



FPF Goalkeeping Syllabus of Learning and Playing - Training

Model 2024 - 2025.

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CYCLE OVERVIEW

TECHNICAL

1. Positioning – Distance / Angle / In Line – Down the Line
2. Receiving Skills & Distribution – Short – Medium
3. Passing (Throwing / Rolling) - Handling
4. Making Saves - 1v1's Through on goal + recovering defender
5. Dealing with crosses – High & Low
6. Making Saves – Shot Stopping

TACTICAL

1. Positions to occupy the Goal in relation to the ball Positions to occupy the space in front of goal (Support Positions)
2. Individual's movements to unbalance the opposition
3. Start Positions - Bravery
4. Set Positions – Aggressive Start
5. Building Blocks

PHYSICAL

1. Agility – Evasive Games & Practices
2. Balance – Left & Right sided technical & physical practices
3. Co – ordination – Multi dimensional technical practices
4. Speed – Acceleration & Deceleration (without a ball)
5. Functional Movements eg. Running, jumping, throwing, catching, linear / lateral movements.

SOCIAL / PSYCHOLOGICAL

1. PROTECT THE GOAL!
2. Creative / Thoughtful movements
3. Collaborative work (small groups / player led)
4. Self & Peer Analysis & Feedback
5. Video (Vevo) Analysis – Coach & Player & Team
6. "Myself, my mate, my opponent..."
7. Oppositions Strength & Weakness – Unit & Individual.

WEEK 1. POSITIONING – DISTANCE / ANGLE / IN LINE – DOWN THE LINE

TECHNICAL

Positioning – Distance / Angle / In Line – Down Line

1. Awareness – Goal
2. Distance from Goal / Team Mate / Opponent
3. Angle between ball and goal
4. Closing The Space
5. In Line – Down the Line
6. Stay Tall

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WEEK 2. RECEIVING SKILLS AND DISTRIBUTION SHORT – MEDIUM.

TECHNICAL

Receiving Skills and Distribution

1. Scan and Plan.
2. Hips, Body, Mind Ready.
3. Open Hips - "See picture"
4. On the Run (Back pass)
5. Creativity - Use of Different Surfaces.
6. Aerial.
7. Preparedness
8. Speed

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WEEK 3. PASSING THROWING, ROLLING, HANDLING

TECHNICAL

Passing, Throwing, Rolling, Handling

1. Part of the Foot - Part of the Ball.
2. Foot & Opposite Arm Position - Relationship to the Ball.
3. Ball Speed - Fast v Slow.
4. Inside Foot.
5. Outside Foot.
6. Laces - Punched "knuckle"
7. Value of the Pass - Why?
8. Lofted Pass.
9. Swerved Pass.

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WEEK 4. MAKING SAVES - 1V1'S THROUGH ON GOAL + RECOVERING DEFENDER

TECHNICAL

Making Saves - 1v1's Through on goal + recovering defender

1. Fastest Way
2. Effective Efficiency
3. In Line - Down Line
4. Stand Tall
5. Delay
6. Feet & Hands positioning
7. Explosiveness
8. Save the IMPOSSIBLE!

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WEEK 5. DEALING WITH CROSSES – HIGH & LOW

TECHNICAL

Dealing with crosses – High & Low

1. Angles / Width / Depth.
2. Ball from Wide / Aerial.
3. Aerial.
4. Defending Triggers.
5. Recognise Pressure & Space
6. Bravery – Through / Amongst bodies
7. Protective Body Management

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WEEK 6. MAKING SAVES – SHOT STOPPING

TECHNICAL

Making Saves – Shot Stopping

1. 1st Time Finish.
2. 2 Touch Finish – Shift & Finish.
3. Reactive / Instinctive – Part of The Body?
4. Awareness of Pressure & CF.
5. Type of Finish – Placed / Driven / Lob / Chip / Header.
6. Eyes / Hips / Disguise.
7. Creativity.
8. Acrobatic.
9. Preparedness.

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FUTURE PRO FOOTBALLER ACADEMY PHILOSOPHY...

**Technical Fundamentals
within The FPF Syllabus,
driven by the needs of the
Future Pro Footballer.**

**At FPF we Educate through
a Variety of Game Situations to
allow Growth and Development
at an Accelerated Pace.**

**Physical Literacy Programme
within Every FPF Session to
enhance the Development of ALL
players within ALL Practices.**

**At FPF we look to Challenge
each Individual Socially and
Psychologically in being
RUTHLESS, RESILIENT and
RESPECTFUL.**

AT FPF WE AIM TO ALLOW A GROWTH PLATFORM FOR EVERY INDIVIDUAL AT EVERY LEVEL THROUGH FOOTBALL.

Our game Model is underpinned by our FPF Syllabus and is to Play an Exciting Style of Football which allows the children to Explore and Express themselves.

Using a Stretch v Support model allowing for Individualisation and a High Challenge, Stress environment where necessary. Our Head of Coaching, Tom Donati has worked in Elite Football for over 23 Years. He has worked at and with a number of Top Football Clubs, Pro Men's Teams, Pro Ladies Teams, Academies and International Teams.

Donati has to date worked with a number of Youth players now totaling over £150 million pounds net worth. At FPF WE know what it takes. We will give you everything you need to progress... The Choice is Yours...



Thank You

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