



ASSIGNMENT 3
COMPLETED AS AN.....

**INDIVIDUAL
MATCH ANALYSIS &
SESSION DESIGN**

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



MATCH ANALYSIS

RECORD YOUR FINDINGS

- WHAT ARE INDIVIDUAL TRENDS OF THE GOALKEEPER
- WHAT ARE COLLECTIVE TRENDS OF THE DEFENSIVE UNIT
- WHAT ARE THE COLLECTIVE STRENGTHS / WEAKNESSES
- WHAT DATA WILL YOU COLLECT TO HELP WITH SESSION DESIGN?
- HOW WILL YOU RECORD YOUR DATA?



SESSION DESIGN

1X FULL SESSION REQUIRED

- SESSION DESIGNED TO WORK ON FINDINGS FROM MATCH ANALYSIS
- WILL YOU LOOK TO IMPROVE AREAS OF CONCERN?
- WILL YOU FOCUS ON TEAM STYLE OF PLAY?
- WHO WILL BE INVOLVED?
- IN POSSESSION vs OUT OF POSSESSION
- ISOLATED vs INTEGRATED

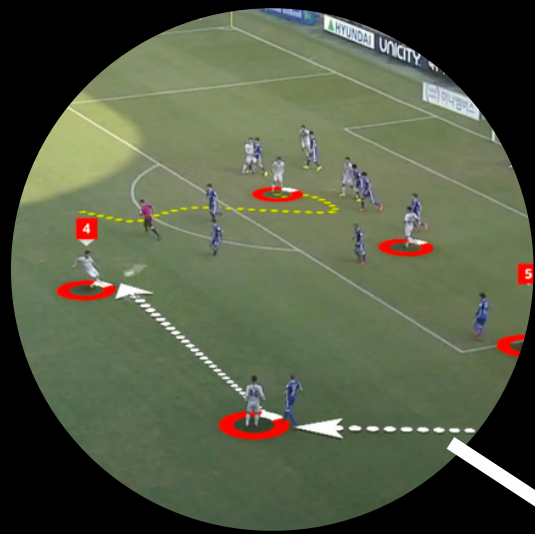


KEY POINTS

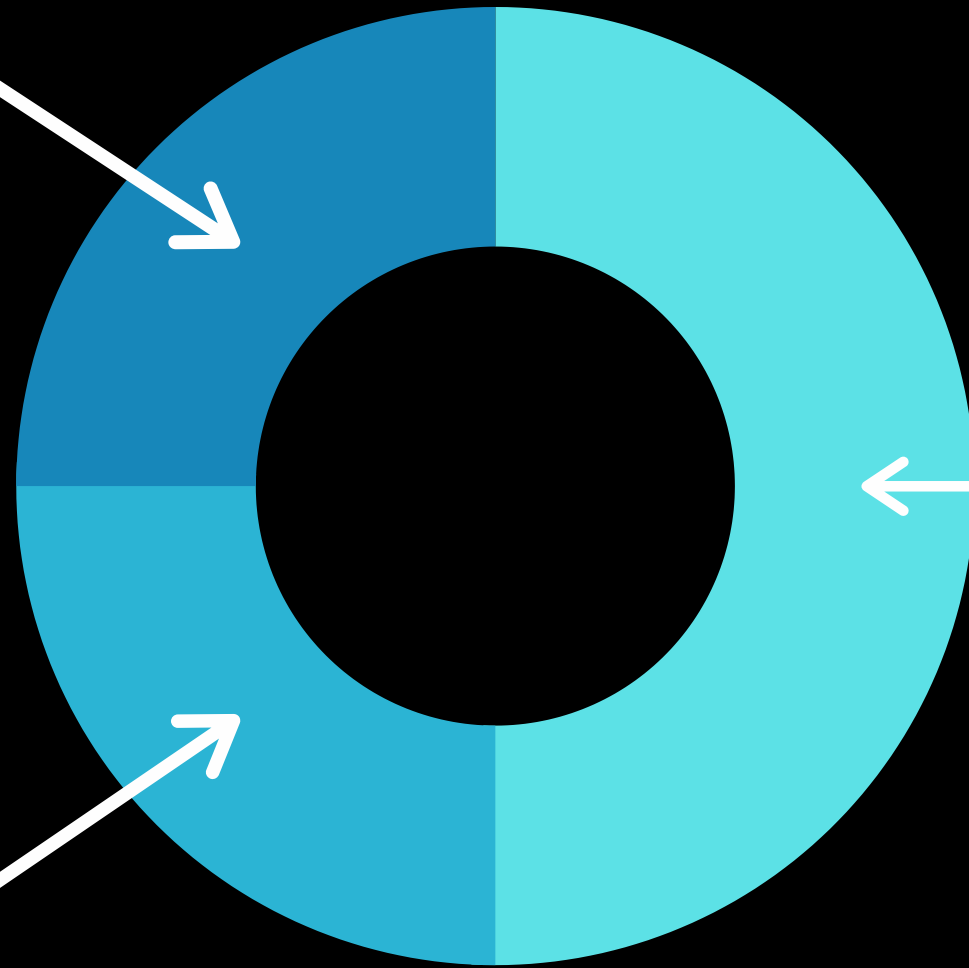
WHAT YOU NEED TO KNOW

- YOU MUST WATCH A MINIMUM OF 2x MATCHES
- CREATE COLLECTIVE MATCH ANALYSIS REPORT OF YOUR FINDINGS (**TEAM & INDIVIDUAL**), THAT YOU COULD PRESENT TO YOUR PLAYERS/STAFF
- DESIGN 1x FULL SESSION (FULL SQUAD AT YOUR DISPOSAL)
- SESSIONS COMPLETED ON SPORTSESSIONPLANNER
- YOU HAVE 90MINS FOR YOUR SESSION WITH UNLIMITED EQUIPMENT





**20MINS
FULL TEAM
PRACTICE**



**40MINS
FUNCTIONAL
GK PRACTICE**



**20MINS
DEF/ATT UNIT
PRACTICE**



COMPLETED BY TUESDAY MAY 25TH 10PM



MATCH ANALYSIS

CREATE A DETAILED REPORT OF YOUR FINDINGS, WITH A MAIN FOCUS ON THE DEFENSIVE THIRD. RECORD IMPORTANT DATA OF CHANCES/GOALS CONCEDED



TEAM/INDIVIDUAL TRENDS

ANALYSE AND STUDY ANY INDIVIDUAL/TEAM TRENDS YOU SEE FROM THE MATCH FOOTAGE. WHAT ARE INDIVIDUAL/TEAM STRENGTHS/WEAKNESSES & HOW DO THEY IMPACT STYLE OF PLAY



SESSION DESIGN

DESIGN 1x FULL SESSION, BASED ON YOUR FINDINGS. FULL SQUAD & UNLIMITED EQUIPMENT AT YOUR DISPOSAL FOR 90MINS

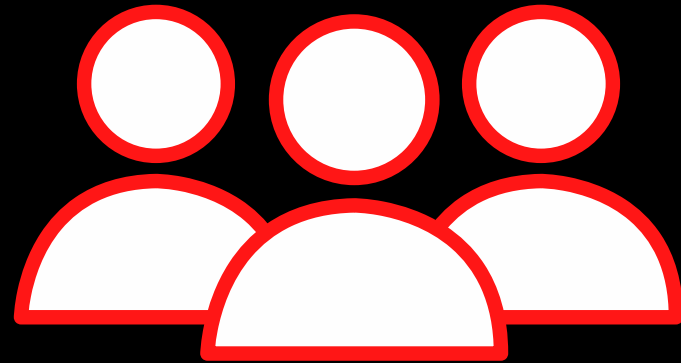


GROUP SUPPORT

USE THE MENTEE WHATSAPP GROUP TO SUPPORT EACH OTHER AND OFFER USEFUL ADVICE TO OTHER MENTEES, WE WILL GROW TOGETHER

YOUR GOALKEEPERS

YOU WILL STUDY THE BELOW GOALKEEPER



ALISSON

DANA POWERS

AMY PAGE

ROSS BALLANTYNE

TERRY MOSS

MARTINEZ

BEN MORELLA

SARA YUNEZ

KYLE ENO

SERGIO GONZALEZ

HENDERSON

JAMIE BRASSINGTON

SOHAIL PEDARI

CHRIS THORUM

MENDY

ANDY SWIFT

JAMES VAN
ARTSDALEN

CHRIS SMITH

JORDAN WELSH



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ANY
QUESTIONS?

