

Fundamental Faults & fixes
S.M.A.R.T.
Coaching

FX3

uhlsport

quizhour

Fundamental Faults & Fixes

S.M.A.R.T.

Coaching Method

Goalkeeper Module

Devised by
Stephen Henderson
Fundamentalsoccerfx3.com
In partnership with
Uhlsport
&
Prosports.ie

Fundamentals

When I was young I had to learn the fundamentals of basketball. You can have all the physical ability in the world , but you still have to no the fundamentals .

Michéal Jordan , Basketball player

You hear all the time about European players , playing the game, these players that come over at 17,18 & 19 don't just all of a sudden become skilled. From the time they were kids they learned the fundamentals of the game.

Bobby Orr . Ice Hockey great.

Bruce lee was an artist & like him I try to go beyond the fundamentals of my sport .

Sugar Ray Leonard , Boxing

What does Fundamental / Basics mean to you ?

- Tried and tested ?
- Reliable ?
- Have confidence in its results ?
- Gives confidence to the beneficiary ?
- Provides a foundation to work upon ?

What is FX3 S.M.A.R.T Coaching ?



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S.M.A.R.T.

Coaching methodology

FX₃, Coaching "fundamentals" to goalkeepers

FX

3

Specific

Measurable

Aadjustable

Realistic

Time bound

SPECIFIC

We believe at fx3 it is important that each coaching session is specific to a chosen topic ie handling. It is very easy to drift off topic but overloading the GK with information on a number of topics will lead to a mish mash training session rather than a well constructed topical coaching session .

MEASURABLE

It's not just young players who like to see their work is paying off , we all do, no matter what age we are . That's why at FX3 we believe that measuring a players progress is really important. Maintaining a progress report log is a great way for both coach and player to see the improvements been made and will influence future development program's for the player. Faults & Fixes both allows and forces us to identify areas of weakness and through our fixes drills we can measure the players improvement . A visual log indicating the players progress will inspire confidence in both player and coach ensuring "buy in" from the player and future development almost guaranteed ,



uhlsport FX₃, Coaching "fundamentals" to goalkeepers

Adjustable

When we set out our program it is important to make sure we can adjust to unforeseen circumstances ie injury . While it is important to have a time scale in place we should allow the player to improve naturally and not sacrifice technique for time. As coaches we could spend more time than expected at one or more areas of our program , also we may have to spend less time because improvement was quicker than anticipated . This is why having an adjustable time frame is a good idea.

FX₃

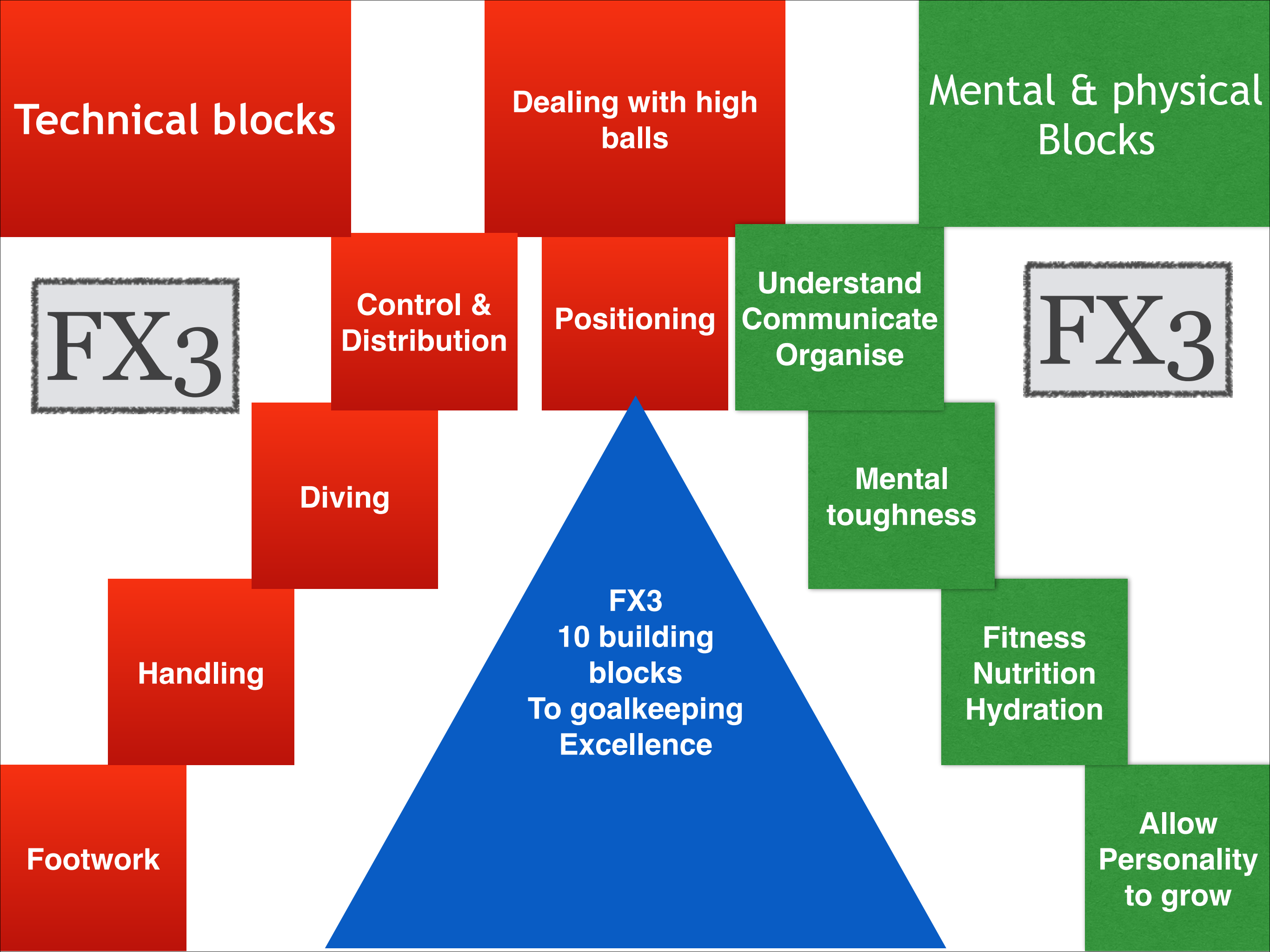
REALISTIC

We should always attain to keep our sessions as realistic as possible on a number of points . Firstly all our sessions should be relative to the players position. It is important we don't create a drill for aesthetics and include movements that are not part of the players function on the pitch. We also should keep our targets real. During our assessment phase we can gauge how much coaching the player needs, our timeline of improvement should be based on what the keeper needs , we should not rush him to suit our individual goals , coaching and development is team event .

TIME BOUND

Having assessed the players ability it is good to teach them about goals and objectives. Jointly put a timetable in place and challenge the player to reach a certain standard by a certain date . As seen it is important that time table is flexible in case of unforeseen circumstances . With due dates in place the player will be more eager to learn and reach his targets , which in turn allows the coach to move on to more advanced program's .

What are FX3 10 Building Blocks To Goalkeeping Excellence ?



Technical blocks

Dealing with high balls

Mental & physical Blocks

FX3

Control & Distribution

Positioning

Understand Communicate Organise

FX3

Diving

Mental toughness

Handling

Fitness Nutrition Hydration

FX3
10 building blocks
To goalkeeping Excellence

Footwork

Allow Personality to grow

Building blocks for goalkeeping excellence

Block 1

Footwork

- Use our specially designed FX3 footwork checklist to identify common footwork errors young and experienced GKs display then use our FX3 footwork specific drills to make theses errors a thing of the past. Improving and maintaining high quality coordinated foot movements is Block 1 to FX3 goalkeeping excellence.



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Building blocks for goalkeeping excellence

Block 2

Handling

- Use our specially designed FX3 Handling checklist to identify common handling errors young and experienced GKs display then use our FX3 handling specific drills to make these errors a thing of the past. Improving and maintaining high quality catching, parrying & punching technique & understanding where, when & what technique to use is Block 2 to FX3 Goalkeeping excellence.



Building blocks for goalkeeping excellence

Block 3

Diving

- Use our specially designed FX3 Diving checklist to identify common Diving errors young and experienced GKs display then use our FX3 Diving specific drills to make these errors a thing of the past. Improving and maintaining high quality diving technique is Block 3 to FX3 Goalkeeping excellence.



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Building blocks for goalkeeping excellence

Block 4

Positioning includes 1v1s

- Use our specially designed FX3 Positioning checklist to identify common Positional errors young and experienced GKs display then use our FX3 Position specific drills to make these errors a thing of the past. Improving and maintaining high quality positional sense when the ball is in the various attacking zones and from set plays is Block 4 to FX3 Goalkeeping excellence.



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Building blocks for goalkeeping excellence

Block 5

Control & Distribution



- Use our specially designed FX3 Control & Distribution checklist to identify common Control and passing errors young and experienced GKs display then use our FX3 Control & Passing specific drills to make these errors a thing of the past. Improving and maintaining high quality touch , awareness & pass execution is Block 5 to FX3 Goalkeeping excellence.



Building blocks for goalkeeping excellence

Block 6

Dealing with High Balls & Crosses

- Use our specially designed FX3 High balls & Crosses checklist to identify common Misjudgement errors young and experienced GKs display then use our FX3 High ball & Crosses specific drills to make theses errors a thing of the past. Improving and maintaining high quality position awareness & execution of decision is Block 6 to FX3 Goalkeeping excellence.



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Building blocks for goalkeeping excellence

Block 7

Communicating & Organising

- Use our specially designed FX3 Communication & organisation pointers checklist to identify common errors young and experienced GKs display then use our FX3 Guide to organising walls , team defensive shape , set pieces against and common keeper shouts when claiming or not claiming balls into the box. Maintaining a good defensive shape while Organising for set pieces against is Block 7 to FX3 Goalkeeping excellence.



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Building blocks for goalkeeping excellence

Block 8

Developing mental toughness

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The “Nine Mental Skills of Successful Athletes.”

1. Attitude
2. Motivation
3. Goals and Commitment
4. People Skills
5. Self-Talk
6. Mental Imagery
7. Managing Anxiety
8. Managing Emotions
9. Concentration

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Jack J. Lesyk, Ph.D.

Building blocks for goalkeeping excellence

Block 9

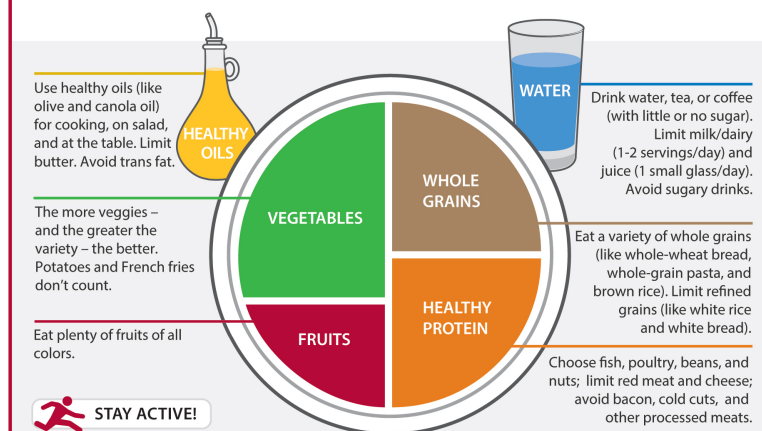
Fitness, Nutrition & Hydration



- FX3 training is position specific , goalkeeper training is different to outfield players and this should be recognised when producing fitness program's . A well thought out program aligned with a diet and hydration sheet relative to the athlete is Block 9 to FX3 Goalkeeping Excellence.



HEALTHY EATING PLATE



Building blocks for goalkeeping excellence

Block 10

Allow personalities to grow

- FX3 feels everybody has something to offer . So while coaching goalkeepers its important we are open to new ideas. If GKs have developed what seems an unorthodox technique but works well for him it's important we adapt also. Allowing the goalkeepers personality to grow is Block 10 to FX3 Goalkeeping Excellence .



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