



## Training Standards and Player Expectations

The purpose of the Indiana Goalkeeper Academy is to serve a significant role in the development of young goalkeepers who wish to progress to higher levels of performance. IGA training programs allow for the technical, tactical, physical, and psychological qualities of a goalkeeper to be enhanced and refined through specialized, challenging, and age appropriate training. The level of ***commitment*** demonstrated by a player and his or her family will largely determine the player's progress over time. Those fully committed to their development will reap the most benefit from the IGA experience. The following ideas should be considered to maximize commitment, benefit, and experience:

- **Player Motivation:** Players must possess some level of intrinsic motivation in order to progress through the program. This can take various forms such as simply enjoying the game, enjoying mental challenge and problem solving, enjoying physical activity, enjoying the demands of performance, etc. Without intrinsic motivation one will find it difficult to progress as a goalkeeper.
- **Training Mentality:** The training environment should be a special place where goalkeepers can learn the game in a fun, challenging, and competitive atmosphere. To protect this environment, goalkeepers must be mindful of certain values while adhering to particular training standards. The following are some of the values to be upheld in the IGA training environment:
  - A critical approach to training is needed to solve soccer problems. Players must use their minds to think their way through the game and will find it difficult to succeed without some level of mental application.
  - Focus and intensity are valuable assets to a goalkeeper and, when applied to training, allow for maximum development. Intensity is imperative.
  - Functioning within a group training session requires goalkeepers to train cooperatively within activities and thus each goalkeeper should treat his or her fellow group members in the same respectful manner that they themselves would want to be treated. Goalkeepers will spend a lot of time serving balls for other keepers to save and the quality of that service is crucial for the effectiveness of the training. Goalkeepers will be held to a high standard of service.



- **Engagement in the learning process:** While IGA training is designed to be fun and stimulating, it will require the full attention and *engagement* of the goalkeepers involved. Simply put, goalkeepers will be expected to get down to the business of training well to become better players which means training with urgency, intensity, and a
- desire to perform as well as possible. The proper attitude is essential to the individual goalkeeper as well as the group.
- **Time Utilization:** IGA training will be fast paced and 100% purposeful. Only one brief break may be taken for water and thus players must be well hydrated when entering the training session. Players will be expected to be ready, with full gear, to step on the field and begin warming up at the designated start time.
- **Attendance:** Attendance is critical because of the progressive nature of the training process. Training sessions are cumulative and therefore absences will hinder the progression of a goalkeeper. Because the IGA staff plans its sessions with a particular number of players in mind, it is important that the player communicates an expected absence in advance if at all possible so that the coaching staff can plan accordingly.
- **Physical Preparedness:** Throughout the program goalkeepers will be given information which will help them to optimize the preparation of their body for performance. Young, active athletes require special attention to their body. Nutrition, hydration, rest, and recovery will all be explained in detail and it is to the goalkeeper's advantage to utilize the information provided. The level of physical preparedness can have a direct impact on the effectiveness of training. In this respect, the old adage holds true: failure to prepare is preparing to fail.
- **Self Coaching and continuation:** It is encouraged and expected that the principles and ideas trained by IGA will carry over to all other soccer endeavors the goalkeepers participate in. The learning process must continue in the team environment and thus it is the responsibility of the goalkeeper to make a conscious effort to coach him or her self at all times. Too many players are dependent solely on adults to solve problems for them and as a result their development can be stagnated. Goalkeepers who think logically and critically on their own, regardless of the presence of a team or goalkeeper coach, will progress further than those who wait for adult intervention. As a facilitator of this mentality, the IGA staff will encourage players to think their way through the game and take responsibility for their own



development. IGA goalkeepers will learn a sense of empowerment which can carry far beyond the training sessions.

- **Questions and Answers:** Players are always encouraged to ask questions during training sessions as it is vital that they absorb and understand the instruction and demonstrations. As with any learning environment, students should be ACTIVE participants in their education. Parents as well are encouraged to ask questions at appropriate times, which typically means through phone or email correspondence, though it is preferred that players speak for themselves whenever possible.
- **Watching the Game:** It is impossible to reach one's full potential without having witnessed top level play and it is surprising how few players watch professional soccer on tv or local college level soccer in person. It is difficult to imagine a quarterback coach trying to teach young quarterbacks who rarely watch the game and therefore have very little or no idea of what the position can look like at its highest level. Imagine aspiring quarterbacks not knowing Peyton Manning or aspiring pitchers not knowing Rodger Clemens. Watching high level soccer is imperative in developing high level goalkeepers. Aside from the educational opportunities top level soccer provides, being a fan of the game also can provide a great deal of enjoyment which is absent from many players' lives. IGA goalkeepers will be expected to watch high level soccer to develop a strong frame of reference for the intricacies and beauty of the game and the position.