

Elite GK School by Donovan Ricketts

Building on the basic club GK training, the GK School will go deeper into an intense development curriculum created by former MLS GK of the Year and LA Galaxy players Donovan Ricketts.



Students will go through a higher level and more intensive exercises including positional training, GK decision making and GK tactical awareness.

A development plan will be created for each student to follow and measure their success as they progress through the different stages of the curriculum. Each student will also have regular 1-on-1 discussions with Coach Donovan.

Schedule: Each course is 8 weeks (16 sessions) Choose Tuesdays or Wednesdays

- Summer course 6:00-8:00pm | June 18-Aug 15
- Fall course 5:30pm-7:30pm | Dates TBA
- Spring course 5:30pm-7:30pm | Dates TBA

Location: Titan Sports and Performance Center

Fee: \$495

Registration link [HERE](#).



GOALKEEPER PHILOSOPHY

The goalkeeping position has evolved with the modern possession style of play. The position has become the most unique position on the field, it is not only the last line of defense but it is now the first line of offence with coaches emphasizing building their attacks from the back, with this in mind the aim is to develop a complete goalkeeper. The modern goalkeeper should not only be competent with their hands, they should also be comfortable with the ball at their feet. There are four components that are important in the development of a complete goalkeeper. These are the physical aspect, the technical development, tactical awareness and psychological preparation.

Physical – in order to compete at a high level and be your best not only in practice but most importantly



in games the goalkeeper has to be in the best physical condition to fulfill their maximum potential. Therefore training sessions are planned to achieve this. (reactions, strength, agility and speed)

Technical -basic techniques are core for the development of any goalkeeper and the earlier these fundamental techniques and skills are established the better the relationship between the goalkeeper and the ball. Practice makes permanent, for this to happen the goalkeeper must train consistently on their techniques. Training should as much as possible replicate game situations, the aim is to have the goalkeepers actions become second nature. (dealing with high balls and back passes, diving, handling, distribution and collecting crosses)

Tactical – tactics is decision making. A goalkeepers decision must be made quickly taking rapidly changing conditions into account. A goalkeepers decision is final since there no one behind them to back them up. Therefore the goalkeeper should react to a situation as it develops rather than acting right away. They should stay patient until the right moment comes. We should force the shooter to decide, always be ready to pounce on a mistake, be ready to react when the ball is shot and most importantly never **GUESS**. (positioning, decision making and dealing with set pieces)



Psychological – Learning to deal with success as well as failure and create an environment that helps them understand the stresses of the position is important in order to create a resilient psyche of a goalkeeper. its important to keep composed and in control of their temperament when things go either good or bad because the game changes quickly. Developing a good attitude that will help them to accept constructive criticism is key in learning from their mistakes. (winning mentality, leadership skills and attitude)



To truly be the best goalkeeper and achieve a lot of success in the game you need a good **ATTITUDE**, strong **COMMITMENT** to succeed and you must **SACRIFICE**. These are the attributes that I look for to help develop and nurture quality goalkeepers.

tactical

decision making
positioning
skills
dealing with set pieces

psychological

winning mentality
leadership
attitude



technical

handling
diving
distribution
crosses

physical

strength
reactions
agility
speed