



ISSPF
INTERNATIONAL SOCCER SCIENCE
& PERFORMANCE FEDERATION



**DIPLOMA IN GOALKEEPER
SCIENCE & PERFORMANCE
COACHING**



In association with



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WHO ARE **ISSPF**?

- The International Soccer Science & Performance Federation (ISSPF) is the world leading online coaching, soccer science & performance education platform for soccer federations around the world.
- ISSPF offers all individuals across all levels of soccer coaching & development, providing the individuals the opportunity to enhance their knowledge & understanding of soccer performance.

Advance Your Career. Become a Better Coach.

ACCREDITED ONLINE SOCCER COURSES

The Global Online Soccer Education Platform Trusted,
Endorsed & Accredited by Leading Universities and Elite
Clubs

- Assistance in developing their academic & practical profile across both the scientific & practicing aspects of soccer science.
- Ensures that COSAFA develops their coaches with the most unique development pathway in addition to their coaching licenses.
- Leading practitioners & academics in the world of soccer delivering lecturers & bespoke courses, aimed at enhancing progress of individuals involved with the development & interest of team sport players.

For more information & enquiries on the Diploma email: learn@cosafa.com





WORKING PARTNERSHIP WITH **COSAFA**

- The ISSPF, in collaboration with COSAFA has developed a bespoke ***Diploma in Goalkeeper Coaching Science & Performance*** that is tailored to the needs of Southern African football practitioners.
- The aim of this relationship is to see the development of Southern African to be at the forefront of football on the continent.



DIPLOMA IN GOALKEEPER COACHING SCIENCE & PERFORMANCE

- The ***COSAFA-ISSPF Diploma in Goalkeeper Coaching Science & Performance*** is comprised of four modules focussing around the key modules:

Professional Certificate in Goalkeeper Coaching Science (Pro Youth Level)
Professional Masters in Goalkeeper Coaching Science (Senior Pro Level)

PART A – TRAINING ENVIRONMENT
PART B – GAME ENVIRONMENT

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DIPLOMA IN GOALKEEPER COACHING SCIENCE & PERFORMANCE

MODULE ONE:

Professional Certificate in Goalkeeper Coaching Science (Pro Youth Level)

Introduction: The role of the GK Coach

Training Environment

1. Training Design & Application in Youth Development
2. Individual Development of GK within team environment
3. Youth Nutrition & Long Term Player Development
4. Youth Goalkeeper Development: Long Term Development

Game Environment

1. Goalkeeping Expectations: Roles of the GK within the function of the game
2. Skill Acquisition in Goalkeeping: Developing technical proficiency for situational effectiveness
3. Goalkeeper Coaching Analysis: Developmental Approach to Goalkeeping
4. Managing pressure: Emotion, Anxiety & Coping in elite soccer - Part A
5. Goalkeeper Distribution in Academy Practice & Game Situations



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DIPLOMA IN GOALKEEPER COACHING SCIENCE & PERFORMANCE

MODULE TWO:

Professional Masters in Goalkeeper Coaching Science (Senior Pro Level) PART A – TRAINING ENVIRONMENT

1. The specific competitive demands of the modern Goalkeeper
2. Modern Soccer Goalkeeper Training - An introduction to contemporary training
3. Soccer specific movement preparation: Improving efficiency
4. Philosophical and Technical Insights to Goalkeeper Training
5. Dietary Analysis of a GK - Elite EPL Player Case Study
6. Developing a GK specific soccer game and training model
7. Managing pressure: Emotion, Anxiety & Coping in elite soccer - Part B
8. Skill Acquisition in Goalkeeping: Developing technical proficiency for situational effectiveness



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MODULE THREE:

Professional Masters in Goalkeeper Coaching Science (Senior Pro Level) **PART B – GAME ENVIRONMENT**

1. Goalkeeper Decision Making & Anticipation – Game References
2. Demands & Considerations of an elite GK coach: Case study
3. Individual Development of the GK within a team environment
4. Ready to Perform/ an investigation into modern soccer goalkeeper warm ups
5. Set plays – goalkeeper demands
6. Resilience in soccer – dealing with adversity
7. A top down approach to goalkeeper analysis
8. Defending set plays
9. Developing a GK specific performance philosophy



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DELIVERED BY A GLOBAL FACULTY

In football, there's a fine margin between success and failure. That's why clubs at all levels of the game are turning to science and performance specialists to provide them with that winning edge. To stay ahead of the curve, successful coaches understand that they need to continually look for fresh ideas and insights, from all corners of the globe.

ISSPF is the trusted provider of Soccer Science & Performance training for a number of FIFA Federations, elite clubs and leading universities with an elite faculty spanning every continent and all FIFA Confederations.



International Soccer Science & Performance Federation

Reviews 24 • Excellent



4.6 ⓘ

✓ VERIFIED COMPANY

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ONLINE EDUCATION

As a way to ensure you get the best possible content from the world leading experts in the game, the content is available online to be maximised.



YOUR TIME

You can study and develop in your own time, when you travel, after training or games, or whenever you feel you're learning time can be maximised. This way of learning is purely for your own time schedule.



YOUR COMFORT

The **DIPLOMA IN GOALKEEPER COACHING SCIENCE & PERFORMANCE** is developed in order to provide you the best learning content in the comfort of your own surroundings. At the training centre, the comfort of your own home, university online, college or when you travel.



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HOW OUR FOOTBALL COURSES CAN BENEFIT YOU!

Following our structured online soccer courses that are available to you 24/7 on any device, you will become a more valuable member of your clubs coaching faculty, a trusted advisor. Other members will look to you to provide insights, data, and contribute to session design and team management.



"ISSPF have managed to provide our soccer coaching staff within our college team with a 1st class opportunity to learn & apply some key performance coaching aspects. The opportunity to personally develop & track the staff's progress through their assisted e-learning process is very impressive. I highly recommend the content as a must for all individuals tasked with the development of soccer players across all levels of the game."



Ringo Wu (AFC 'B' Coaching Certificate)

Head of Physical Education & Sport, Nanwai Kings College Soccer Team, Jinkai District, Jiangsu, China



ELITE FACULTY

Cutting edge knowledge from elite coaches



LEADING PRACTITIONERS

Competitive & practical solutions



EXPERT COURSE DESIGN

Developed by elite experts



PRACTICAL ASSIGNMENTS

Practical assignments for stronger retention



PROFESSIONAL DELIVERY

From specialist soccer scientists & professors



CPD CERTIFICATION

Advance your career



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TESTIMONIALS



"ISSPF have been able to seamlessly provide all individuals with an interest in team sports and specifically soccer with the chance to learn from some of the best people in their key research areas. Developing throughout my career as a fitness & conditioning expert and applying the scientific principles of training at the elite level of the soccer, I feel being able to use the e-learning strategy within ISSPF challenges and adds further credibility to my working practices. I highly recommend individuals from all learning levels to tap into the fantastic resource available here."



Claudio Donatelli

Performance & Fitness Coach Italian National Team



"This is by far the most innovative style of learning that I've seen in this digital era. The breadth of topics covered, combined with the level of detail and insights makes this a must learning environment for any coach who is working or wants to get into the game and progress to the highest levels."



Steve McClaren

Manchester Utd, Middlesbrough, FC Twente, Wolfsburg, Nottingham Forest, Derby County, England



"An experienced director with a demonstrated history of working in the soccer industry & having developed across a range of sports psychology, match analysis, player development, and sports management - I feel the opportunity to integrate the e-learning facility available from ISSPF into as a federation, club or individual self-development level is of huge benefit. As a FIFA & CONCACAF Instructor & Director of Football I have rarely seen an educational tool as good as this to positively influence individuals across a range of key soccer topics."



Vin Blaine (CONCACAF)

Director of Football & Coach Education, US Virgin Islands Soccer Association, FIFA Coach Educator, US Virgin Islands



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