## GOALKEEPER DEVELOPMENT

### CONTENTS

## **PLAYER AUTONOMY**

- Player Autonomy 3
- **Check for Understanding**
- **Demonstrate Understanding**
- **Align Understanding**
- **Development Goal Setting**
- **Development Goal Measurement**
- **Individual Development Plan**

- 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 Black/Press
High Block/Press
Mid Block
N avy Black
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

7

### Align Understanding In Possession

PLAY AROUND  Passing the ball around the opposition to change angles and find penetrative passes	Playing penetrative passes between opposition players	PLAY INTO  Playing penetrative passes over opposition lines and into the feet of teammates	PLAY ONTO Playing passing to teammate to optimize the chance of winning an aerial duel	S
SUPPORT  Providing the optimal position during each phase of play to distribute or defend against counter-attacks	PLAY PLAY TH	BEYOND ONTO INTO IROUGH ROUND	Playing pa space beyo	SEYOND sses into the ond the back e opponent
				DIRECTION
	SUPI	PORT		

+ Building
Progressing
11481699118
. Creating
+ Creating

## Align Understanding Out of Possession

DEFEND THE GOAL	DEFEND THE AREA  Effective actions to deal with a variety of balls played in the area	DEFEND THE S  Effective actions to prot space behind the back	rect the
Effective actions to keep from conceding goals		ND THE AREA ND THE SPACE	Effective communication and instruction in all out of possesion and transition to defend phases
	ORGA	NIZATION	
		•	DIRECTION
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

i sychological doal
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**

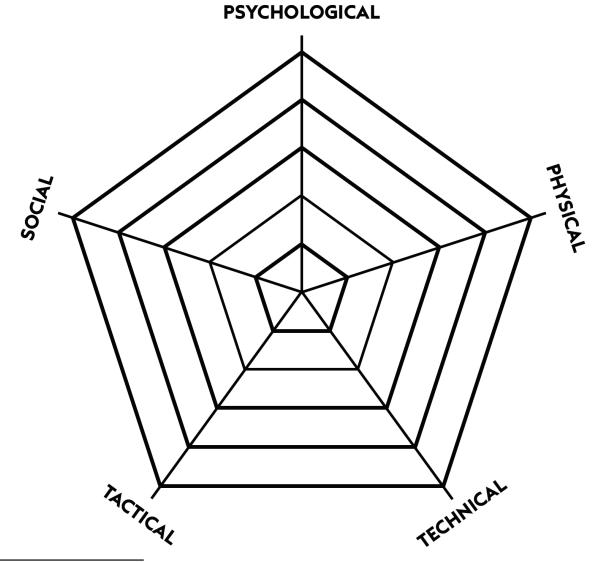
Creating Quality KPIs  Provide objective evidence of progress towards achieving a desired result	Review
<ul> <li>Measure what is intended to be measured to help •         inform better decision making</li> <li>Offer a comparison that gauges the degree of •         performance change over time</li> </ul>	Analyze and Draw Conclusions  Collect Data and Visualize Performance
Are balanced between leading and lagging indicators       Able to track effectiveness and quality of performance	Analyze and Draw Conclusions  Collect Data and Visualize Performance  Collaborative Learning  Implement Development Strategy
Adapt	
Objective and Intended Explore All Measurement Options Meas	Set Targets and Thresholds urement for h Objective  Set Targets and Thresholds  Set Targets and Thresholds
Plan	

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	
Physical KPI	
Measurement Method	
Technical KPI	
Measurement Method	
Tactical KPI	
Social KPI	
Measurement Method	

## Individual Development Plan

	S	elf Eva	luatio	on			
	Evaluation of	Mentalit	у			Key	
					(3)	iter (2) Below Aver Average (4) Great () Super Strength	_
Psychological	Physical	Techi	nical	Tactic	al	Social	
Work-Rate	Agility	Distribution		Starting Position		Leadership	
Self-Aware	Aerial Presence	Handling		Reading the Ga		Learner	
Resiliency	Power	Shot-Stopp	ing	Angle Play		Teammate	
Focus	Athleticism	Consistency		Game Managem	nent	Presence	
				- DI :			
Psycho	ological Summary			Physica	ι Sum	mary	
Tech	nnical Summary			Tactica	l Sum	mary	
So	cial Summary			Areas of I	mpro	vement	
		Plan of	Action	n			



### **SUPER STRENGTHS**

Psychological\_\_\_\_\_\_
Physical\_\_\_\_\_\_
Technical\_\_\_\_\_
Tactical\_\_\_\_

Social