

The FA





Cornwall F.A ; GK Coach Workshop

Goalkeepers;

Coach and Player Development



Coach and Player Development

- **Housekeeping;**
- Fire alarms
- Toilets
- Mobiles
- Practical



Programme

6.30 Introduction

- 6.40 Coaching Pathways
- 6.50 Group work – observation and planning
- 7.30 Practical
- 8.30 Review of session

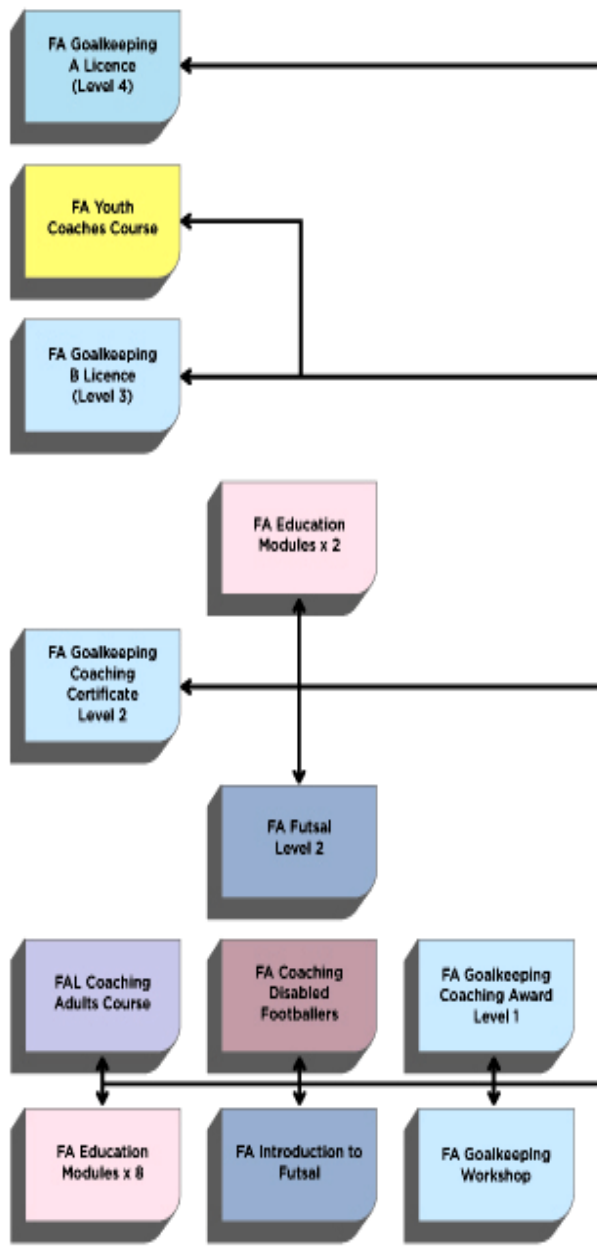


Coach and Player Development

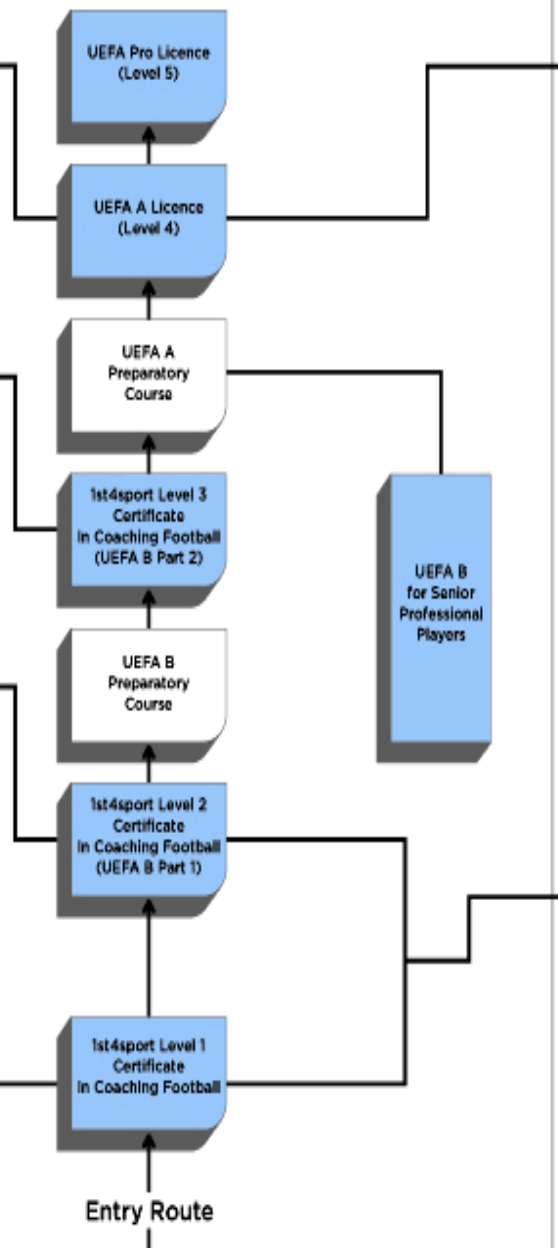
- **By the end of the session;**
- Consider the current and proposed F.A. Coaching pathways
- Linking match day to practice day
- Planning a theme and short and medium learning goals
- Consider a mode of Player Assessment tool and role in College Football environments
- Identify current coaching methods to support coach and player development
- Review and evaluation of session and link to current practices



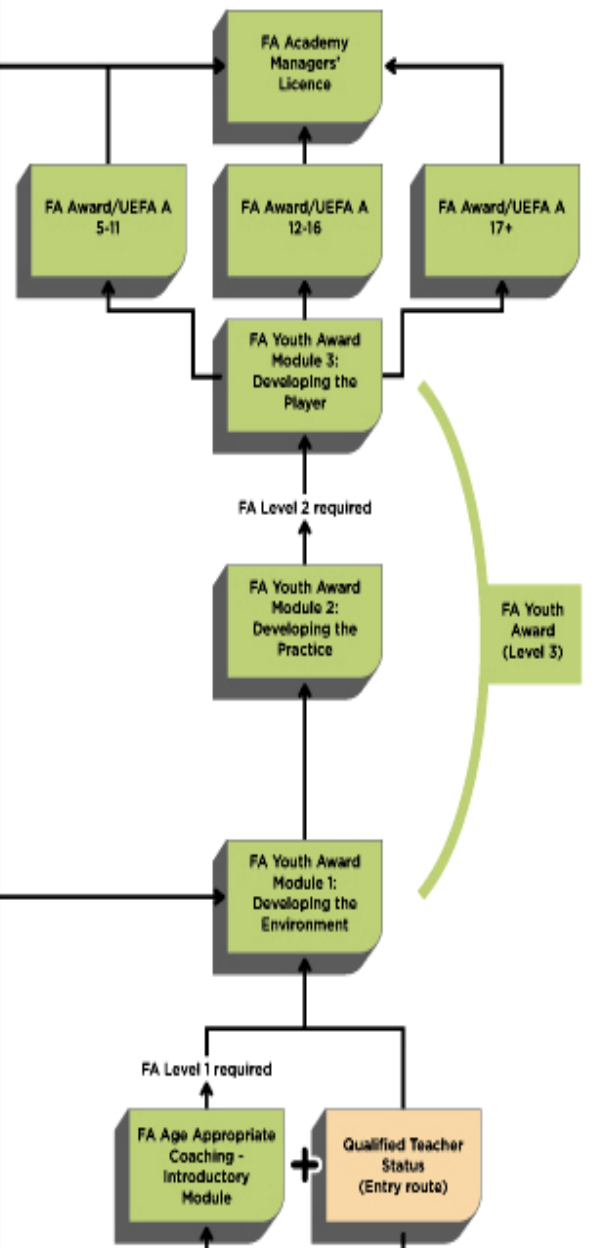
SPECIALIST COURSES



MAIN STRAND OF COURSES



AGE APPROPRIATE COURSES



Main Strand Courses

FA Level 1

FA Level 2

FA Level 3

FA Age Appropriate Qualifications

FA Introduction to Age Appropriate Coaching

FA Youth Award – Module 1

FA Youth Award – Module 2

FA Youth Award – Module 3

Education Modules

JFO Teacher OSHL (inc SCL) Working with Teams

KS2 Curriculum Movement and Handling Football Mentor

Beginners Guide to Futsal Mentoring Young Leaders

Beginners Guide to Coaching Disabled Footballers JFO student

Specialist Courses

FA Goalkeeping Workshop Coaching Disabled Footballers (CDF)

Goalkeeping Coaching Award Level 1 (GK1) FA Coaching Adults Course

Goalkeeping Coaching Certificate Level 2 (GK2) Futsal



Coach and Player Development

- Task;
- How are goals scored?

- Distance from goal?
- How many touches?
- What type of finish
- Second phase?
- Set plays?

- In your/pairs discuss the above – think back to your last game/s

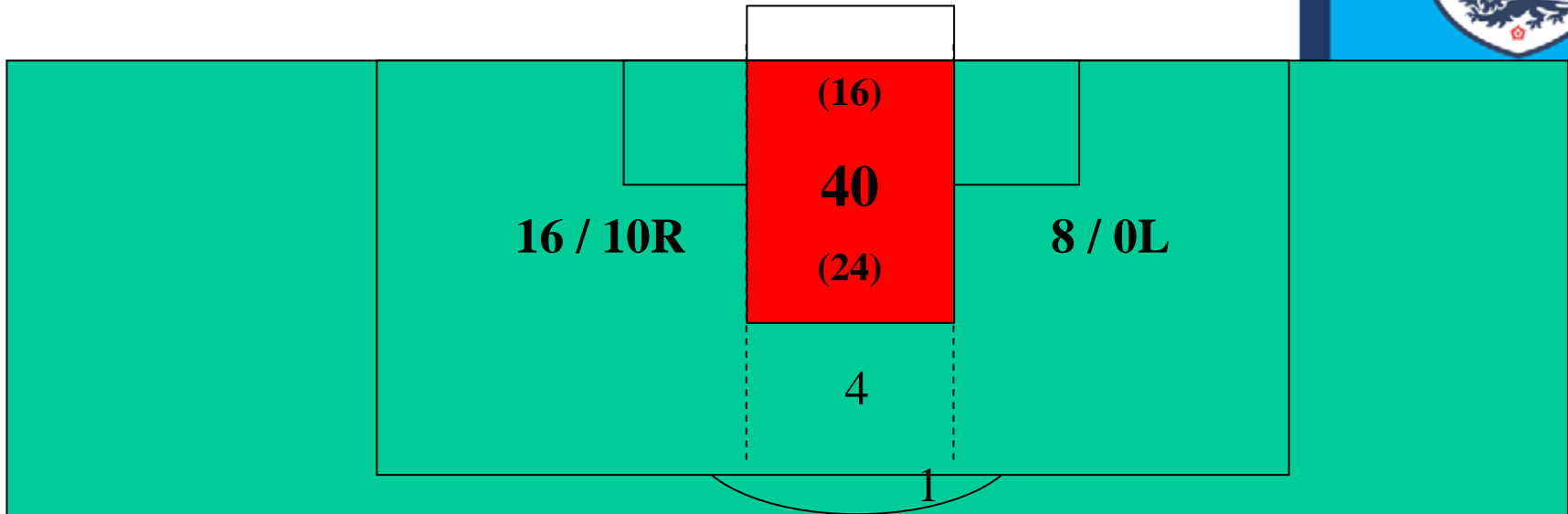


Coach and Player Development

- Task;
- Watch the DVD clip and observe how the goals are scored?
- Task;
- Review your findings
- What things are evident?



EURO 2008 : 75 GOALS



- 62 Goals 1 Touch
- 40 within 12 yards of the goal (Central)
- 1goal from the D, 5 from outside the box
- 16 headers / 3 Penalties / 2 CFK's

Coach and Player Development

- How would this type of information effect your;
- Practice/ training sessions/ match preparation?
- For Goalkeepers, Defenders, Midfield and Attackers?



Coach and Player Development

- For example;
- Increase in the amount of practices with GK not static and having to move into line of the ball
- Reduce number of practices which are predictable
- Varying types of service
- Strikes from inside v outside of the box?
- 'Reaction' themed practices – GK on the move
- Role of coaches? Is there a need to change the type of practices used with players
- Opposed v unopposed practices



Coach and Player Development

- Task;
- Based on the information design a practice for;

Your GK

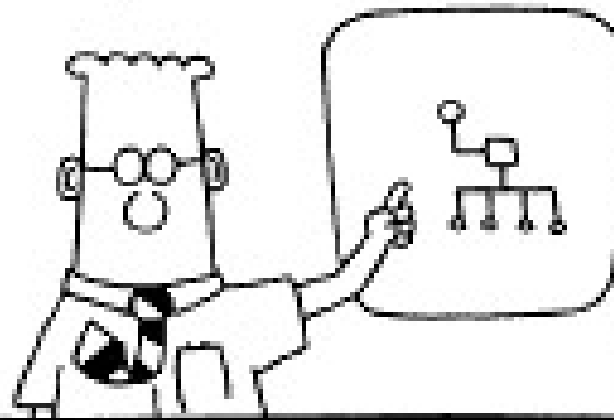
- Technical/ Skill/ Game Related practice
- Plan for 15 mins for a group/team of 2/10



**Have a break – take a stretch
meet at practical area in 10 mins**



ARE THERE
ANY QUESTIONS?



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Safe Journey Home





