



GOALKEEPER DEVELOPMENT

CONTENTS

- 3** **Player Autonomy**
- 4** **Check for Understanding**
- 5** **Demonstrate Understanding**
- 6** **Align Understanding**
- 8** **Development Goal Setting**
- 10** **Development Goal Measurement**
- 11** **Individual Development Plan**

PLAYER AUTONOMY

- ♦ **Minimize Reliance on Direct Instruction**
- ♦ **Endorse Independent Decisions**
- ♦ **Promote Reflection of Actions**
- ♦ **Evaluate Performance**

Structure

- ♦ **Framework to understand higher-order goals and relate individual strengths and limiters to the current environment**

Education

- ♦ **Promote individual learning by creating a clear understanding of how to take ownership of development and providing guided learning opportunities**

Engagement

- ♦ **Altering exercises to fit individual learning needs and create a functional, engaging way to take control of individual development**

Balance

- ♦ **Create a balance between long-term development and short-term success by aligning Key Performance Indicators and Individual Development Plans to our Game Model and team performance indicators**

Check For Understanding

Describe your role and how it contributes to our team goal during each phase of play.

♦ **Building** _____

♦ **Progressing** _____

♦ **Creating** _____

♦ **High Block/Press** _____

♦ **Mid Block** _____

♦ **Low Block** _____

Demonstrate Understanding

Choose what your Super Strength and Limiter is in each phase of play and categorize it into one of the five pillars of player development (Psychological, Physical, Technical, Tactical or Social)

♦ **Building** _____

♦ **Progressing** _____

♦ **Creating** _____

♦ **High Block/Press** _____

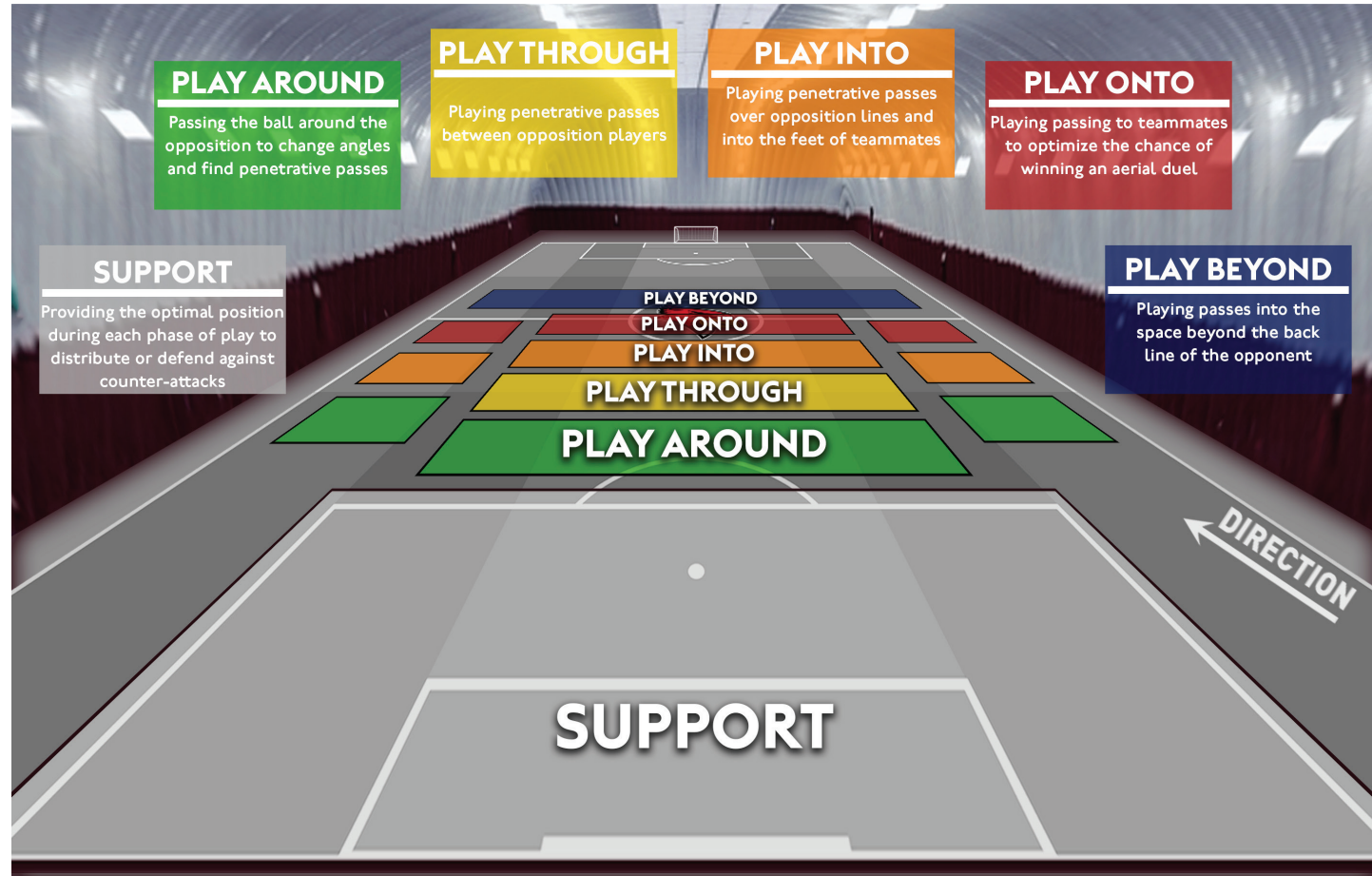
♦ **Mid Block** _____

♦ **Low Block** _____

For each Super Strength or Limiter, select a clip where you demonstrated your strength or your limitation was shown. Include any necessary notes below:

♦ **Film Notes** _____

Align Understanding In Possession



♦ Building _____

♦ Progressing _____

♦ Creating _____

Align Understanding Out of Possession



♦ High Block/Press _____

♦ Mid Block _____

♦ Low Block _____

Development Goal Setting

SPECIFIC

Goals should be specific to your strengths and limitations. Include phase of play for on the field goals and area of improvement for all goals.

MEASURABLE

Determine what evidence will prove you're progressing and create individual Key Performance Indicator(s) to track your performance in each specific goal.

ATTAINABLE

Your goals should challenge you, but they should be reachable within a reasonable time-frame. Use a tiered-success model for extremely challenging goals.

RELEVANT

Goals should align with your individual values and long-term objectives while also aligning with program values and objectives.

TIME-BOUND

Set a realistic, ambitious time-frame for your goals. Break longer time-frame goals down into more manageable segments to stay on task with long-term goals

Development Goal Setting

After completing the 'Check for Understanding' assignments, create a goal for each of the five pillars of player development using the Smart Goal Setting Format

Psychological Goal

- ♦ Specific Goal _____
- ♦ Relevance _____
- ♦ Time-Frame _____

Physical Goal

- ♦ Specific Goal _____
- ♦ Relevance _____
- ♦ Time-Frame _____

Technical Goal

- ♦ Specific Goal _____
- ♦ Relevance _____
- ♦ Time-Frame _____

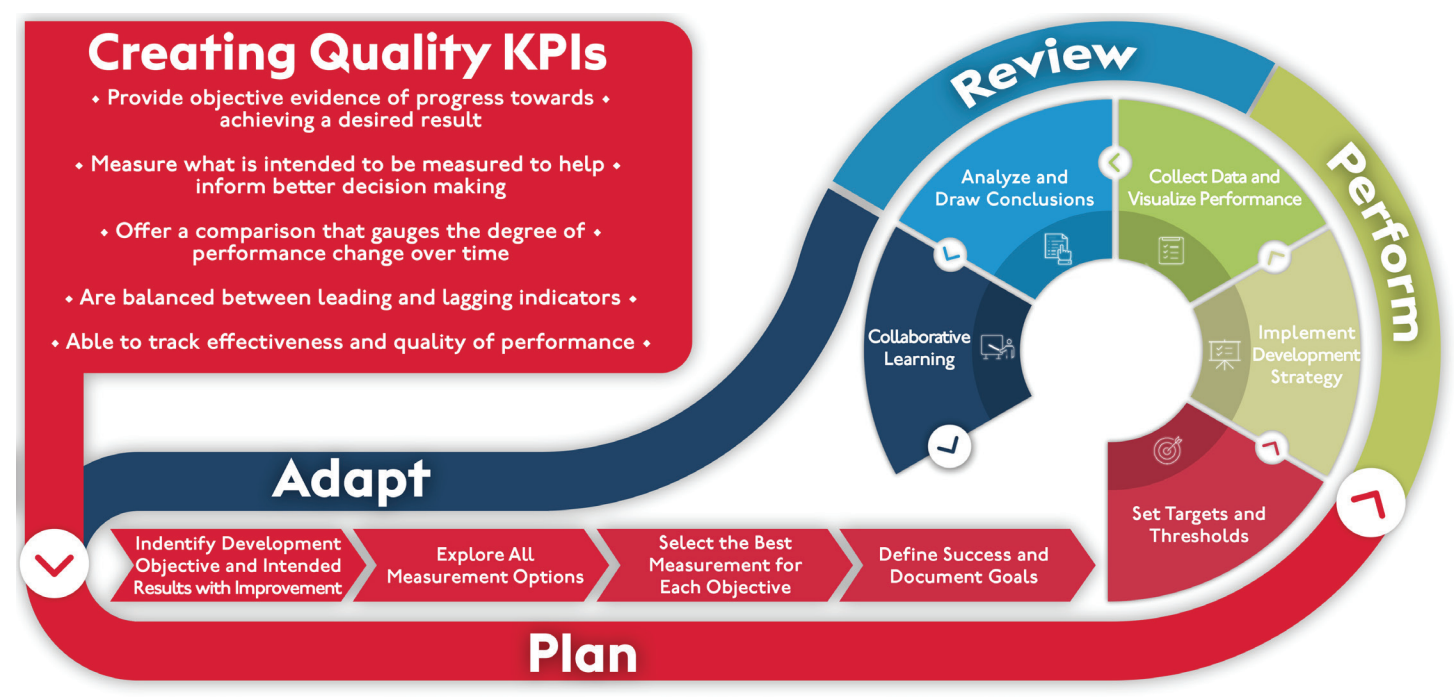
Tactical Goal

- ♦ Specific Goal _____
- ♦ Relevance _____
- ♦ Time-Frame _____

Social Goal

- ♦ Specific Goal _____
- ♦ Relevance _____
- ♦ Time-Frame _____

Development Goal Measurement



Create a Key Performance Indicator for each of your Development Goals and detail how you are going to track this goal during the specified time-frame

Psychological KPI _____

♦ Measurement Method _____

Physical KPI _____

♦ Measurement Method _____

Technical KPI _____

♦ Measurement Method _____

Tactical KPI _____

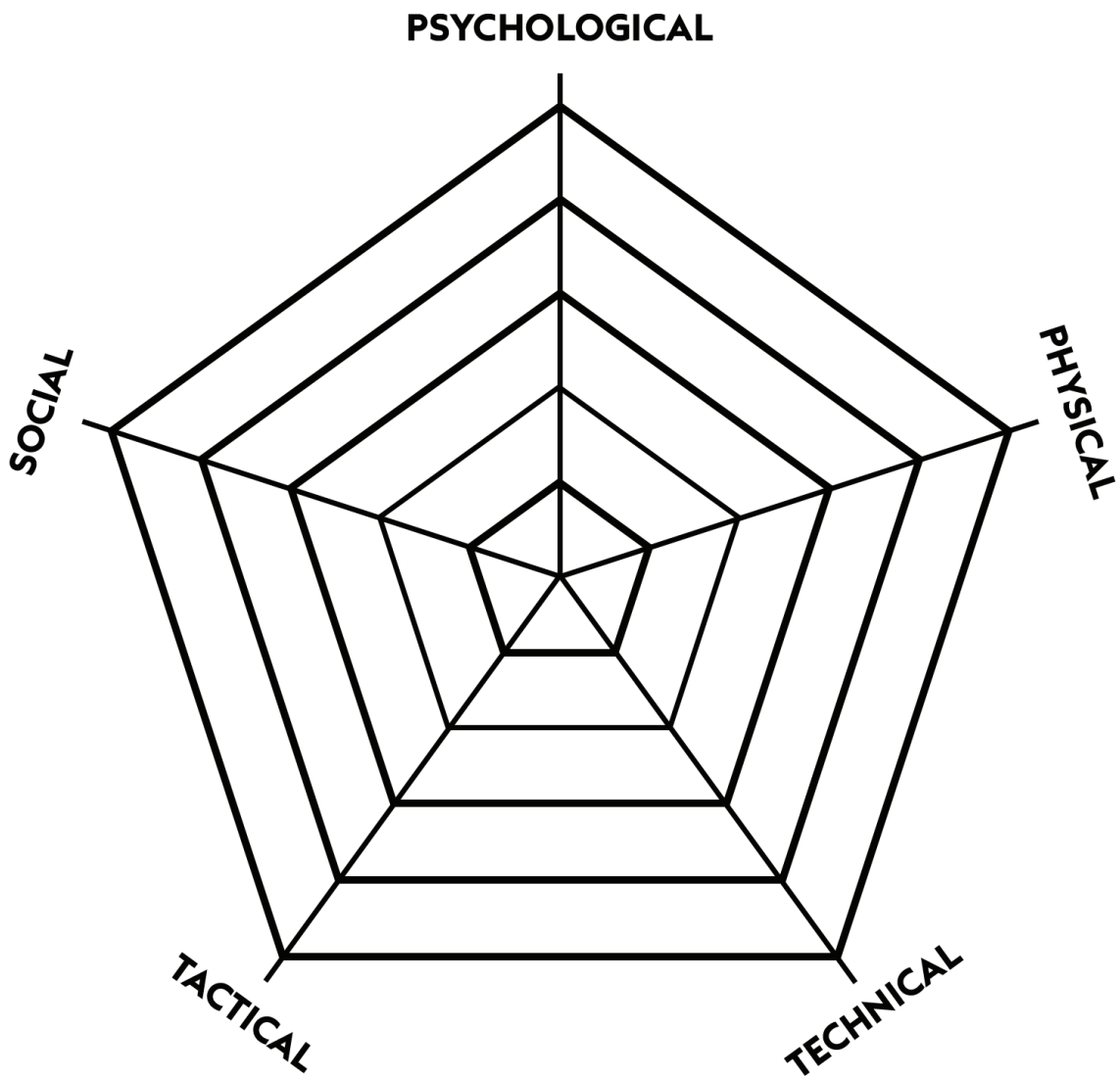
♦ Measurement Method _____

Social KPI _____

♦ Measurement Method _____

Individual Development Plan

Self Evaluation				
Evaluation of Mentality				Key
				(1) Limiter (2) Below Average (3) Average (4) Great (5) Super Strength
Psychological	Physical	Technical	Tactical	Social
Work-Rate	Agility	Distribution	Starting Position	Leadership
Self-Aware	Aerial Presence	Handling	Reading the Game	Learner
Resiliency	Power	Shot-Stopping	Angle Play	Teammate
Focus	Athleticism	Consistency	Game Management	Presence
Psychological Summary		Physical Summary		
Technical Summary		Tactical Summary		
Social Summary		Areas of Improvement		
Plan of Action				



SUPER STRENGTHS

Psychological _____

Physical _____

Technical _____

Tactical _____

Social _____