

Dublin United SOCCER LEAGUE

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GK Training Program

Goalkeeper Director: Brad Williams

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- NSCAA National Diploma
- CYSA Goalkeeping License
- Higher National Diploma (Bath University, England) in Coach Education and Sport Performance
- Current Assistant Coach at Cal State East Bay
- Current Assistant Coach at Liberty High School, Brentwood
- Coached since 2001 in various soccer camps as both a staff coach and a camp director
- Played NCAA Division 1 for St. Francis University in Pennsylvania (hold multiple GK records there)
- Played in the USL Premier Development League for both the San Francisco Seals and the San Jose Frogs

GK Training Sessions

Coach Williams will be running GK training sessions on the Dublin fields from the mid-summer through the Fall playing league. The trainings will cover the following areas of goalkeeper development...

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|--|--------------|
| ➤ Setting | ➤ Breakaways |
| ➤ Footwork | ➤ Crossing |
| ➤ Positioning | ➤ Tipping |
| ➤ Communication | ➤ Punching |
| ➤ Handling low, medium, and high balls | ➤ Kicking |
| ➤ Falling | ➤ Set pieces |
| ➤ 1v1's | |

The Goalkeeper Director will be evaluating the progress of the goalkeepers throughout the season and provide feedback to the goalkeepers. Games and training sessions will be monitored at all age groups throughout the season by both Coach Williams, the other paid training staff, and the Technical Director.

Sessions will be 1-hour long and will be split up according to age and skill level of the goalkeepers. This is an 18-week program, training for the keepers begins the week of July 6 and ends the week of November 2.

Coach Trainings

In addition to training the keepers, Coach Williams will give two presentations for all DUSL coaches on the basics of goalkeeping and how to incorporate GK training into their coaching sessions. One session will be a classroom-style seminar and the second session will be an on-field training. All DUSL coaches are highly encouraged to attend. In addition to the direct education for our coaches, Coach Williams will provide them with materials and resources to better implement these training modalities.

Costs

There are no additional costs to goalkeepers or teams for this program. It is covered by the club under the current registration fees. Coach Williams is available for additional private trainings for those keepers that are interested in getting more training.

GK Training Program

Attendance

GK Training sessions are required for all premier level goalkeepers. The schedule of trainings will be arranged to minimize conflicts with team trainings, but in the case of a conflict the goalkeepers will be expected to attend GK training and miss part of their team session.

We ask that a maximum of 3 goalkeepers per team be sent to GK training per week to ensure a quality coaching ratio and plenty of individual attention. Teams that use more keepers than this (which should be our younger age groups) should rotate the sessions between the interested players.