

INTRODUCTION TO COACHING BOOKLET



PROGRESSIVE GOALKEEPING 2019



Progressive Goalkeeping

Table of Contents

<i>What is Coaching?</i>	3
<i>How players learn</i>	3
<i>Setting up and organising practice</i>	4
<i>Coaching Process</i>	5
<i>Technical Aspects</i>	6
<i>Player Equipment and Protective Wear</i>	7



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What is Coaching?

'Definition'

The ability to pass on information or knowledge in order to help someone else. It's the ability to identify the areas of performance and provide avenues of improvement or acknowledge the positive performance.

Coaching in sport is not about the athlete

Focus on the person;

- Who are they?
- How do they learn?
- What is their mental approach?
- What are their other commitments?

The athlete is the by-product of the person's development and ability to comprehend information and turn it in to performance.

How players learn

Visual – Seeing

Demonstrations

Audible – Hearing

Coaching points, cues and tasks

Kinaesthetic- Doing

Practice itself, repetition of the technique and performance.



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Setting up and organising practice

- **Organise**
 - Clearly set up the practice – ball placement and player placement
 - Clear instructions as to where players to be
 - Roll of each player – service and type of service
 - Do not coach before they are allowed to try
- **Demonstrate**
 - Demonstrate practice – *walk through, use ball where applicable*
 - Demonstrate service
- **Action**
 - Let them do
- **Monitor**
 - Is the practice being performed to get best out of players? (service and rotation)
 - Pocket coaching points until players understand practice
- **Coach**
 - Main coaching point – one point, what is being repeated and effecting performance
 - Coaching process;
 - *Identify*
 - *Coach*
 - *Demonstrate*
 - *Let them do*
 - Coach on the run, key performance points
 - Encourage good performance
 - Coach reoccurring poor performance



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Coaching Process

1. Identify

- What is the focus of the practice?
- Are they performing the appropriate technique?
- Are they being successful with their performance?
 - *Do they make saves but technique is not quite right?*
 - *If yes, how can we make them be more effective and consistent with making the save*
- What is the key factor as to improving the performance?
 - *E.g.; Diving, do they use their hips, drop and drive or just reach with their hands?*
- Do you need to regress it or isolate the technique and build it back up?
- Do you need to progress the practice to challenge the players if they are performing it easily and correct?

2. Coach

- Stop the practice
- Recreate picture that you noticed the coaching point
- What is the key factor you want to identify?
- Target 30secs each intervention

3. Demonstrate

- Use a practical demonstration of the key factor
- Use the ball if applicable
 - *E.g.; demonstrating taking a high ball, have it thrown in and demonstrate taking the ball at the highest point.*
- Recreate with and allow player to practice
- Coach on the run or use key words to help guide players in improving performance.

4. Let them do

- Let the practice continue
- Coach on the run, use key words, or individual coaching as they practice
- Allow players to get repetition

Balance between rhythm and coaching, stop and coach, guide and show.

5. Reaffirm at end of practice the key factors

- Short debrief
- Ask players questions regarding key factors
- Get them to give you the key information – this is guide as to what information they are receiving.
- Reaffirm their point and use an example of what one or couple of the players did when successful.



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Technical Aspects

The technical performance of a goalkeeper is key their progression and performance. The technical components provide the foundation for which the Goalkeepers' game is built from.

Foundation techniques:

- 'Stance'
- 'W'
- 'Cup'
- 'Scoop'
- 'Collapse Dive'
- 'Receiving and Passing'
- 'High balls'
- 'Footwork'

Just as important is the basic positioning of the Goalkeeper.

'Start in the right position to end up in the right position'

- Position in relation to the ball in defensive third in central areas
- Position in relation to the ball in defensive third in wide areas
- Angles
- Position in relation to the ball in attacking third

Identifying, communicating and understanding the importance of these above concepts is key in helping Goalkeepers develop their game and provide a solid foundation for which their performances can be built on.



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Player Equipment and Protective Wear

What's essential to help protect a goalkeeper and help develop performance.

Protection areas

Hips – repetitive landings when diving, abrasions from sliding.

Elbows – *impact and abrasions from diving or sliding along the ground*

Knees – abrasions for diving and sliding



Storelli Gk sliders



Storelli ¾ Gk Top

Also try;

- Storelli Exo shield Gk jersey
- Storelli Gk Leggings / ¾ or full length Gk pants
- Storelli female Gk leggings

Gloves

Sizing – making sure that both length and width of the glove is suitable for each hand shape and size.

Latex thickness and quality – the softer the latex the better the grip but also the shorter the durability, match gloves – softer latex,

Styles – roll finger, negative cut and flat palm. (use photos)



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