



THE ACADEMY

The aim of the Academy is to work with goalkeepers who have the desire to improve their skills and to help as many young goalkeepers as possible play at the highest standard they can achieve.

We stress the need for good, solid, correct technique while training to achieve the highest standard. With the goalkeeper position being so demanding both physically and mentally, self-discipline and inner strength and confidence are required to raise even the most talented goalkeepers to the next level.

These abilities are developed in the Academy over time, through consistent hard work, and exercises designed to develop both mental and physical strength and technique, while at the same time developing their self-discipline and confidence.

The goalkeeping academy is a very demanding training environment for the serious player that emphasises both quality technical and tactical training, and personal development.

PGT FOUNDER - JOHN GARSIDE

John enjoyed a career in the UK which included playing for Doncaster Rovers, Barnsley FC and Wigan Athletic. After arriving in Australia John played professionally for several years in South Australia.

He began his coaching career in 1981, coaching several teams to Championships. During this period, he began to specialise in goalkeeper coaching. Having experienced no goalkeeper coaching whatsoever during his own playing career, it was John's long-term ambition to change this for future goalkeepers of all ages and playing levels.

Moving to Queensland in 1990 John continued to coach goalkeepers and in 2006 was appointed Brisbane Roar Assistant Goalkeeper Coach (assistant to Fernando Alves). John was also Queensland Academy of Sport Assistant Goalkeeper Coach and took over when Goalkeeper Coach Fernando Alves was absent with National Teams.

In his 6 years with Brisbane Roar, John had the privilege of working under Frank Farina (2 years), and Ange Postecoglou (3.5 years) as well as coaching Michael Theo (Brisbane Roar first team Goalkeeper, twice voted Australian Goalkeeper of the year), Andrew Redmayne (Brisbane Roar Reserve and Australian U23 Goalkeeper – now Sydney FC), Liam Reddy (formerly Brisbane Roar, now Perth Glory), Matt Acton (Brisbane Roar, U20 National Representative, now Melbourne Victory).

John has also developed young goalkeepers to elite status. Nick Tubbs, former U17 international, Ayana Aoyagi was invited to the Australian U19 Young Matilda's 23-Player Selection Camps (1 & 2), and recently travelled with the U20 Matildas for their Asian Qualifying matches. Ayana is now contracted in the USA, Kirsten Veeren was voted best goalkeeper outside the W League in 2016.



COACHING PRINCIPLES

- Coach to challenge the best keepers in the group.
- Coaches ensure the right intensity of sessions.
- Coaches to demand technical excellence always and not accept sloppy technique or play.
- We develop decision making in players by using lots of decision-making practices.
- We coach principles, not patterns.
- Sessions must be realistic i.e. including goals in practices.
- Coaches to issue technical practice away from the club (Home practice targets set weekly)
- Model the positive. Praise good play to reinforce key points.
- Less talk, more play. Let practice run.

GOALKEEPING PHILOSOPHY

In today's modern game, the goalkeeper has become even more important as they are expected to deal with situations that involve them being the eleventh outfield player.

Therefore, it is increasingly important that they are more technically efficient with their feet.

Whilst we still acknowledge the essential significance of shot stopping, handing and dealing with high balls and crosses, The Academy also appreciates the increased importance of supporting the defence and ball distribution.

The goalkeeping programme will encapsulate all these aspects.



GOALKEEPING

Supporting the defence

- Becoming the deepest sweeper
- Defensive/offensive situations
- Starting position in relation to play
- Communication • Dealing with back passes

Handling Techniques

- Head /hands/feet shape//positioning
- Reaction saves/ dealing with the unexpected

Shot stopping and diving

- Low/ high balls
- Reaction saves/ dealing with the unexpected
- Decision making/ communication
- Technique catching/ punching/ deflecting
- Unopposed/defenders/attackers

Distribution techniques and restarts against

- Feet- volley, half volley, dead ball
- Hands- roll, javelin, over arm
- Free kicks, throw-ins, corners
- Communication /organising the defence

The last line of defence

- 1v1
- Saving at feet
- Decision making
- Penalties

Goalkeeping in game situations

- Working with attackers
- Communication
- Organisation
- Shot stopping
- Crosses/high balls
- Dealing with the back pass
- Restarts against



MINIROO DEVELOPMENT U8-U12

- Basic handing skills- starting/ set position
- Basic movement- (into line, down the line principles)
- Basic distribution- (throwing control& short pass, rolling the ball out, volleying from hands)
- Early pre-plyometric exercises
- Introduction to balance and proprioception exercises
- Introduction to balance to core stability programme
- Introduction to footwork drills- quick feet
- Learning to be comfortable with both the hands and the feet
- Basic gymnastics/balance and body co-ordination
- Introduction to warm up/ cool down conditioning
- Introduction to basic stretching exercises
- Enjoying the game-having fun
- Parent/coach - club communication, inter-action and feedback

This age group to practice with ball size 3 / 4



YOUTH DEVELOPMENT U13-U16

- Handling skills- starting/set position
- Movement/positional play- into line, down the line principles, narrowing the angle
- Diving techniques, step and save, step, power and saves
- Shot stopping- catching/deflecting, making the correct decision
- Distribution- (throwing, control & pass, rolling ball out, volleying from hands dead ball kicking)
- Dealing with crosses (general principles)
- Communication/ organisation basic skills
- Introduction to dealing with match play situations
- Early plyometric exercises
- Balance, rhythm and proprioception exercises
- Core stability programmes (gym works)
- Introduction to bio- mechanics
- Introduction to functional speed, power and agility
- Footwork drills- quick feet Topics for work and development for goalkeepers Under 13to U16.
- Learning to be comfortable with a football with both the hands and the feet
- Warm up- cool down exercises
- Stretching exercises
- Introduction to the theory of goalkeeping, seminars, video, discussion
- Introduction to injury management / player education
- Introduction to Nutrition, rest and recovery education
- Introduction to sports psychology- learning to win
- Enjoying the game- having fun
- Parent/coach- club communication, interaction and feedback

Under 11,12 and U13 year age group to practice with ball size- 3/4

Under 14 year age group to practice with ball size- 5



DEVELOPMENT U16-U18

- General handing skills/techniques- starting/ set position
- Movement/ positional play- into line, down the line principles, narrowing the angle.
Triangle theory
- All diving techniques, collapse, step and save, step, power and save
- All shot stopping techniques- caching/deflecting, making the correct decision
- Reaction times- increase practices to improve reactions and reflexes
- Distribution- all techniques- throwing, short, long, under & over arm, goal kicks, volley + half volley, dealing with the back pass. Control quality and variation pass or controlled clearance under pressure. Angles and distance of support, control with both feet, readjustment of position
- Dealing with crosses (all techniques, oppose, unopposed, working with the defence)
- Communication/organisation- working with the defence, various phases of play, dead ball and set play situations Topics for work and development for goalkeepers Under 16 to Under 18
- Dealing with match play situations. Phases of play. Communication and support
- Plyometric exercises, increased development and progression
- Balance, rhythm and proprioception exercises increased development and progression
- Core stability programmes (gym work increased development and progression)
- Bio- mechanics, increased development and progression
- Functional speed, power and agility, increased development and progression
- Footwork drills- quick feet essential development and progression period
- Learning to be comfortable with a football with both the hands and the feet



All good goalkeepers need to be good footballers!

In today's professional game, for goalkeepers to play at the very highest level, goalkeeper's feet are equally as important as their hands. They need to be as comfortable with the ball at their feet as well as having the ability to catch the ball cleanly. A goalkeeper with good hands and quick feet not only has the ability to play comfortably as a sweeper behind his defence, but also has the ability to get into line quicker to make that all important and difficult save look easy.

From the age of 8 years old, we believe it is essentially important to teach our goalkeepers also to be good footballers, developing good hands and good, quick feet to ultimately achieve our long-term aim of producing technically excellent goalkeepers for our professional ranks.

It takes hard work and years of dedication to develop excellent goalkeepers but with history and tradition to maintain. Let the hard work start and the fun begin.

**PROFESSIONAL
GOALKEEPER
TUITION**

Coomera FC

Viney Park
Yuan St, Coomera

Tuesday and Wednesday
starting Feb 18 & 19.

All keepers welcome,
Male and Female
ages U9 to Open
All clubs

For more information
contact John on
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