



PHYSICAL PREPARATION FOR GOAL-KEEPERS

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- **PHYSICAL DEMANDS OF GOAL-KEEPING**
- **PHYSICAL QUALITIES REQUIRED**
- **DEVELOPING GOAL-KEEPER FITNESS**
- **GK PERIODISATION**



PSYCHOLOGICAL

WINNER: A relentless approach to being NO.1

NERVE STRENGTH: A robust inner belief to perform under pressure.

SELF AWARE: Understands & uses personal characteristics to maximise their own & the team's performance.

CONTROL: Regulates the appropriate emotional state in order to maximise performance.

**TOGETHER
FOR ENGLAND** 

TACTICAL

MANAGER OF THE GAME: Proactively executes their own role within the team in order to control the game at any given time.

PROACTIVE MANAGER OUT OF POSSESSION: Denies goal-scoring opportunities through positioning, instruction & effective actions.

EXPLOITS SPACE IN POSSESSION: Proactive support & passes that eliminates opposition players.

SOCIAL

LEADER: Guides & inspires others via action, manner or communication towards a common goal.

PRESENCE: A demeanour that projects positively onto the team & adversely effects the opposition.

LEARNER: Actively absorbs information quickly and efficiently in order to improve performance.

CONNECTED TO THE TEAM: Establishes relationships within the team, whilst retaining their unique identity.

TECHNICAL

'BIG' SAVES: Makes unexpected, result defining saves.

EFFECTIVE ACTIONS: Produces a variety of unique actions at the relevant moments.

OUTSTANDING DISTRIBUTOR: Successfully executes a wide range of passing techniques that maximise the 'In Possession' phase of the game.

CONSISTENT: Repeated and successful use of effective actions.

PHYSICAL

UNIQUE: Stands apart from the rest due to an outstanding characteristic or attribute.

EFFICIENT MOVER: A co-ordinated athlete who moves with ease, maximising the use of physical characteristics.

PHYSICAL PRESENCE: Uses functional power to dominate physical scenarios.

ROBUST: Consistently handles the physical demands of International football.

DEMANDS OF THE GAME

A soccer goalkeeper in a yellow kit is diving to catch a ball. A player in a red kit is visible in the background. The scene is set on a soccer field with a blurred crowd in the stands.

- **4-6 KM TOTAL DIST.**
- **MINIMAL HIGH SPEED RUNNING: 50-90M**
- **PEAK SPEED: 32KPH**

(SKY BET CHAMP DATA 2017/18)

- **MODERN TRENDS TOWARDS INCREASING LOCOMOTIVE DEMANDS?**
- **HIGH INTENSITY GK ACTIONS HARDER TO QUANTIFY!!! EG KICKING, PUNCHING, DIVING, JUMPING, LANDING, ACCELERATING, DECELERATING**

MODERN MONITORING SYSTEMS



Dive Quantity

Understand the position-specific demands placed on goalkeepers during sessions.



Dive Direction

Prescribe a balanced and symmetrical load to your goalkeeper sessions.




Dive Intensity

Understand not only how many dives a goalkeeper



GAME V TRAINING DEMANDS (AFC BOURNEMOUTH DATA – ANTHONY WHITE)

METRIC	GAME	TRAINING	DIFFERENCE
DIVES	9	41	X 4.6
EXPLOSIVE EFFORTS	14	49	X 3.5
HIGH JUMPS	1	5	X 5



**“WHAT ARE THE KEY PHYSICAL QUALITIES WE
NEED TO DEVELOP IN OUR GOAL-KEEPERS”?**

(PERFORMANCE CONTEXT)

MOBILITY – FLEXIBILITY & STABILITY
(EG HIPS / SHOULDERS / SPINAL)

SPEED – IN/AROUND/FROM

POWER – RFD – REACTIVITY (EG ANKLES) – BALLISTIC MOVEMENTS (KICKING / THROWING)

STRENGTH – PRODUCE & CONTROL FORCE - LOAD
TOLERANCE (CAPABILITY & DURABILITY)

AGILITY – REACTION TIME / DECISION MAKING
(READING THE GAME – COGNITIVE ABILITIES DECISIVE)

ENDURANCE – RECOVERY / CONCENTRATION

ANAEROBIC NATURE OF DEMANDS!!!!



HOW CAN YOU DEVELOP THESE PHYSICAL CHARACTERISTICS WITHIN YOUR TRAINING?

Working across the movement continuum

Isolated physical development



Repetition, Relevance, Realism



In-game specific movement



Off field training to support on field performance. Strength in Fundamental movements...

BASIC PHYSICAL CAPABILITY

In-game specific movements and decision making

SPECIFIC GAME SKILLS & EFFICIENCY

Practice Design?



KEY POINTS:

- **ANAEROBIC DEMANDS – QUICK BURSTS OF POWER AT HIGH INTENSITIES – TRAIN LIKE THIS!**
- **DECISION MAKING KEY – REALISTIC CUES! INTEGRATION**
- **OFF FIELD TRAINING TO SUPPORT ON FIELD PERFORMANCE – THE IMPORTANCE OF STRENGTH**







LOWER BODY PUSH (SPEED- IN/AROUND/FROM - ROBUSTNESS)

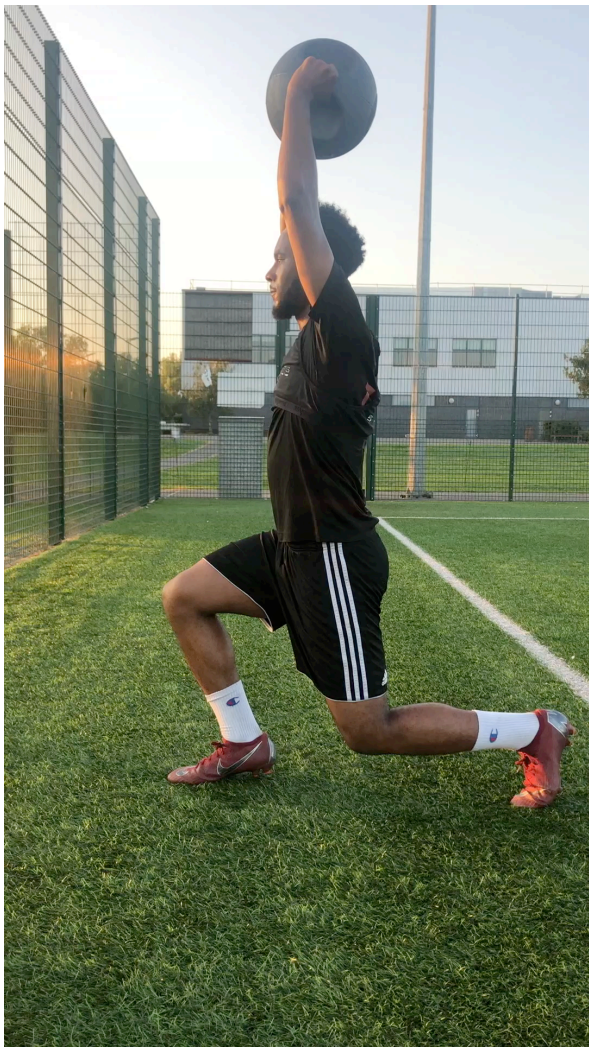


LOWER BODY PULL (SPEED - IN/AROUND/FROM - ROBUSTNESS)



LOWER BODY (LATERAL) - SPEED-AROUND - CoD)





ANKLE STRENGTH & STIFFNESS (REACTIVE SPEED - CoD)



UPPER BODY (PUSH & PULL) - STRENGTH IN CONTACT / ROBUSTNESS



TRUNK STIFFNESS



SHOULDER STRENGTH & STABILITY



WHOLE BODY STRENGTH

<https://vimeo.com/user65651346>



GK PERIODISATION... (PLANNING FOR PERFORMANCE)

KEY DIFFERENCES TO CONSIDER COMPARED TO OUTFIELD PLANNING

- GAME IS LOWEST PHYSICAL LOAD OF THE WEEK (FOR STARTING GK!)
- PRIORITISE TECHNICAL / TACTICAL WORK LEADING INTO THE GAME
- DAY(S) AFTER GAME – DO WE NEED TO RECOVER (**PHYS V PSYCH**), DEVELOPMENT OF ISOLATED PHYSICAL QUALITIES? EG STRENGTH
- RESPECT RECOVERY (WITHIN AND BETWEEN SESSIONS)

KEY MESSAGES....

- **ANAEROBIC (SPEED / POWER) NATURE OF POSITION**
(TRAINING MUST REFLECT THIS – QUALITY NOT QUANTITY)
- **WORK ALONG THE CONTINUUM TO DEVELOP THE QUALITIES FOR EFFICIENT MOVEMENT & ROBUSTNESS FOR THE INDIVIDUAL (CAPABILITY & DURABILITY)**
(**INTEGRATION** – REALISM & DECISION MAKING)
(**ISOLATION** – OFF FIELD TRAINING TO SUPPORT ON FIELD PERFORMANCE)