOT. UNPREDICTABLE FOR GK

REPEAT ABOVE ENCOURAGING GK TO MOVE 4YARDS

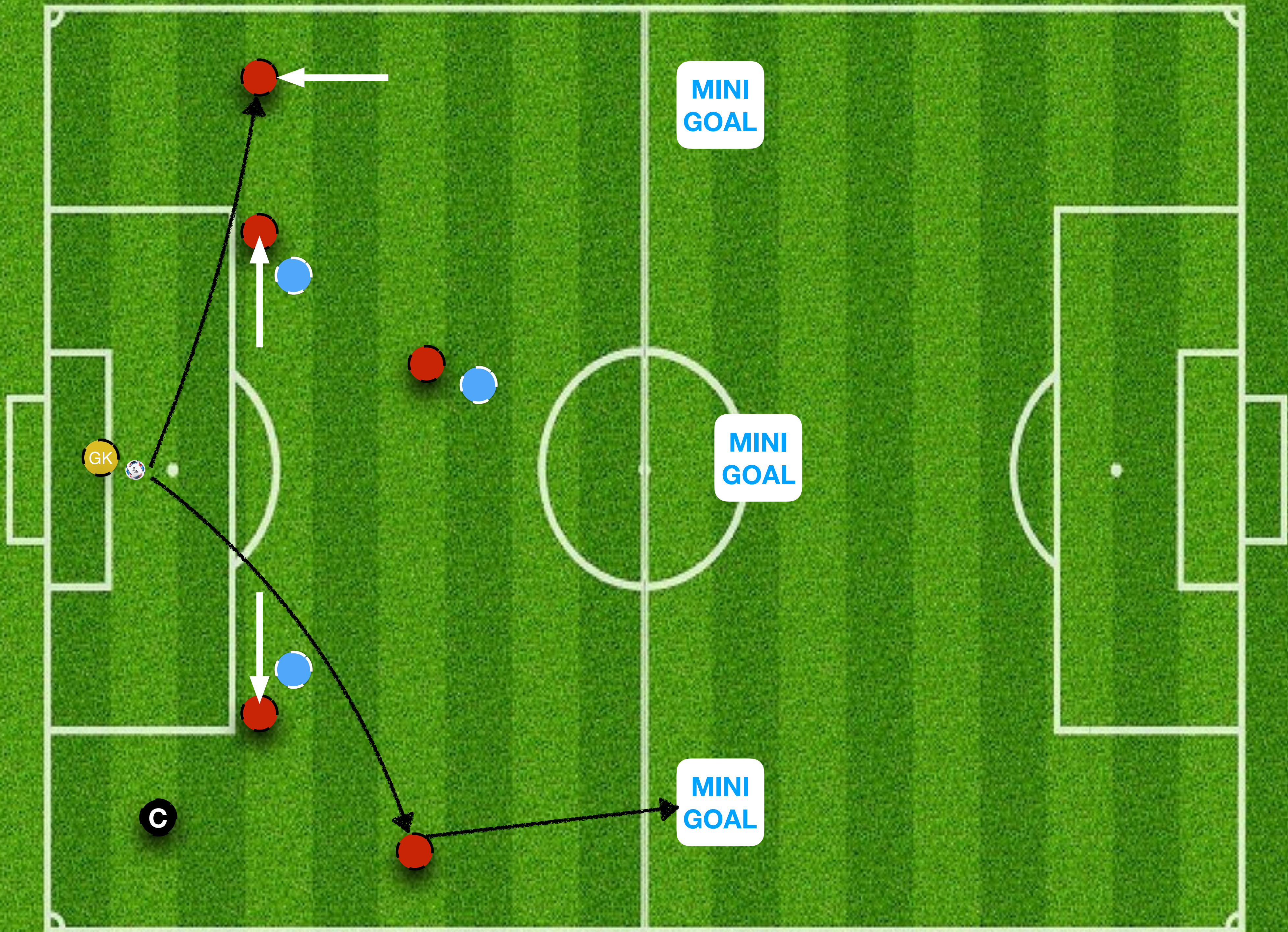


Football24Jack



DEFENSIVE INTEGRATION SESSIONS

THE FOLLOWING SESSIONS WERE DESIGNED TO IMPROVE UNDERSTANDING OF GK & BACK 4 WHEN TAKING GOAL KICKS OR IN OPEN PLAY WHEN PRESSED BY STRIKERS

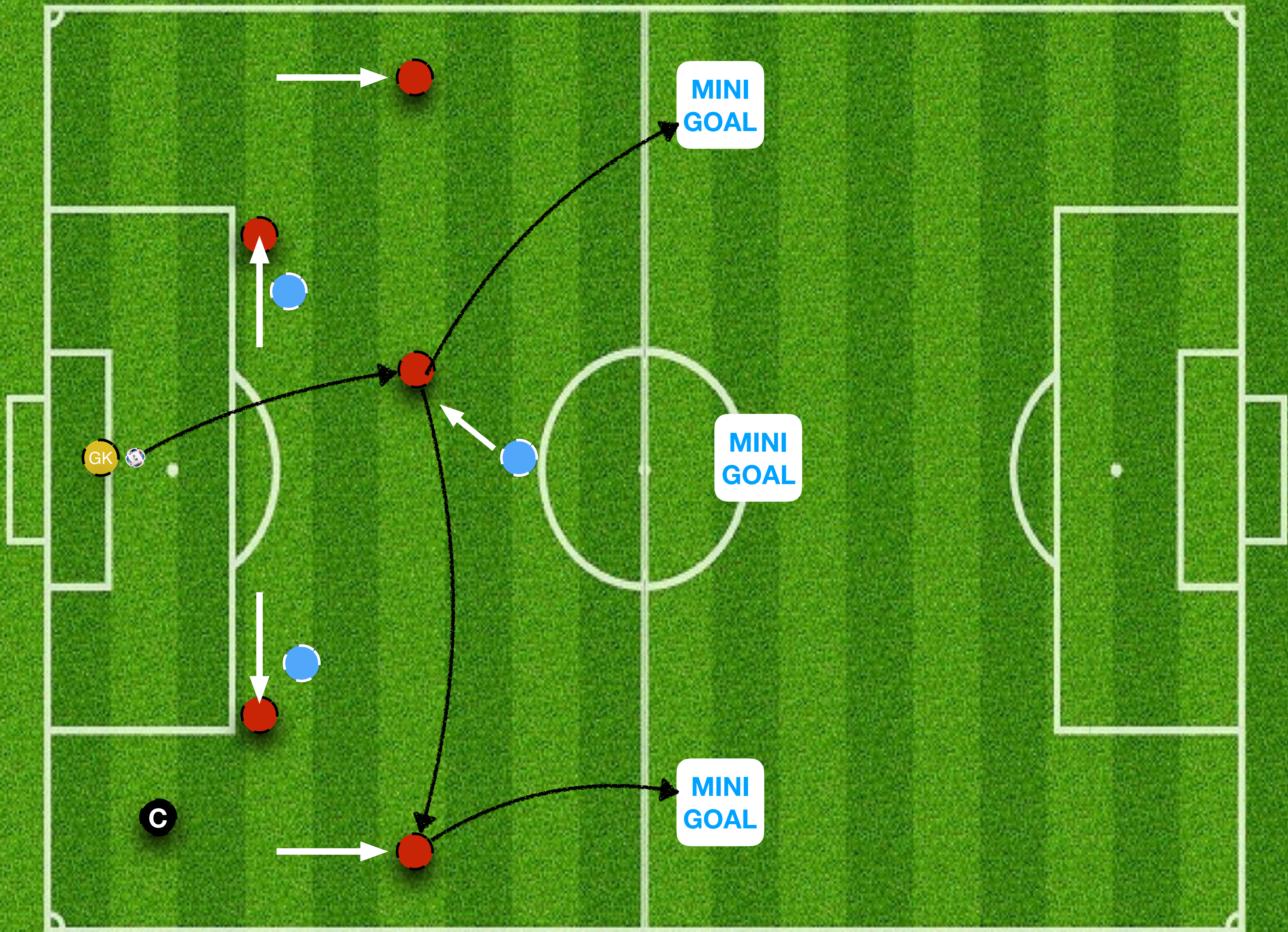


SESSION

1

OPTION

1

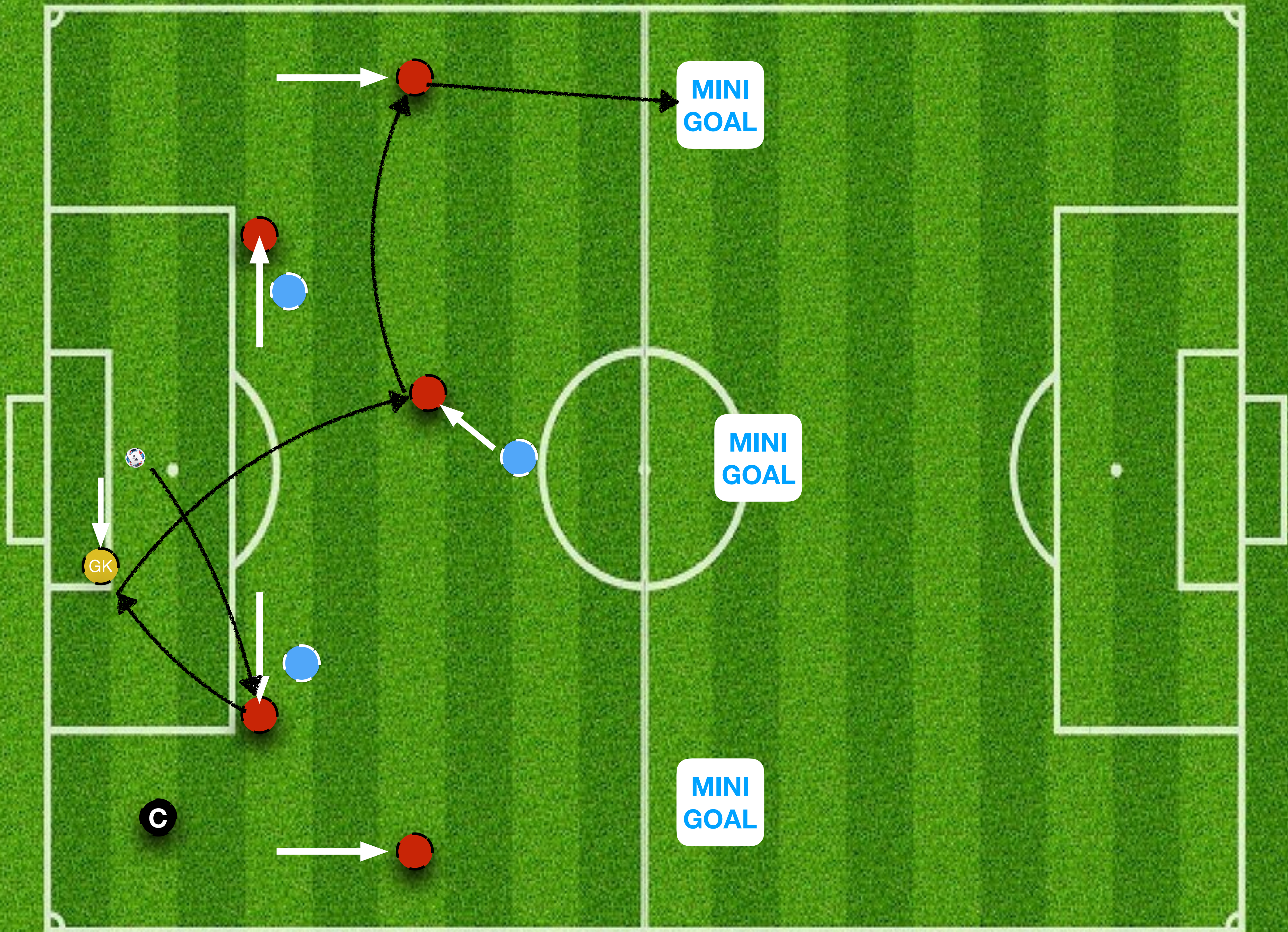


SESSION

1

OPTION

2

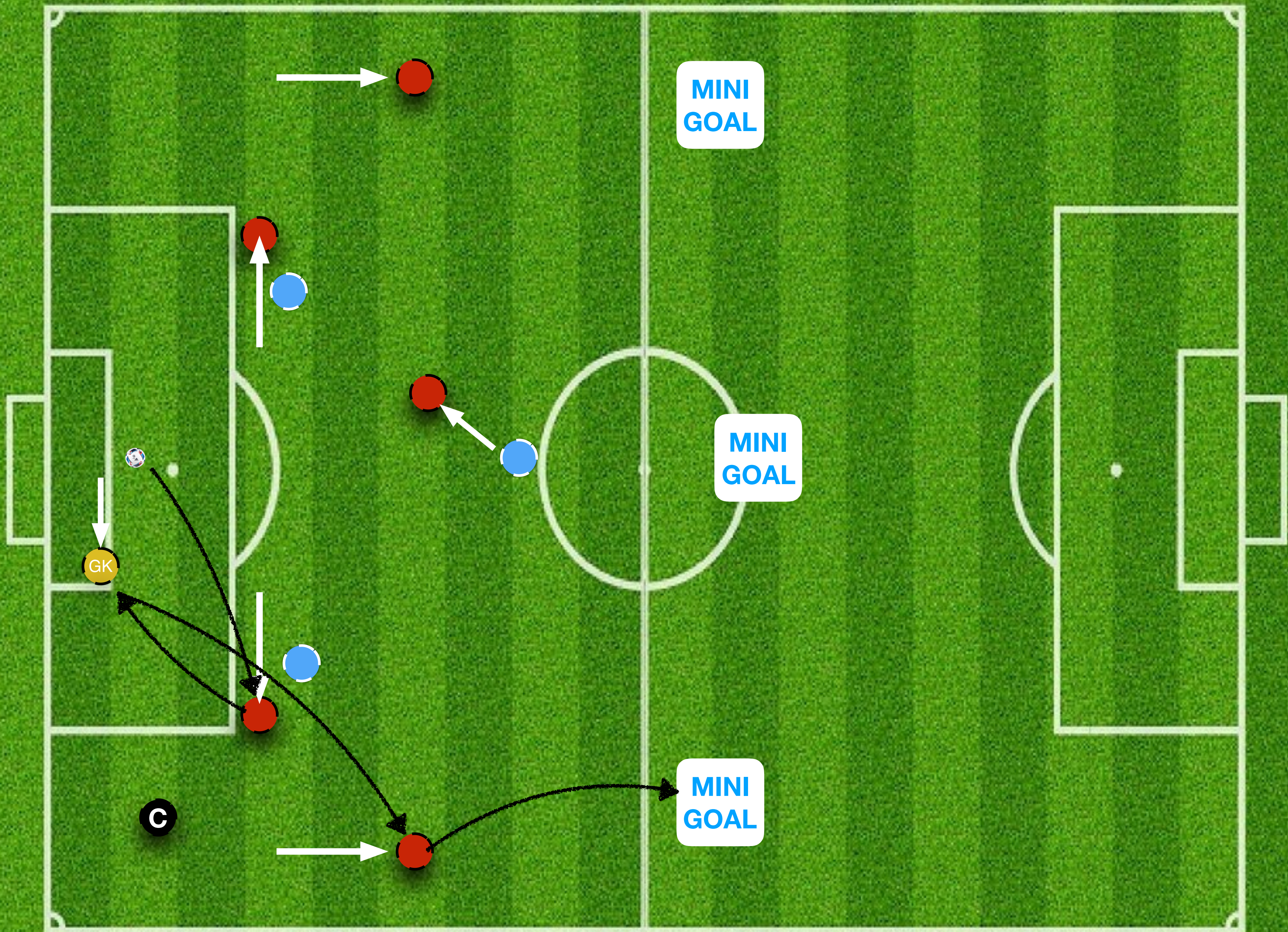


SESSION

1

OPTION

3A

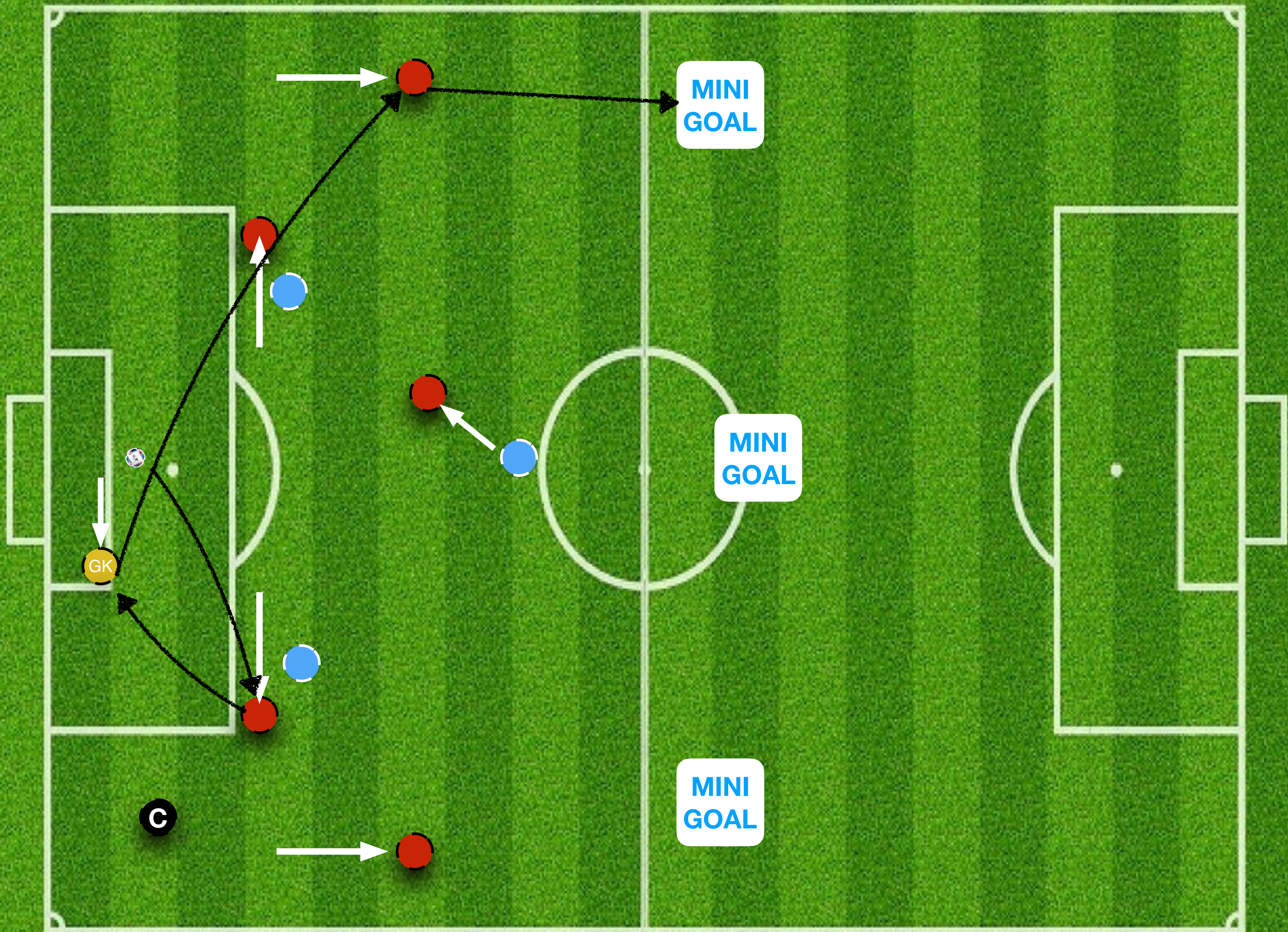


SESSION

1

OPTION

3B

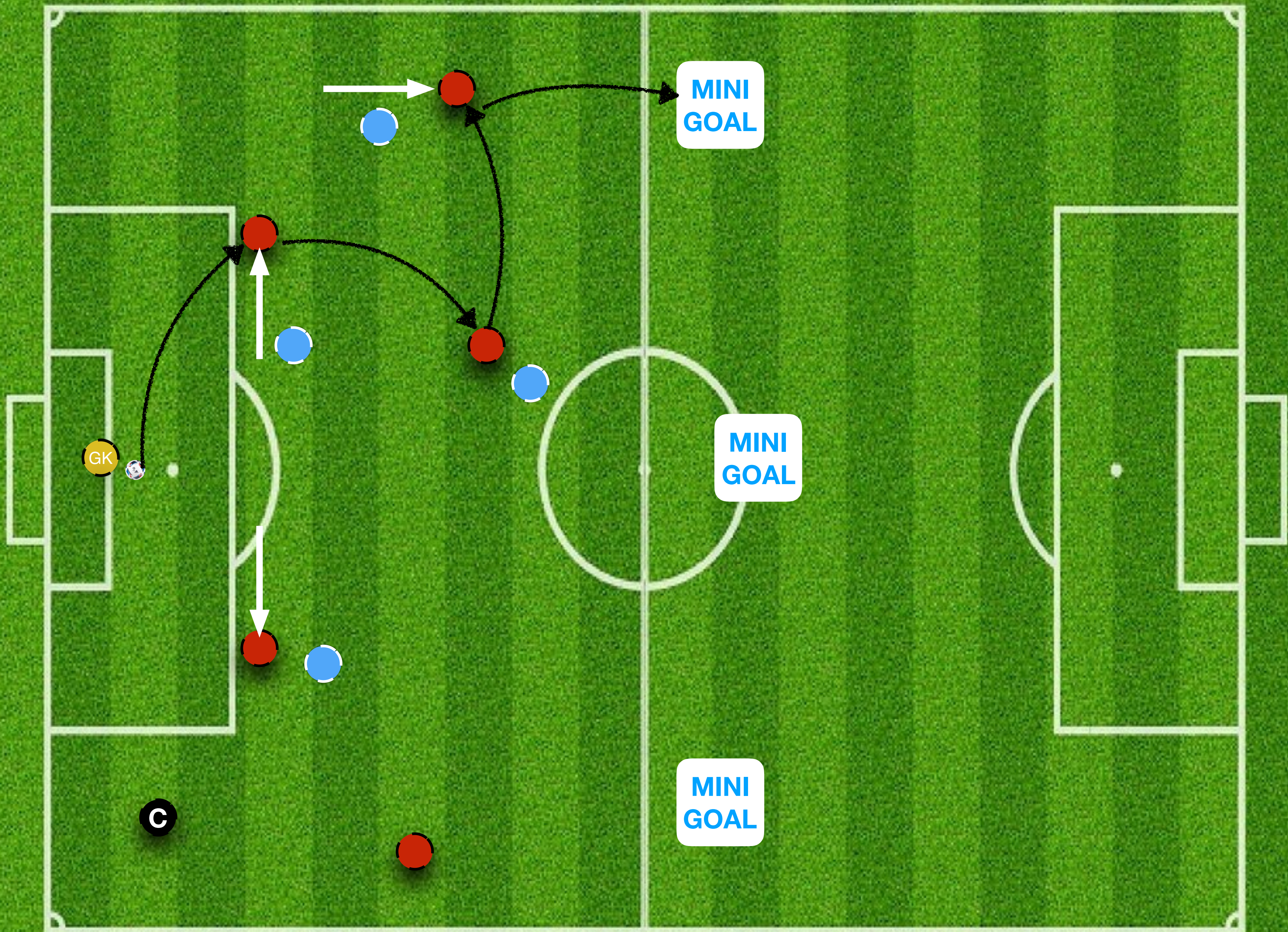


SESSION

1

OPTION

3C

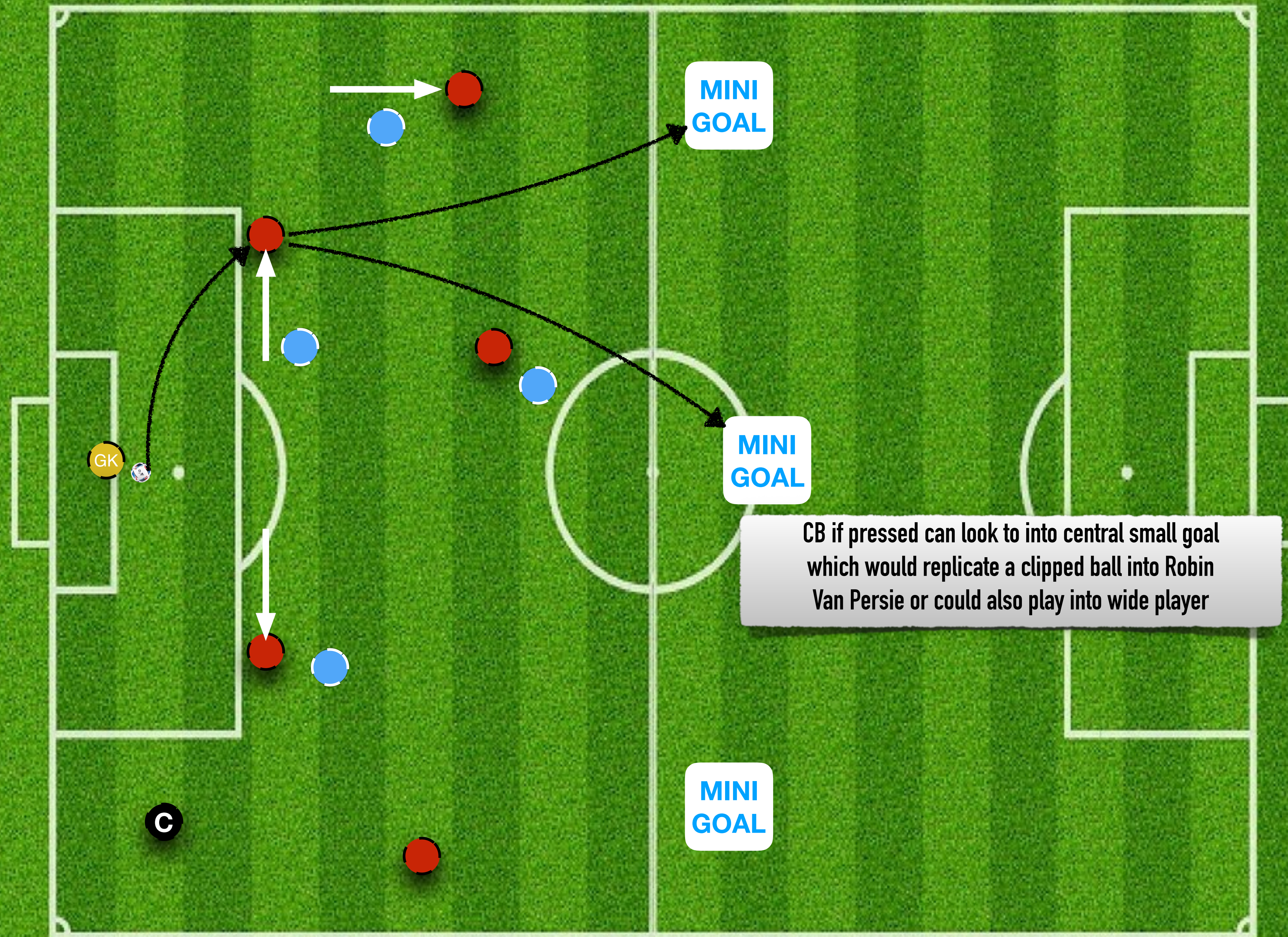


SESSION

2

OPTION

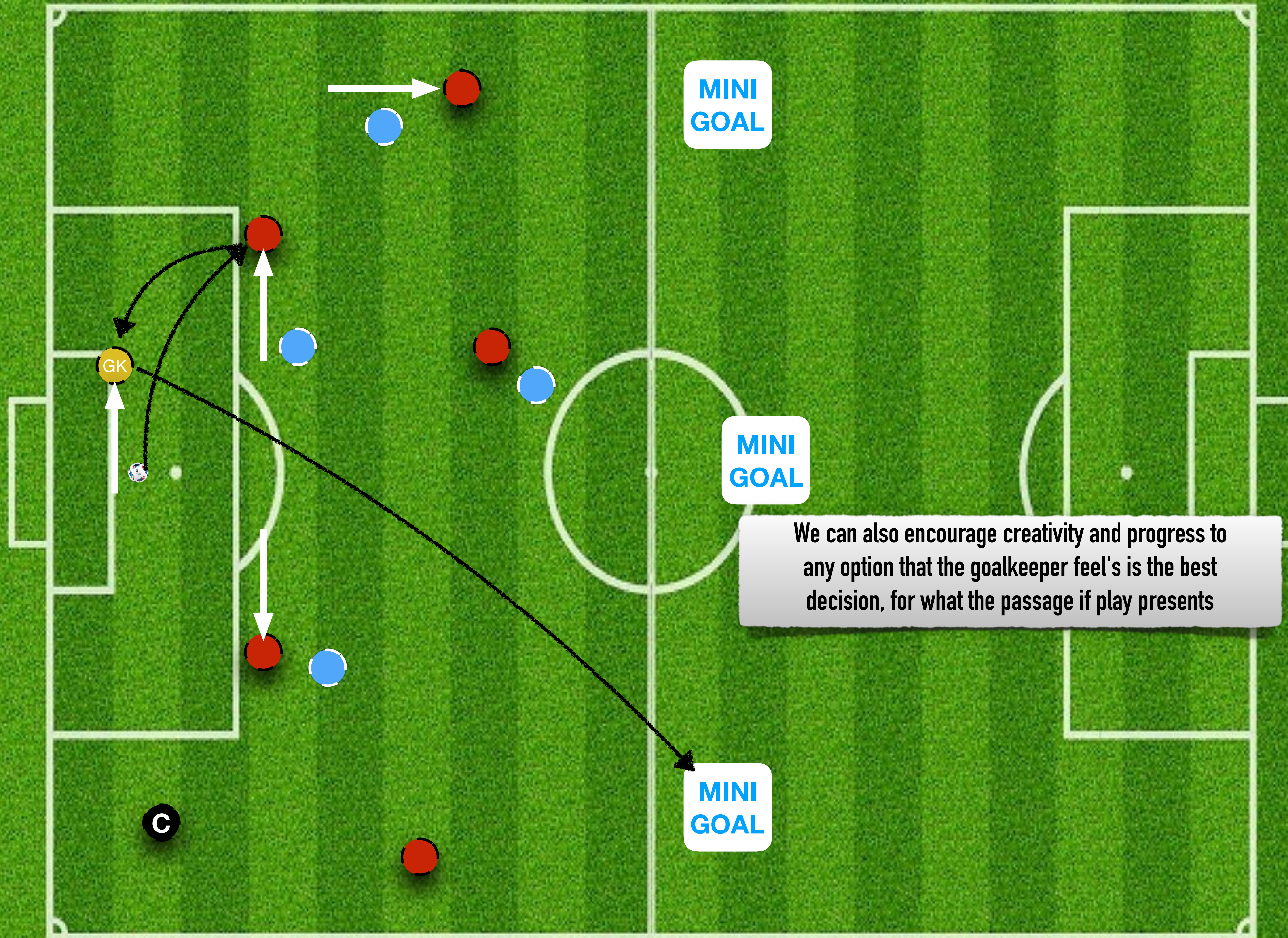
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MINI GOAL

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CB if pressed can look to into central small goal which would replicate a clipped ball into Robin Van Persie or could also play into wide player



MINI GOAL

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We can also encourage creativity and progress to any option that the goalkeeper feel's is the best decision, for what the passage if play presents

MINI GOAL

David De Gea From Doubt to Promise

HD Goalie



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ANY
QUESTIONS?

