

ADVANCED NATIONAL GK DIPLOMA



Shawnee, KS - 2024

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 9:15 AM		HANDLING AND FOOTWORK REVIEW	CREATING GK DEVELOPMENT PLANS	MENTAL SKILLS FOR GOALKEEPERS	DEALING WITH CUTBACKS	Q&A ASSESSMENTS
9:30 - 11 AM		BREAKAWAY TECHNIQUES	ANGLE PLAY	ADVANCED HANDLING	TBD	Q&A ASSESSMENTS
11:15 - 12:30 PM		DEALING WITH THROUGH BALLS	PLAYING OUT OF THE BACK	MANAGING THE SPACE BEHIND THE DEFENSE	PROPER GK WARM UPS GK FITNESS	Q&A ASSESSMENTS
12:30 - 1:30 PM		LUNCH	LUNCH	LUNCH	LUNCH	COURSE CLOSE
2-3:30 PM	CHECK-IN 2-3 PM	GROUP MEETINGS	STARTING THE COUNTER ATTACK	GOALKEEPING PERIODIZATION	SET PIECES	
3:45-5:15 PM	OPENING MEETING/LOGISTICS 3-4 PM COURSE OVERVIEW 4-5 PM	GK IDP DISCUSSION	USING VIDEO: TRAINING AND GAMES	COACHES SESSIONS	TBD	
5:15-6:15 PM	DINNER	DINNER	DINNER	DINNER	DINNER	
7 - 8:30 PM	MODERN TRENDS IN GOALKEEPING DISCUSSION	FLANK PLAY	FLANK PLAY 2	VIDEO REVIEW MATCH ANALYSIS	WRAP UP	

UPDATED 1/31/2024

LOCATION KEY

FIELD

CLASSROOM