



www.performancegoalkeeping.com

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Welcome to Performance Goalkeeping Newsletter. In this issue we have a Q&A with Current USA National Team goalkeeper Hope Solo.

We managed to grab Hope for a quick interview/chat about goalkeeping and her career as a pro goalkeeper that has taken her all over the globe with a few interesting stops along the way.

The 2 time Olympic Gold Medalist has been capped 135 times by the US as well as representing her country at every youth level. Currently Hope plays for Seattle Reign of the NWSL. Solo has also played for Seattle Sounders Women, MajicJack, Atlanta Beat, St. Louis Athletica, Olympique Lyonnais, Goteborg, and Philadelphia Charge.

Q&A with Hope Solo, US Women's National Team Goalkeeper.

PGK: We have to get this out the way, you have our own Paul Rogers as your National Team Coach (and he was your club coach in the past), how is that?

Hope: Let's put it this way, my best year of goalkeeping was when I had Paul training me for an entire season working daily to make improvements and adjustments to my game. I saw a major difference working together daily as opposed to meeting only every few weeks for national team camp.

PGK: Can you fill us in on your injury status and when we might see you back on the pitch?

Hope: I had torn the cartilage off of the bone in my wrist. Because it was torn completely from the bone the healing and recovery took longer. But I am fully training and hope to get my first game back in the red, white and blue in these next set of games vs South Korea.

PGK: You have had some pretty major injuries and managed to come back from them (in 2011 going on to win the golden glove at the World Cup), what drives you on to come back, and how hard is it?

Hope: I am motivated by proving others wrong, by overcoming challenges, and by doing the unexpected. I have been this way since I was very young. It has a bit to do with growing up in a small town and much to do with being a product of my environment, as I believe we all are. Being this way gives me that chip on my shoulder that drives me to be the best.

UP COMING PGK COURSES

PGK Course 3, Xavier University Soccer Complex,

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PGK MEMBERS AREA

On our redeveloped site we have many new features. One of the new features is a PGK Members Area. As a PGK member you will get continued updates that will ensure you are on the cutting edge of training methodology, and GK sports science. Our goal is simple: improve your knowledge to become a better goalkeeper and coach. A snapshot of what is included in the member's area: You will find the following in the PGK Members area:

- Goalkeeping Training
- Exercises.
- Goalkeeping Sports Science Information.
- Training Articles and Video.
- Exclusive Interviews.
- PGK Newsletter.
- 10% off PGK Courses and Apparel.
- 15% off GK gloves, kit, and more at www.justkeepers.com

NEW PARTNERSHIP

Performance Goalkeeping would like to welcome its newest partner, Academy Soccer Coach. Academy Soccer Coach or ASC is an online coaching software and resource company. PGK will be switching all its

Cincinnati, OH.
Date: June 29th & 30th & 30th 2013
Time: 10am-12pm and 2pm-4pm both days.

GKONE-PGK Course 1, Hookway Fields, Syracuse, NY.
Date: July 15th & 16th 2013
Time: 9am-1pm

GKONE-PGK Course 2, Hookway Fields, Syracuse, NY.
Date: July 18th & 19th 2013
Time: 9am-1pm.

PGK-Three Lions Soccer, Port Republic MD.
Date: July 22nd to 24th 2013
Time: 5pm-6:30pm & 6:30pm-8pm each day.

PGK Course 4, Campton Indoor Complex, St. Charles, IL.
Date: July 27th & 28th 2013
Time: 10am-12pm and 2pm-4pm both days.

Sign up early as space is limited. To sign up and see additional courses as we announce them visit:
www.performancegoalkeeping.com

documented sessions into ASC formats and using ASC moving forward. PGK and ASC will be bringing PGK Members exclusive offers in the coming months. To find out more about ASC check them out at www.academyfootballcoach.com

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PGK: As we can see you have played for a number of pro teams. How has the women's game developed in the last 10 years, especially for a goalkeeping standpoint?

Hope: I was great when I was 18 because I was so athletic. Athleticism isn't good enough anymore. I take pride in being able to organize a defense to the finest details. At the highest level it is these details that will win or lose you major tournaments. Of course solely shot stopping GKs are a thing of yesterday. GKs of the present must be able to play higher off their line, must be comfortable outside the 18, and must be able to distribute the ball accurately and play with their feet as a 5th defender in order to help possess or relieve pressure off the backs. There is so much more to goalkeeping than what the fans like to see, that acrobatic save. But the intricacies of goalkeeping are endless, just not necessarily seen by a novice or even by a stadium filled with fans.

PGK: And has the International games popularity helped the level on the pitch?

Hope: Of course it has. With the growth in popularity, more federations are putting money into their women's programs, and the direct effect is better competition, making that Cup much harder to attain.

PGK: We know you played as an outfield player.. Do you think this has helped your goalkeeping and what made you stick with being a keeper?

Hope: Playing other sports, and of course playing on the field, has helped me with my overall body awareness, eye hand coordination, and even my touch on the ball.

PGK: What was the hardest transition from college to the pro/International game?

Hope: My ability to stand firm when speaking, and commanding to older, more experienced

PGK: Do you have set pre-game meal?

Hope: No (Please be direct Hope!)

PGK: Do you have and pre-game routines/Superstitions?

Hope: I don't believe in superstitions. At least I like to say I don't. My grandma always told me that you make your own luck and I believe that to be true. However it's hard not to have little quirks that develop. In these last Olympics I had to drink Gatorade in a Gatorade cup, not a bottle on the walk out of the tunnel and onto the field. Once I got to the field I had to toss it on the ground before I stepped across the line. I don't know how these quirks develop but they tend to more when the stakes are high. It's a simple strategy that athletes use to control nerves.

PGK: How do you like to analyze a game you have played in? With your GK coach? How long after? How much video?

Hope: I like to talk about a goal literally right after. Even if its just to learn and then shake it off. I wouldn't advise this as I'm sure many GKs would only get down on themselves. I get utterly pissed and want to know then and there what went wrong. But then I like to watch full game clips within a few days of the game.

PGK: How much information do you like on your opponent before you play them, both the team and the individual players?

Hope: I like to know set pieces. Formation. But not much else really.

PGK: You have done many different things away from the game, do you think you will stay in the game after you are done playing or go into a different area?

Hope: That's the exciting part. What will bring next? So far it's been full of surprises and I welcome the next chapter.

defenders. It takes time to feel comfortable and confident. That's why it takes many years of development for younger players to reach the full team. They may have the skill but remaining mentally even, without having too many highs or too many lows is a skill that is built over time. Consistency.

PGK: What is the hardest situation you have had to deal with in your pro career on the pitch?

Hope: Getting kicked off of my first World Cup team In 2007. It's old news. If you don't know the story, check out Solo A Memoir of Hope.

PGK: How do you prepare for a game at 3-5pm K.O.? What changes for a 7-8pm K.O.?

Hope: I remain the same. I like to stay relaxed but I don't like being cooped up all day. I've seen teammates before World Cup or Olympic Games stay In Their rooms literally all day not seeing sunlight, and only coming out of the room for meals. In Germany for the WC I would walk and meet my family at a local cafe and get some coffee and mingle. I didn't like to get too focused or too tense too early. Friends and family help keep things light at times.

PGK: Who is the toughest forward or the best front line you have faced?

Hope: I think one of the best forwards in the world is Christine Sinclair.

PGK: What has been the biggest change in the modern game or training for you over the years?

Hope: The need for goalkeepers to play off their line and be able to distribute and play with their feet Goalkeepers are no longer just shot stoppers. See above.

PGK: What do you like to do as a pre-game warm up?

Hope: Whatever Paul comes up with! In all honesty I put my trust fully into him. He knows what I need to get focused, feel sharp and break a sweat. However with all that said if our warmup was cut short I'm confident enough to be able to step into a game and play because I know that the mind controls the body.

PGK EXTRA TIME

Coming in future issues: More from Prozone, MLS goalkeepers Q&A, training articles, and much more.

Do you want to Partner with Performance Goalkeeping? If you feel we can benefit each other contact us at info@performancegoalkeeping.com.

We want to hear from you. If you have a good idea for a newsletter or feature, email us at info@performancegoalkeeping.com.

PGK: Any advice for our young up and coming PGK keepers reading this?

Hope: Listen to Paul (this is a great advert for Paul!), BUT always know that all goalkeepers vary a little in technique and playing style. What suits somebody else may not always work for you personally.

PGK: Any advice for our GK coaches reading this?

Hope: For the coaches... Read my advice to the GKs and know that even as coaches we have to find techniques that work for each individual GK.

PGK: What has been the highlight and low point of your career so far?

Hope: My lowlight was 2007 and my highlight was the WC in 2011. It was hosted by Germany and it was by far the best tournament I've played in. Atmosphere, quality of the play by many countries and the worldwide audience was hooked to women's football. We did not win, and I can only hope to be able to retire with a WC trophy.

Profile

Name: Hope Solo

Nationality: American

Date of Birth: 07/30/1981

Height: 5' 9" (1.75m)

Club: Seattle Reign FC

Previous Clubs: Seattle Sounders Women, MajicJack, Atlanta Beat, St. Louis Athletica, Olympique Lyonnais, Goteborg, Philadelphia Charge.

International: USA Full 135 caps, Multiple Youth caps

Position: Goalkeeper

Glove Choice: Nike SGT RS

Boot Choice: Nike CTR

Performance Goalkeeping would like to thank Hope Solo for her time and wish her all the best in the future both on and off the pitch. If you want to keep up with Hope can visit, www.facebook.com/hopesolo and www.twitter.com/hopesolo.



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