



## 2010 Preseason: Goalkeeping

*Kyle Eno, Terry Moss, Andy Swift, Chris Thorum*





## 2010 Preseason: Goalkeeping Roster

Edwin Van Der Sar

Born 1970  
6'6"  
Dutch

Ajax>Juve>Fulham>  
Man Utd in 2005  
Dutch international.



Tomasz Kuszczak

Born 1982  
6'3"  
Polish

Hertha BSC>  
WBA>  
Man Utd in 2007.



Ben Amos

Born 1990  
5'11"  
English

Man Utd Academy  
2008 Man Utd First  
Team  
Spring 2010 loan to  
Molde.



Sam Johnstone

Born 1993  
6'4"  
English

Man Utd Academy





## 2010 Preseason: Pre-week 1.

- GK Coach & GKs: Introductory calls, develop IDPs together.
- S&C Coach & GKs: Baseline testing.
- Team Doctor & GKs: Physicals.
- Team Psychologist & GKs: Introductory meeting.
- Player Welfare Officer, GKs and families: Social meeting to discuss general needs and pre-season specific for family assistance during travel period to USA.
- GK Coach and Coaching Staff: Meetings to discuss game model, expectations of GK coach/ GKs, roles and responsibilities at training.





# 2010 Preseason: Goalkeeping Week One

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY									
GK	VD	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ					
PHYS					PHYS	Gym	Gym	Gym	Gym	PHYS					PHYS	Gym	Gym	Gym	Gym	PHYS					PHYS					PHYS				
TECH					TECH					TECH					TECH					TECH					TECH					TECH				
	Light movement patterns, heavy handling day, basic repetitions of goalkeeping movements.				Continued technical exercises, expand to include limited impacts and short range distribution.				Small increase in physical demand striking balls over greater distance, GK training focus on distribution following a basic save.				More complex technical saves introduced, 'free' elements to exercises with multiple outcomes requiring diff. tech skills				Limited reps - emphasis on crosses in preparation for corners/FKs.				N/A				Technical focus based on individual GK IDPs.									
TAC					TAC					TAC					TAC					TAC					TAC					TAC				
	No tactical focus or involvement with team.				No tactical involvement with the team on day two. Some cognitive demand in exercises: basic decision making.				Team integration - focus on principles when in possession. Mostly 11v11 work.				Decision making in GK training: defend space/defend goal balance plus distribution decisions linked to principles.				Team integration early - focus on defending set pieces.				Video - review principles for GKs/ TTPs.				Tactical elements limited by numbers - simple concepts.									
COG					COG					COG					COG					COG					COG					COG				
PSYCH	Establish the environment and expectations, low cognitive demand due to high stress on day one.				Introduce competitive elements to training, foster competitive spirit.				Ensure mental focus and engagement from the start with activation exercises.				Establishing mental processes and prioritization. Focus on ball.				Emphasizing the leadership and command role of the GK on set pieces, attention to detail.				Establishing importance of review and self-reflection. Empowering GKs.				Refocusing for the two seniors: connecting BA and SJ to limit feeling of isolation for SJ.									
NOTES	Establish benchmarks, introduce standard exercises and drill concepts.				Monitor relationships between GKs with introduction of competition. Gym in the PM.				VDS and TK taking bulk of reps in the game: BA and SJ each shadow at a goal.				Gym session in the PM.				Keep energy high for day 5 - LBE.				Day off training: AM video review of the week with the group, recap of team tactical principles with respect to GKs Recovery modalities..				Day off for VDS and TK to spend time with family prior to trip. Short session for the young lads to work on IDPs.									








# 2010 Preseason: Goalkeeping Week Two

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY									
GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ					
PHYS					PHYS	Gym	Gym	Gym		PHYS					PHYS			Gym		PHYS					PHYS					PHYS			Gym	
TECH					TECH					TECH					TECH					TECH					TECH					TECH				
No training Travel Day					Movements in and around the goal footwork Handling Shot stopping session work on various types of saves					VDS and TK Focus on dealing with High balls, crosses/corner kicks with added distribution BA to shadow and help with services					Get a few reps with non impact training. Inswing and outswing crosses. Corner kicks.					VDS and TK light reps pre- game warm ups BA help with services in warm up					Afternoon RECOVERY. Yoga, Pool, Stretching etc.					Light technical training Handling Footwork for BA BA can focus on his individual weight training needs				
TAC					TAC					TAC					TAC					TAC					TAC					TAC				
TACTICAL FOCUS POINTS					Introduce competitiveness between GK's NO tactical or team integration					Team integration 11v11 play focus on when in possession					Go over the game plan. Light walk through of set pieces and Free kicks.					Communication with back line often and early					Review some highlight clips with BA					Game Analysis of Philly Union to prepare for coming weeks training				
COG					COG					COG					COG					COG					COG					COG				
PSYCH	PSYCHOLOGICAL FOCUS POINTS				PSYCH	Focus on VDS and TK IDP in session No cognitive Training				PSYCH	Make sure mental engagement at the beginning using activation exercises Cognitive exercises throughout training				PSYCH	Re enforce role of the GK during the game				PSYCH	Game day No cognitive. High stress day for VDS and TK				PSYCH	Review BA IDP				PSYCH	Go over IDP with VDS and TK			
NOTES	AM FLY TO CHICAGO				NOTES	Heavy training day. Set standards and expectations				NOTES	Lighter technical session VDS and TK take most the reps during game. BA shadows in technical training				NOTES	BA can get some cardio/fitness in before or after training depending on time of flight. FLY TO TORONTO				NOTES	PM FRIENDLY				NOTES	FLY TO PHILLY				NOTES	VDS and TK time to talk to family via phone.			





# 2010 Preseason: Goalkeeping Week Three

	MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY					SATURDAY					SUNDAY				
	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK
PHYS	Yellow	Green	Green	Grey	PHYS	Orange	Green	Green	Grey	PHYS	Orange	Yellow	Yellow	Grey	PHYS	Green	Yellow	Yellow	Grey	PHYS	Yellow	Green	Green	Grey	PHYS	Orange	Green	Green	Grey	PHYS	Grey	Green	Yellow	Grey	PHYS
TECH	Yellow	Green	Green	Grey	TECH	Orange	Green	Green	Grey	TECH	Orange	Yellow	Yellow	Grey	TECH	Green	Yellow	Yellow	Grey	TECH	Yellow	Green	Green	Grey	TECH	Orange	Green	Green	Grey	TECH	Grey	Green	Yellow	Grey	TECH
	VDS and TK light reps on low ball saves, crosses with distribution.					Light reps for VDS and extra reps to TK and BA TECHNICAL FOCUS POINTS					Light tech work in warm ups for VDS, TK TECHNICAL FOCUS POINTS					Heavier reps for TK, Focused reps for BA TECHNICAL FOCUS POINTS					VDS Yoga, TK and Ba work high balls, and movement TECHNICAL FOCUS POINTS					Light reps for VDS and extra reps to TK and BA TECHNICAL FOCUS POINTS					Light tech warm up for both TK, BA TECHNICAL FOCUS POINTS				
TAC	Green	Yellow	Yellow	Grey	TAC	Yellow	Green	Green	Grey	TAC	Orange	Yellow	Yellow	Grey	TAC	Orange	Yellow	Yellow	Grey	TAC	Green	Yellow	Yellow	Grey	TAC	Yellow	Green	Green	Grey	TAC	Grey	Green	Yellow	Grey	TAC
	Small sided games introducing tactical approach					Set piece review TACTICAL FOCUS POINTS					Game plan execution TACTICAL FOCUS POINTS					Post game review with VDS TACTICAL FOCUS POINTS					Game plan with 11v11 TACTICAL FOCUS POINTS					Set piece review TACTICAL FOCUS POINTS					Game plan execution TACTICAL FOCUS POINTS				
COG	Yellow	Green	Green	Grey	COG	Orange	Yellow	Green	Grey	COG	Orange	Yellow	Yellow	Grey	COG	Green	Green	Green	Grey	COG	Yellow	Green	Green	Grey	COG	Orange	Yellow	Green	Grey	COG	Grey	Green	Orange	Grey	COG
PSYCH	Cognitive exercises to maintain focus PSYCHOLOGICAL FOCUS POINTS					Mental prep and confidence building PSYCHOLOGICAL FOCUS POINTS					VDS plays first half, TK plays second half PSYCHOLOGICAL FOCUS POINTS					Watch post game film PSYCHOLOGICAL FOCUS POINTS					IDP work PSYCHOLOGICAL FOCUS POINTS					Confidence building for both TK and Ba PSYCHOLOGICAL FOCUS POINTS					VDS has day off TK and Ba split PSYCHOLOGICAL FOCUS POINTS				
GENERAL NOTES																																			
GENERAL NOTES											UNION FRIENDLY															FLY TO KANSAS					SKC FRIENDLY				






# 2010 Preseason: Goalkeeping Week Four

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY																			
GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ															
PHYS	Green	Green	Green	Grey	PHYS	Green	Green	Orange	Grey	PHYS	Red	Yellow	Yellow	Grey	PHYS	Green	Green	Yellow	Grey	PHYS	Grey	Orange	Orange	Grey	PHYS	Green	Green	Green	Grey	PHYS	Grey	Grey	Grey	Grey										
TECH	Green	Green	Green	Grey	TECH	Green	Yellow	Orange	Grey	TECH	Red	Yellow	Yellow	Grey	TECH	Green	Green	Yellow	Grey	TECH	Grey	Orange	Yellow	Grey	TECH	Green	Green	Green	Grey	TECH	Grey	Grey	Grey	Grey										
	Recovery AM, Stretching, light aerobics, yoga, stretching. Prep for short flight				Light prep work for VDS & TK, Aggressive physical and technical day for BA				90 Min's for VDS, TK Back up, BA light reps in warm up				Recovery AM, Stretching, light aerobics, yoga, stretching. Prep for short flight				VDS day off, TK 45 min, BA 45 min				Recovery AM, Stretching, light aerobics, yoga, stretching, prep for flight. VDS Light Gym work..				Day OFF																			
TAC	Grey	Grey	Grey	Grey	TAC	Yellow	Yellow	Yellow	Grey	TAC	Red	Green	Green	Grey	TAC	Green	Green	Yellow	Grey	TAC	Grey	Orange	Orange	Grey	TAC	Grey	Grey	Grey	Grey	TAC	Grey	Grey	Grey	Grey										
	Nothing Tactically				Tactical focus on correcting errors in back line from game against SKC				Quality build out, better inside pressure, keeping back line more solid as a unit.				Light prep for Guadalajara with TK and BA				Focus on Communication with back line				Film review available if wanted by each goalkeeper.				Day Off																			
COG	Yellow	Yellow	Yellow	Grey	COG	Green	Yellow	Orange	Grey	COG	Red	Yellow	Yellow	Grey	COG	Yellow	Yellow	Yellow	Grey	COG	Grey	Orange	Orange	Grey	COG	Red	Red	Red	Grey	COG	Grey	Grey	Grey	Grey										
PSYCH	Low Cognitive due to flight				BA taking most reps in practice to prep for Guadalajara				90 Mins from VDS, TK back up, BA light reps				Flight to Mexico, change in altitude and time zone.				Leadership and organization				18 Hour flight back home.				Day Off																			
NOTES					NOTES																				NOTES																			
	FLY TO HOUSTON				NOTES				PLAY MLS ALLSTARS				NOTES				FLY TO MEX				NOTES				PLAY GUADALAHARA				NOTES				FLY TO MAN				NOTES				DAY OFF			





# 2010 Preseason: Goalkeeping Week Five

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY									
GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ	GK	VDS	TK	BA	SJ					
PHYS					PHYS	Gym	Gym	Gym	Gym	PHYS					PHYS	Gym	Gym	Gym	Gym	PHYS					PHYS					PHYS				
TECH					TECH					TECH					TECH					TECH					TECH					TECH				
	OFF				Emphasis on principles, movement and handling.				Limited technical reps, built in speed/power work during GK exercises.				Limited reps, game realistic based on Chelsea scouting report.				Limited reps for VDS.				Light tech work in warm up for Vds TK. Extra reps in am session for BA/SJ.				Heavier reps for TK, IDP focused reps for BA and SJ.									
TAC					TAC					TAC					TAC					TAC					TAC					TAC				
	OFF				Only team integration is SSG at the end of the session, no tactical work.				Focus on gameplan for Sat in anaerobic exercises (limited time/numbers, funct. groups)				Game plan in 11v11 training.				Ensured clarity of game plan, shape walkthrough and set piece review.				Execution of game plan and team principles.				Post game review with Vds.									
COG					COG					COG					COG					COG					COG					COG				
PSYCH	Day off, time with family and friends.				Mental refocusing - prepare to start the season.				Switched on, absorbing content - SJ and BA taking reps working in w/ VDS and TK				SJ and BA shadowing during 11v11.				Confidence building for VDS and TK.				High game demand for starter Vds/TK on the bench. 45 tech/phys work for BA/SJ				Reintegration of the group, emphasis on development of BA/SJ to boost self-worth.									
NOTES	DAY OFF				Reduced load for VDS.				Check for understanding w/ GKs post session.				PM - meetings to review IDPs and progress.				Additional IDP work for BA and SJ post session.				 GENERAL NOTES				Celebrate the win!									

