

#EVERYBODYSGAME

# FERDINAND FOOTBALL GROUP GOALKEEPING

DEVELOPMENT THROUGH TO ACADEMY SYLLABUS

**F** Ferdinand  
Football Group



**#EVERYBODYSGAME**



# INTRODUCING FFG GOALKEEPING DNA

**Aggressive** - Dictates play, owns the penalty area, committed when a decision has been made.

**Detail Orientated** - Fundamentally sound, consistent, student of the game.

**Focused** - Alert, forward-thinking, aware of their surroundings.

**Physically Excellent** - Explosive, quick, strong, in control.

**Mentally Tough/Resilient** - “Gold Fish” (doesn’t linger on mistakes, accepts it and carries on) willing to push limits, never gives up.

**Leader** - Communicates, organizes, takes charge, projects confidence and remains calm.



# FFG GOALKEEPER EXPECTATIONS

- 1 EFFORT & ATTITUDE** - MOST IMPORTANT!
- 2 RESPECTFUL** - SAY HELLO TO STAFF AND TEAM MATES, FIST BUMP OR WAVE.
- 3 ARRIVE READY** - KIT, LACES AND WATER
- 4 BE COACHABLE** - TAKE ADVICE ON BOARD
- 5 STANDARDS** - SET HIGH STANDARDS PERSONALLY AND COLLECTIVELY, PUT DEMANDS ON EACH OTHER
- 6 OWNERSHIP** - NO EXCUSES; YOUR GAME, YOUR CHOICES

# FFG GOALKEEPING TERMINOLOGY

## THEME

ATTACKING

- 1 PLAYER ON** - WHEN A TEAM MATE HAS A PLAYER COMING TO PRESS THEM.
- 2 TIME** - LET YOUR TEAM MATES KNOW THAT THEY HAVE THE OPPORTUNITY TO PROGRESS WITHOUT ANY PRESSURE FROM THE OPPOSITION.
- 3 TURN OUT** - WHEN YOUR TEAM MATE HAS THEIR BACK TO GOAL AND RECEIVES A PASS. TURN OUT IS USED TO LET THEM KNOW THEY HAVE SPACE BEHIND THEY CAN TURN INTO.
- 4 HOME/BACK** - WHEN A TEAM MATE IS ON THE BALL UNDER PRESSURE FACING YOUR GOAL. GET INTO A GOOD POSITION TO RECEIVE THE PASS BACK AND PLAY OUT.

# FFG GOALKEEPING TERMINOLOGY

## THEME

DEFENDING

- 1** **KEEPERS** - WHEN YOUR GOING FOR THE BALL, SHOUTING KEEPERS PUTS OPPOSING PLAYERS OFF BUT ALSO TELLS YOUR TEAM MATES THAT YOUR CLAIMING THE BALL.
- 2** **NO SHOT** - GET THE DEFENDERS TO CLOSE QUICKLY AND PREVENT OR BLOCK THE SHOT.
- 3** **AWAY** - TO GET YOUR DEFENDERS TO CLEAR THE BALL AWAY FROM THE DANGER.
- 4** **DROP** - GET YOUR PLAYERS TO RECOVER IN TO MORE A DEFENSIVE POSITION / SHAPE.
- 5** **PRESS** - TO GET A TEAM MATE TO PUT PRESSURE AND CLOSE THE GAP ON THE OPPOSING PLAYER.
- 6** **NO TURN** - GET THE DEFENDERS TO CLOSE QUICKLY, PREVENTING THEM FROM TURNING, FORCING THEM TO PLAY BACK TOWARDS THERE GOAL.

# FFG GOALKEEPER DEVELOPMENT SYLLABUS

WEEK	TOPIC
1	Handling and Shot Stopping
2	Handling and Shot Stopping
3	Footwork & distribution
4	Footwork & distribution
5	1 v's 1's
6	1 v's 1's
7	Reactions
8	Reactions
9	Dealing with the Highballs
10	Dealing with the Highballs
11	Evaluation & Cover

# FFG GOALKEEPING DEVELOPMENT MODEL







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