



Woongarrah Wildcats Football Club Inc

"Keeping the Dream Alive"



NATIONAL CLUB
ACCREDITATION SCHEME



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Goal Keeper Coaching Program 2018 Season

Philosophy

The modern keeper is an integral part of the game. They need to know how to shot stop and keep balls out of the net as they have always done. In addition they are required to be proactive and positive minded in the fast pace modern systems. The keeper has to know how to read the game, lead, organise defences and also attack through precise distribution. The "positive" keeper is taught these skills in training. Great keepers are not born great. They learn. Latest scientific research has found that all skills can be mastered through training, aspiration, and quality coaching. Through regular assessment and self-assessment keepers will develop significant and relevant skills for today's game focusing on physical techniques and mental strengths. In the process, keepers will take pride in their specialist position in football whilst enjoying playing the game.

Season Program

The season program runs for 4 months, bookings are available at monthly blocks 1 training session a week for the duration of 50 minutes. Keepers will work in groups of 8 (Maximum). The program will start first week of May 2018 to prepare for the current season. Any missed session will be forfeited and no refunds or make up session will be available. Your coach for these session will be Ryan Tanti

Where

Sessions will be held at Hamlyn Terrace Sporting Complex on a Tuesday nights, 2 session will be held each night:

- 6:30pm – 7:20pm (Ages 8-11)
- 7:30pm – 8:20pm (Ages 12-18)

Program Cost

The 4 month program can be booked in at Monthly lots, program cost is \$60.00 per month, and spots will be limited so get in quick.

Registration

To register your interest click on the link: <https://goo.gl/a4MRbo>

Sport and Psychology

It is vital for athletes to prepare themselves in every area of human condition. The mental and emotional aspects of competition are as significant as, or sometimes even more important than the physical component.

Football is a sport that demands the development and control of the mind as well as the body. Goalkeeping has the added condition of demanding exceptional self-control and decision making at all times. Ninety minutes is a long time to concentrate and focus, it only takes a brief lapse of concentration to make a fatal mistake that could be definitive in the outcome of a game. This could also affect the confidence of a keeper for the rest of the season.

The responsibility and stress on keepers can affect performance in many ways. In addition, performance will be affected by factors that may not be sport related but need to be professionally monitored to ensure resolution.

There are certain characteristics that make a good goalkeeper. Personality, mental and emotional qualities form a significant part of these characteristics. Great goalkeepers are not born great! Players can learn how to use the best of their focus, make the correct choices and remain in control of their emotions throughout a game and in training.

It is important for all goalkeepers, whether young or veteran, social or competitive, amateur or professional, to use all their skills: mental and physical. This will allow players to develop and better enjoy their performances and their sport. Most importantly, players will further enrich themselves not only as athletes, but also as persons by transferring their mental toughness and emotional stability into their domestic and personal lives