



H.S.I. GK TRAINING OUTLINE 2012



WEEK 1: Introduction & Evaluation

The 1st session will be an introduction and evaluation session. We will observe players' basic ball handling skills, & footwork as well as their ability to listen, concentrate and follow simple instructions.

WEEK 2: Foot Work is everything

The 2nd session would focus on developing mobility and agility of the young keepers. There will be a very strong focus on the ability to move in all directions with purpose.

WEEK 3 Strong Hands, Big Body & Fast Feet

The 3rd session would focus on positioning of hands (catching/deflecting) position of body (behind the ball/ stance) and getting into the right position (fast feet)

WEEK 4 Angles & Positioning

The 4th session would focus on GK angles and position of GK (restarts and shot stopping)

WEEK 5 GK can play too

The 5th session would focus on distribution (kicking/throwing) supporting options (helping your defenders) communication with the defense (what to say/how to say it/ when to say it)

WEEK 6 Post to Post

The 6th session would look to incorporate the first five sessions. This would be an evaluation process or testing scenario for the young GK.

H.S.I. Course Conductor : Alex Yanez, O.S.A. Goalkeeping Diploma. O.S.A. Pre B Coach. Head Coach La Cite College

All H.S.I. courses are designed in consultation with Tony Harrison, Technical Director of H.S.I.

Tony Harrison : Brief overview of Qualifications & Coaching Experience

National Level Soccer Coach in Canada, the USA & Wales.

3M & Coaching Association of Canada **Coach of the Year for Canada in 1998.**

Coached Professionally in Canada with the Calgary Kickers in CPSL **1987 Champions of Canada.**

In U.K. Semi-Professionally & at the amateur level where the teams he coached won many cups & league titles.

In Canada Head Coach Lethbridge University & Algonquin College again very successfully.

2012 OSA Master Course Facilitator

Scout for Professional Team Sheffield Untd of the UK Championship League.