

ASSIGNMENT 5

COMPLETED AS A.....



GROUP

CREATE A GOALKEEPING DEVELOPMENT PROGRAM

WITH YOUR SPECIFIC ENVIRONMENT, CREATE A
DEVELOPMENT PROGRAM FOR THE GK'S AT
YOUR CLUB, BASED AROUND YOUR COLLECTIVE
GOALKEEPING PHILOSOPHY



WHAT'S INVOLVED

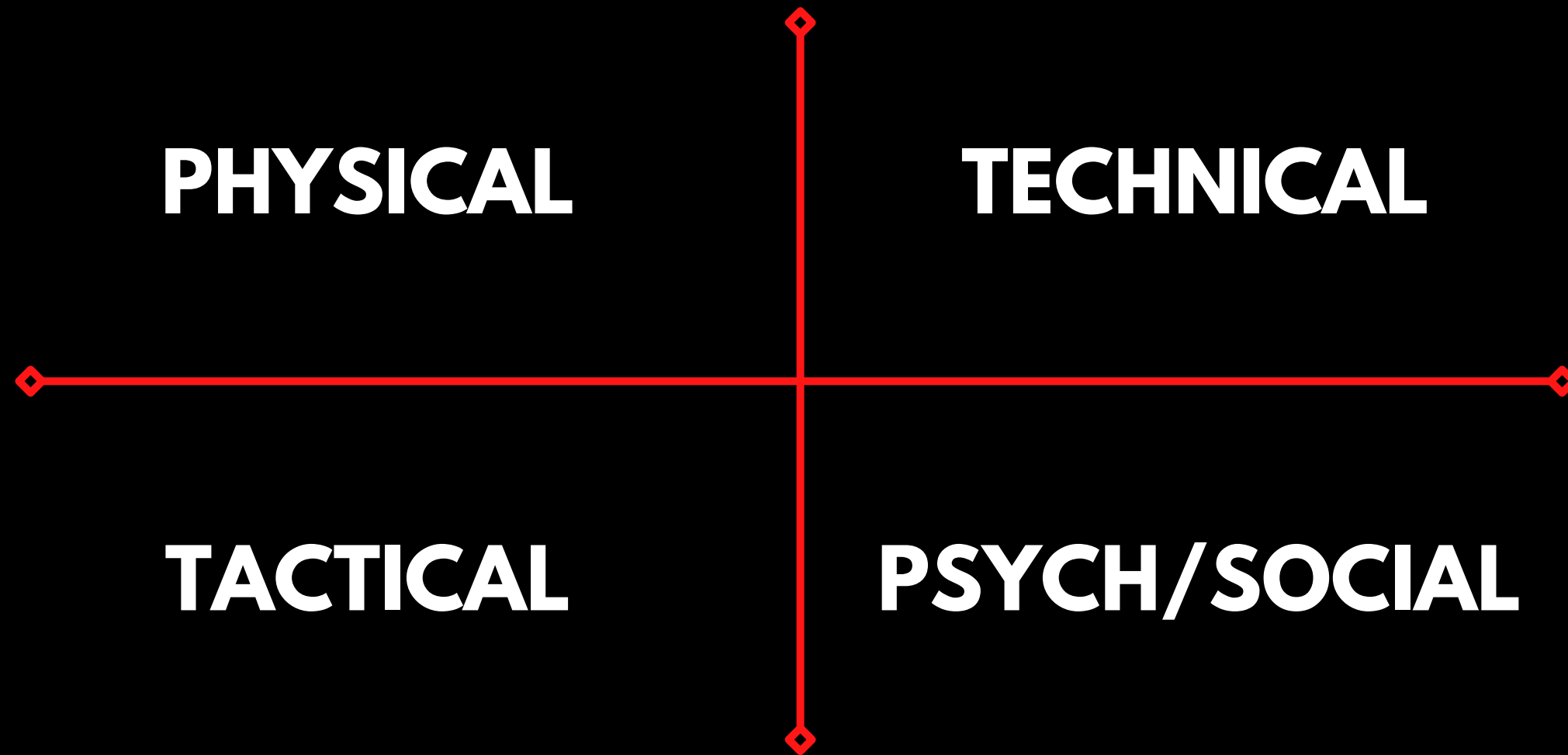
CONSIDER THE FOLLOWING...

- WHAT IS YOUR GROUP'S COLLECTIVE GK PHILOSOPHY
- HOW WILL YOU DEVELOP GK'S BASED ON THIS PHILOSOPHY
- WHAT ARE THE LEARNING OBJECTIVES
- HOW DO YOU ACHIEVE THESE LEARNING OBJECTIVES
- WHO IS INVOLVED IN THE PROCESS
- WHAT DOES THE PROCESS LOOK LIKE



4X CORNER MODEL

ALL AREAS MUST BE INCLUDED



ENVIRONMENTS

FOUNDATION PHASE

8- 12 YEARS OLD
EXAMPLES

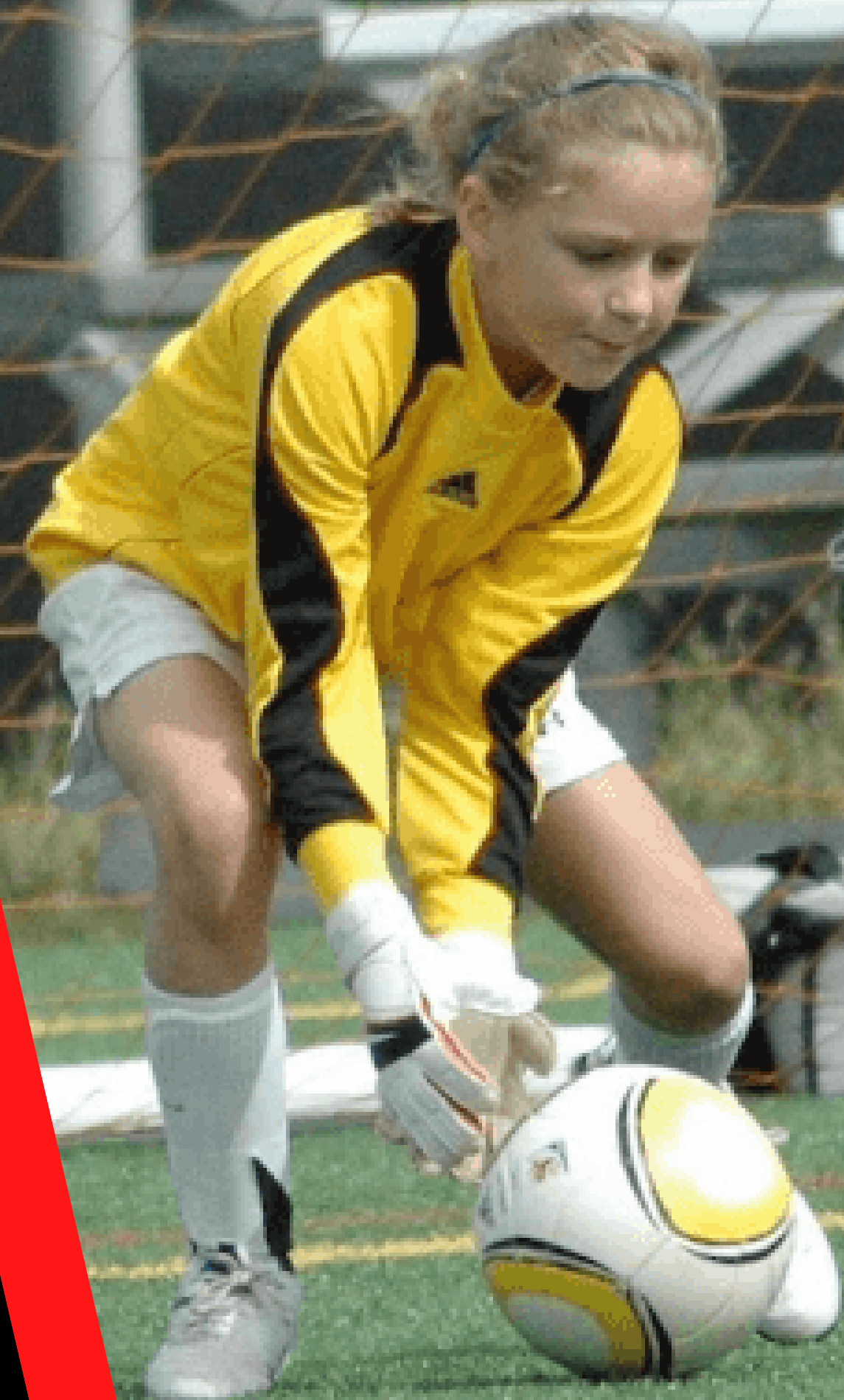
PHYSICAL- **CO-ORDINATION**

TECHNICAL- **MASTER BASIC TECHNIQUES**

TACTICAL- **POSITIONING**

PSYCH/SOCIAL- **ENJOYMENT**

GROUP
1



ENVIRONMENTS

FOUNDATION PHASE

GROUP
1

8- 12 YEARS OLD

TRAINING- 4 HOURS PER WEEK (2x
EVENINGS)

MATCHES- 3x MATCHES OVER ANY 2
WEEK PERIOD



ENVIRONMENTS

YOUTH DEVELOPMENT PHASE

13- 16 YEARS OLD
EXAMPLES

PHYSICAL- **CORE STRENGTH**

TECHNICAL- **DISTRIBUTION**

TACTICAL- **IP / OOP**

PSYCH/SOCIAL- **MISTAKE MANAGEMENT**

GROUP
2



ENVIRONMENTS

YOUTH DEVELOPMENT PHASE

GROUP
2

13- 16 YEARS OLD

TRAINING- 6 HOURS PER WEEK (3x
EVENINGS)

MATCHES- 3x MATCHES OVER ANY 2
WEEK PERIOD



ENVIRONMENTS

PRO DEVELOPMENT PHASE

17- 21 YEARS OLD
EXAMPLES

PHYSICAL- **NUTRITION**

TECHNICAL- **CROSS TAKING**

TACTICAL- **GAME UNDERSTANDING**

PSYCH/SOCIAL- **LIFESTYLE**

GROUP
3



ENVIRONMENTS

PRO DEVELOPMENT PHASE

GROUP
3

17- 21 YEARS OLD

TRAINING- YOUR OWN DISCRETION

MATCHES- 3x MATCHES OVER ANY 2
WEEK PERIOD



COMPLETED BY FRIDAY JULY 30TH 10PM



6 PAGE MINIMUM DOCUMENT

CREATE A DETAILED
DEVELOPMENT PLAN,
OUTLINING THE KEY
PRINCIPLES NEEDED TO
DEVELOP GK'S WITHIN
YOUR ENVIRONMENT



PRESENTATION DELIVERY

AGREE ON THE GROUP
DELIVERY OF YOUR
PRESENTATION, TO BE
CARRIED OUT ON OUR
MONTHLY ZOOM CALL ON
TUESDAY FEBRUARY 2ND



FEEDBACK SESSION

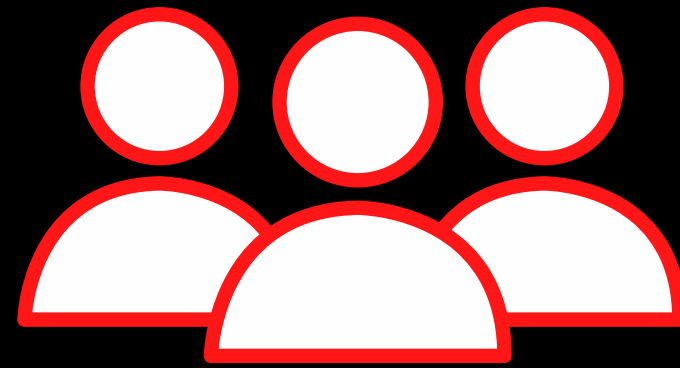
1 WEEK PRIOR TO
ASSIGNMENT
COMPLETION, UTILISE
THE LIVE FEEDBACK
SESSION WITH ERIC



GROUP SUPPORT

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

YOUR GROUPS



GROUP 1

TERRY MOSS

KYLE ENO

CHRIS THORUM

DANA POWERS

SOHAIL PEDARI*

(FP)

GROUP 2

SARA YUNEZ

JORDAN WELSH

CHRIS SMITH

JVAMES VAN
ARTSDALEN

BEN MORELLA

(YDP)

GROUP 3

SERGIO GONZALEZ

ROSS BALLANTYNE

ANDY SWIFT

JAMIE BRASSINGTON

AMY PAGE

(PDP)



FEEDBACK SESSIONS

WEDNESDAY JULY 21ST

GROUP 1

TERRY MOSS

KYLE ENO

CHRIS THORUM

DANA POWERS

SOHAIL PEDARI*

6.30PM

GROUP 2

SARA YUNEZ

JORDAN WELSH

CHRIS SMITH

JAMES VAN
ARTSDALEN

BEN MORELLA

6.50PM

GROUP 3

SERGIO GONZALEZ

ROSS BALLANTYNE

ANDY SWIFT

JAMIE BRASSINGTON

AMY PAGE

7.10PM



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ANY
QUESTIONS?

