

FCR GOALKEEPER UNION

GOALKEEPER DEVELOPMENT PLAN 2024-2025





TABLE OF CONTENTS 1



1. FCR GK UNION: FCR GK UNION CULTURE, WE ARE OUR OWN TEAM WITHIN THE FC REGINA SOCCER CLUB

2. FCR GK UNION GK DEVELOPMENT PHILOSOPHIES: GK ROLES and responsibilities, training objectives, match objectives

3. FCR GK UNION GK DEVELOPMENT PLAN: ball Handling with hands, ball handling with feet, shot stopping techniques, footwork, ball distribution, communication and psychological aspects



TABLE OF CONTENTS 2



4. PERIODIZATION:

- a. MACRO CYCLE: 1 YEAR (2 SEASONS–1 INDOOR and 1 Outdoor)
- b. MESO CYCLES: 1 INDOOR Season (8 weeks), 1 OUTDOOR Season (8 weeks)
- c. MICRO CYCLE: INDOOR 1 session per week for 8 weeks, OUTDOOR 1 Session per week for 8 weeks

5. FC REGINA PLAYING PHILOSOPHY AND PRINCIPLES OF PLAY

6. FCR GKU PERFORMANCE METRICS

7. FACILITIES

8. EQUIPMENT REQUIRED BY GK



TABLE OF CONTENTS 3



9. STRENGTH/CONDITIONING

10. NUTRITION

11. MENTAL HEALTH AND WELLBEING/SPORTS PSYCHOLOGY

12. NEURO/ COGNITIVE TRAINING

13. PLAYER SUPPORT

14. PARTNERS



TABLE OF CONTENTS 4



15. SESSION PLANS:

- a. Technical
- b. Skill
- c. Wave
- d. Functional
- e. Phase of Play
- f. Squad Practice
- g. Small Sided Game
- h. 11 Aside



FCR GK UNION—WHO ARE WE?



FCR GKU strives to create and maintain a strong GK culture within the FC REGINA Soccer Club by providing 1st class training and support.

FCR GKU Culture is a safe and inclusive culture where we strive to build a family of GK's and GK coaches within the FC REGINA Soccer Club.

FCR GKU aims to provide support, education and camaraderie to GK's and GK coaches in the FCR Soccer Club to help each individual reach their fullest potential.

CULTURE

- ▶ FCR GKU aims to develop technically sound and confident GK's that will be strong in possession and out of possession.
- ▶ FCR GKU is dedicated to GK Excellence with access to on and off field training, nutritional supports and mental supports.
- ▶ FCR GKU is committed to helping our GK's and GK coaches achieve success, by helping them define and achieve success.
- ▶ FCR GKU works with the philosophy of process over results. What this means is that we focus more on the processes over the result. If the GK follows proper processes, the consistent results will follow.

PROCESS OVER RESULTS



FCR GK UNION GK DEVELOPMENT PHILOSOPHIES



An FCR GK UNION GK plays PIVOTAL roles in both attack and defense. The FCR GK should be strong with the ball and be able to initiate attack. The FCR GK should be able to play as an added outfield player and function as a sweeper keeper. The FCR GK should be a strong shot stopper. An FCR GK should move from learning and developing (U11 / 13), to refining (U15), and onto mastering (U15 / 17) the following:

Technical: strong ball handling (hands), efficient ball delivery, strong playing ball with feet, strong shot stopper, strong in the air

Tactical: possess strong communication, be able to initiate attacks, reads game well, be positionally sound, organized

Mental: confidence, resilience, composure, focus, leadership.

Physical: mobile and balanced movements, agility with quick reactions, good vertical, quick recovery, aggressiveness



FCR GK UNION DEVELOPMENT PLAN



By the end of U17 the FCR GKU Goalkeeper should understand, be refining, and mastering the following:

Ball handling skills: both high and low with hands, including both punching, catching

Ball handling skills with feet: control, comfort, distribution

Shot stopping techniques: blocking, smothering, diving (high and Low)

Basic Footwork (including but not limited to): shuffling, crossover steps, back peddle

Ball Distribution: throwing ball both high and low, punting/side volley, kick from ground

Communication: effective communication to outfield players (marking, game management, when they are coming for the ball, etc.)

Mental: confidence, resilience, composure, focus, and on way to being be a Leader

Physical: mobility/balance, quick reaction/agility, good vertical, quick recovery, aggressiveness



FC REGINA PLAYING PHILOSOPHY



- ❖ **ATTACKING** with a strong emphasis on ball possession and quality, passing with the intention to create goal scoring opportunities
- ❖ Every pass forward should have a back supporting pass, and vice versa with appropriate angles of support *Forward Back Forward (FBF)

DEFENDING principles based on group pressure and relentless willingness to steal and secure the ball

Supply the ball as quick as possible (under 6 seconds)

*Steal it, Secure it, Supply it" (3 seconds)

ATTACKING

DEFENDING



FC REGINA PRINCIPLES OF PLAY



F C Regina Game Model



Principles of Play

ATTACKING

Penetration

Playing forward passes looking to threaten space behind lines of pressure

Support

Provide support around the ball always looking create supporting angles in triangles and diamonds (front , side ,side)

Dispersal

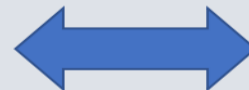
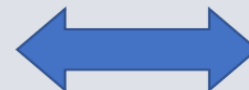
Players expand the field by spreading out to provide support

Mobility

Movement or interchanging between players to unbalance defenders and create space to allow for attacking opportunities

Creativity

Ball manipulation and disguised passes to create goal scoring opportunities



DEFENDING

Delay

Close down attacker immediately to deny forward passes

Depth:

Support the 1st defender, restrict space for the attackers

Compactness:

Deny forward passes, dribbling and look to swarm opponents

Balance:

Maintain shape, cover, prepare for balls in behind defence

Patience:

Assess the situation to make the correct decision when to win the ball based field location, score and current game time



FCR GKU PERIODIZATION-MACROCYCLE



Macrocycle: 12-month period including 1 outdoor season and 1 indoor season with 16 weeks of GK specific training, and 16 weeks of team training. GK's will have 1 GK specific training session per week (1 hour) along with 2 team training sessions (1 hour) and 1 game (1 hour). GK Schedule would look something like this if team training was Mon/Wed:

MON	TUES	WED	THUR	FRI	SAT	SUN
TEAM TRAINING	GK STRENGTH/ CONDITION	TEAM TRAINING	REST	GK TRAINING	GAME	REST

- **Technical:** Basic body position, ball handling with both feet and hands, shot stopping, basic footwork, ball distribution.
- **Tactical:** positioning in goal (angles, angles of advance), reading the game (cues), understanding of Club's style of play and tactical philosophy
- **Physical:** mobility and balance, agility with quick reaction, quick recovery to make secondary saves, good to vertical to make high save, aggressiveness
- **Mental:** track ball movement, being: focused, brave, confident, loud, be a leader



FCR GKU PERIODIZATION–MESOCYCLES 1



Mesocycles: Includes 2 sets of 8 week on field GK specific sessions, 1 set for indoor and 1 set for outdoor. Within each mesocycle we incorporate previously learned skills to ensure the development of a complete GK.

- **Mesocycle 1:**

THEME: mobility/footwork/handling

DURATION: 2 weeks

- **Mesocycle 2:**

THEME: shot stopping: body position, blocking, smothering, high and low shots, diving high/low

DURATION: 2 weeks

- **Mesocycle 3:**

THEME: angles and angles of attack

DURATION: 2 weeks

- **Mesocycle 4:**

THEME: tracking ball and reading cues in possession and out of possession

DURATION: 2 weeks



FCR GKU PERIODIZATION–MESOCYCLES 2



- **Mesocycle 5:**
THEME: ball distribution with both hands and feet, including goal kicks
DURATION: 2 weeks
- **Mesocycle 6:**
THEME: effective communication
DURATION: 2 weeks
- **Mesocycle 7:**
THEME: aerial ball management (including: corners, free kicks, throws)
DURATION: 2 weeks
- **Mesocycle 8:**
THEME: set piece management (including PK'S)
DURATION: 2 weeks



FCR GKU PERIODIZATION–MICROCYCLES 1



Microcycles: Microcycles will include 1 one-hour GK specific on field sessions for 8 weeks in indoor and the same for outdoor

Microcycle 1 (meso 1): set position and footwork, lateral and backward movement

Microcycle 2 (meso 1): footwork into mobility

Microcycle 3 (meso 2): body position, proper hands, blocking, smothering

Microcycle 4 (meso 2): high and low shots, diving high and low

Microcycle 5 (meso 3): shots and angles of attack

Microcycle 6 (meso 3): 1v1 and angles of attack

Microcycle 7 (meso 4): tracking ball and reading cues in possession



FCR GKU PERIODIZATION–MICROCYCLES



Microcycle 8 (meso 4): tracking ball and reading cues out of possession

Microcycle 9 (meso 5): ball distribution with hands

Microcycle 10 (meso 5): ball distribution with feet including kicks out of hands and goal kicks

Microcycle 11 (meso 6): communication in possession(directing player movement to find open space and tactical advantages)

Microcycle 12 (meso 6): communication out of possession(marking, ball retrieval, ball movement)



FCR GKU PERIODIZATION-MICROCYCLES 3



Microcycle 13 (meso 7): aerial ball retrieval in box(not corners or throw-ins)

Microcycle 14 (meso 7): aerial ball retrieval in box (corners, long throw ins)

Microcycle 15 (meso 8): set pieces (free kicks)

Microcycle 16 (meso 8): PK'S



TRAINING OBJECTIVES 1



Skill and Technique (Development U11 /13, Refinement U15 /17, Mastery U17)

Develop Strong and Effective Communication in Zones 1 and 2 (Development U11 /13, Refinement U15 /17, Mastery U17)

Leadership (Development U11 /13, Refinement U15 /17, Mastery U17)

Tactical Awareness (Development u 11 /13, Refinement u15 /17, Mastery U17)

Confidence and Resilience (Development U11 /13, Refinement U15 /17, Mastery U17)



TRAINING OBJECTIVES 2



Composure and Focus (Development U11 /13, Refinement U15/17, Mastery U17)

Able to Manage Various Scenarios (Development U11 /13, Refinement U15/17, Mastery U17)

Strong Footwork and Mobility (Development U11 /13, Refinement U15/17, Mastery U17)

Agility with Quick Recovery (Development U11 /13, Refinement U15/17, Mastery U17)

Strong/Smart Ball Distribution (Development U11 /13, Refinement u15/17, Mastery U17)



MATCH DAY OBJECTIVES 1



Effective Warm Up
(Development U11/13,
Refinement U15/17, Mastery
U17)

Confident Decision Making
(Development U11/13,
Refinement U15/17, Mastery
U17)

Confident Shot Stopping
(Development U11/13,
Refinement U15/17, Mastery
U17)

Strong with Ball at Feet
(Development U11/13,
Refinement U15/17, Mastery
U17)

Quality Ball Distribution to
Teammates to Initiate Attack
(Development U11/13,
Refinement U15/17, Mastery
U17)

Effective Communication in
Possession and Out of
Possession (Zones 1 and 2)
(Development U11/13,
Refinement U15/17, Mastery
U17)



MATCH DAY OBJECTIVES 2



Ability to Effectively Track Ball/Player Movement and Adjust Field Positioning Accordingly (Positionally Sound) in Possession and Out of Possession (Development U11/13, Refinement U15/17, Mastery U17)

Strong 1v1 (Development U11/13, Refinement U15/17, Mastery U17)

Leader (Development U11/13, Refinement U15/17, Mastery U17)

Composed (Development U11/13, Refinement U15/17, Mastery U17)

Focused (Development U11/13, Refinement U15/17, Mastery U17)

Aggressive (Development U11/13, Refinement U15/17, Mastery U17)



PLAYER TRAINING PERFORMANCE (Coach Eval)



Did athlete come prepared for training? EXPLAIN

Was the athlete engaged for entire session? EXPLAIN

Athlete attitude: positive, negative, neutral? EXPLAIN

Did the athlete achieve the desired outcomes for the training session? EXPLAIN

How could we have better helped the athlete in the training session? EXPLAIN



PLAYER MATCH PERFORMANCE METRICS 1 (Coach Eval)



Shots Faced: # of shots faced, type of shots faced, # dealt with positively

Types of Saves Made: # of saves, block, smother, high dive, low dive, punch/parry, etc., 1v1

Goals Allowed: # shot location in net, situation (1v1, chip, location shot was from)

Distributions: # of distributions, # throws, # kicks, # punts, # of distributions executed properly, success %



PLAYER MATCH PERFORMANCE METRICS 2(Coach Eval)



Crosses: # of crosses dealt with, # dealt with positively, success %

Corners: # of corners dealt with, # dealt with positively, success %

Pass Backs: # of pass backs, # dealt with positively, success %

Communication: in possession, out of possession, organizing defensive structure

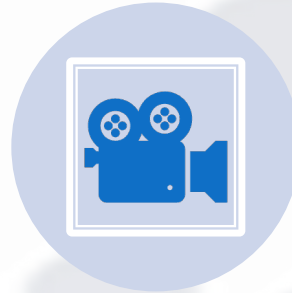
Decision Making: reading the game (following match play), positioning (angles, movement offline, recovering to the line, playing offline on offense), picking up cues (big touches, small touches, etc.)



PLAYER PERFORMANCE (Self Eval) BOTH MATCH AND TRAINING



SELF
REFLECTION/JOURNALING



VIDEO
ANALYSIS/REFLECTION



1 ON 1 DISCUSSIONS WITH
TEAM COACHES/GK
COACHES



GROUP DISCUSSIONS
WITH GK GROUP



OVERALL PERFORMANCE METRICS (Coach Eval)



VIDEO ANALYSIS

PERFORMANCE EVALUATIONS

MATCH DAY OBJECTIVES AS LISTED

VISUAL PERFORMANCE OBSERVATIONS

PLAYER SELF EVALUATION AS LISTED

- ▶ VIDEO ANALYSIS
- ▶ PERFORMANCE EVALUATIONS
- ▶ TRAINING DAY OBJECTIVES AS LISTED
- ▶ VISUAL PERFORMANCE OBSERVATIONS
- ▶ PLAYER SELF EVALUATION AS LISTED

MATCH

TRAINING



FACILITIES



INDOOR SOCCER FACILITY WITH SYNTHETIC TURF

1700 ELPHINSTONE ST. REGINA, SK

ONE FULL SIZE PITCH (11V11) WHICH CAN ALSO BE DIVIDE INTO TWO HALF (9V9) PITCHES OR FOUR SMALL PITCHES (6V6)

EQUIPMENT AVAILABLE FROM STORAGE BIN: BALLS, CONES, HURDLES, LADDERS, PYLONS, BOW NETS, FLAGS, PINNIES

AFFINITYPLEX INDOOR SOCCER CENTRE

- ▶ OUTDOOR SOCCER FACILITY WITH NATURAL GRASS
- ▶ 750 WINNIPEG ST. N REGINA SK
- ▶ TWO FULL SIZE PITCHES (11V11) THAT CAN BE DIVIDED INTO TWO SMALLER PITCHES (9V9)
- ▶ EQUIPMENT AVAILABLE FROM STORAGE BIN: BALLS, CONES, HURDLES, LADDERS, PYLONS, BOW NETS, FLAGS, PINNIES

MOUNT PLEASANT SPORTS PARK



EQUIPMENT/ACCESSORIES REQUIRED BY GK



GK GLOVES, PROPER CLEATS FOR FIELD BEING USED, SHINS GUARDS

WEATHER APPROPRIATE TRAINING GEAR (TOP, SHORTS/PANTS, SOCKS)

WATER BOTTLE/SPORTS DRINK

TRAINING DAYS

- ▶ GK GLOVES, PROPER CLEATS FOR FIELD BEING USED, SHINS GUARDS
- ▶ MATCH DAY GK UNIFORM(SHIRT, SHORTS, SOCKS)
- ▶ WEATHER APPROPRIATE UNDERGARMENTS (EX. COLD WEATHER)
- ▶ WATER BOTTLE/SPORTS DRINK

MATCH DAYS