

POKALMESTRE
2010

DANMARKSMESTRE
2012

POKALMESTRE
2011



**HOLDÅND
DEDIKATION
MOD
GLÆDE**



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GOALKEEPER'S METHODOLOGICAL AREA



REALITY AND NEEDS

- Game model (established and defined by the club).
- Role of the Goalkeeper inside the model.
- Professional and personal characteristics.
- GK Coaches qualified and certificated / implementation of the new Methodology by all GK coaches and goalkeepers
- Need for integration of all club coaches and acceptance / understanding of the new Methodology. Feedback.
- Integration of tasks with the group (recreate real situations of the game in which the goalkeeper intervenes directly).
- Continuous monitoring of the evolution of our GK.
- Identification and monitoring of potential talents (incorporations).
- Open mindedness and commitment on the part of all.



GOALKEEPER PROFILE

- **Priorities:**

- ✓ **Personality appropriate to the job demands.**
- ✓ **Know how to manage the pressure.**
- ✓ **Adaptation to the environment.**
- ✓ **To compete.**
- ✓ **Dynamic.**
- ✓ **Professional.**
- ✓ **“Sport hunger”.**
- ✓ **Understand, perceive, anticipate and execute with the greatest precision.**
- ✓ **Dominance in the game of feet.**
- ✓ **1 vs 1.**
- ✓ **Strategy. (Air play).**
- ✓ **Appear when the team needs it.**
- ✓ **Morphology according to the position.**

METHODOLOGY

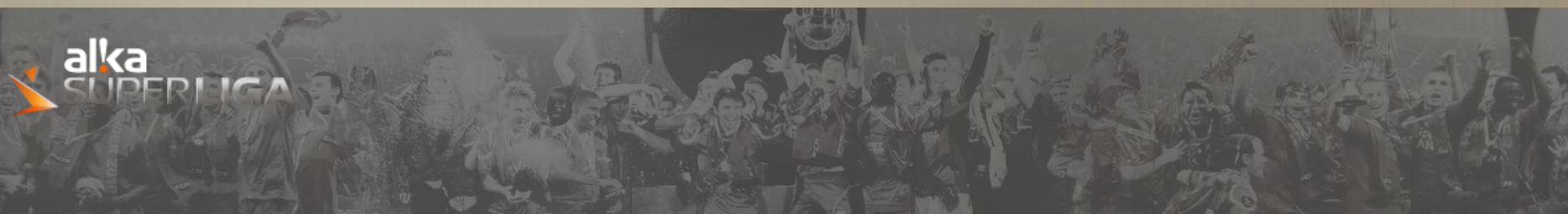
- **Priorities:**
 - ✓ **Working from the base and up to the first team equal.**
 - ✓ **Tasks oriented to the reality of the game (competition).**
 - ✓ **Make success decisions in the shortest possible time.**
 - ✓ **Integrate in the tasks aspects (Technical, tactical, physical and psychological)**
 - ✓ **Intercalate isolated and group tasks.**
 - ✓ **Work from success and failure.**
 - ✓ **Short, medium and long term objectives.**
 - ✓ **Innovation of tasks.**
 - ✓ **Open Methodology.**



GOALKEEPERS SCHOOL

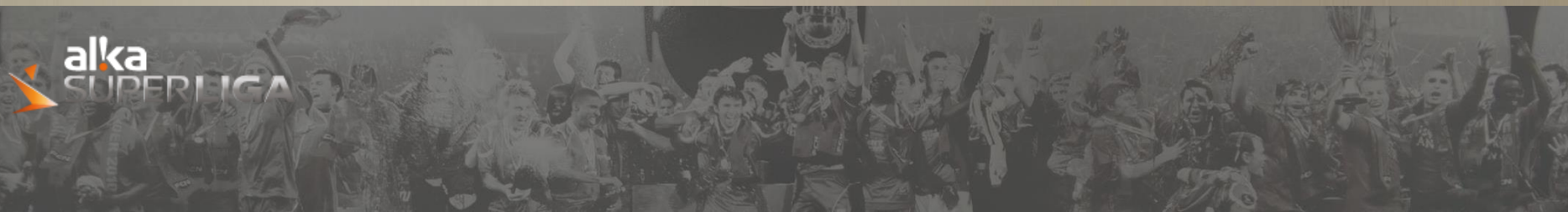
Objectives:

- ✓ Integration for all of a current methodology (from the base and up to the first team).
- ✓ Assimilation of tasks and why of each one of them.
- ✓ Have direct contact with all club GK and GK Coach at least once a week.
- ✓ Maximize the position of GK.
- ✓ Practical sessions and also theoretical.
- ✓ Working with the values of the club.
- ✓ Control of the evolution of our goalkeepers.
- ✓ Clarification of possible doubts on the part of all (GK y GK Coach).
- ✓ Capture of possible new GK "Shopwindow" for the club and the GK.
- ✓ Club reference in the training and performance of the GK.



PROGRAM / PLATFORM OF VIDEOS, FILES AND ANALYSIS OF OUR GOALKEEPERS

- Tool for performance improvement.
- ✓ All coaches, players and GK can access it.
- ✓ Channel in which we can access all our matches and training sessions
- ✓ The program allows to make and save clips to analyze any situation of the game, (Does the trained apply?).
- ✓ Analysis template of our GK with all situations of the game, to evaluate their doings and performance.
- ✓ It allows us to know which situations are the most recurrent.
- ✓ Tasks Files with GK (description, progression, variants, objectives, material, GK number, task photo, ...).
- ✓ Control of visualization in the theoretical work.



ONCE A MONTH MEETING TO CLARIFY AND RESOLVE POSSIBLE DOUBTS WITH THE GOALKEEPERS (VIDEOS OF ACTIONS).



Discuss among all real situations that are occurring in the competition and raise new ones to value the ability to understand the game



INTELLIGENT GOALKEEPERS

*The **Interpretation**
(understand the game)
and
the **anticipation**
(decision making / coordinated movements)
become decisive along with the **execution**
(the adaptation and speed of the goalkeeper)*

*Do not ask your goalkeepers to do things you have not
explained or worked with them before ..*



*Passion makes our **inspiration**
continue to grow, is when the
dreams are still alive and
motivation is your faithful
companion.*

*Everything else is a consequence of
the above.*



Iñaki Caña



*Enjoy and
take care
of your
passion, it
will do the
same with
you*

Live in the present

