



www.performancegoalkeeping.com

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Welcome to the Performance Goalkeeping newsletter. In this issue we have partnered up with soccer analysis software giants, Prozone. In the first of 3 statistical looks at top level goalkeepers, Prozone have provided us with some English Premier league insight. Prozone provide analysis to many top professional clubs and associations including Manchester United, Real Madrid and both the German and Dutch National teams. You will see more from PGK and Prozone in the coming months and more insight from them in the PGK Members area, Join [NOW](#).

PGK 2013 COURSE LINE UP

PGK Course 1, Maple Grange Park, Vernon, NJ.
Date: April 27th & 28th 2013
Time: Sat 12pm-2pm and 3:30pm-5:30pm
Sun 11am-1pm and 2:30pm-4:30pm

PGK Course 2, Gametime Sports, St. Peters, MO.
Date: May 18th & 19th 2013
Time: 9am-11am and 1pm-3pm both days.

PGK Course 3, Xavier Uni Soccer Complex, Cincinnati, OH.
Date: June 29th & 30th & 30th 2013
Time: 10am-12pm and 2pm-4pm both days.

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

To sign up and to see additional courses as we announce them visit www.performancegoalkeeping.com

Coming Soon

PGK in conjunction with GKONE will be running multiple training courses at Syracuse University in July. More courses will be added throughout the year and a couple of joint ventures. More to follow!

PGK Updates

First we want to congratulate PGK's John Cone on his new position at Portland Timbers, John is the MLS clubs new Director of Sports Science. John also has a fantastic company you should check out www.fitfor90.com

We also want to mention Phil Wheddon and his continual coaching

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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

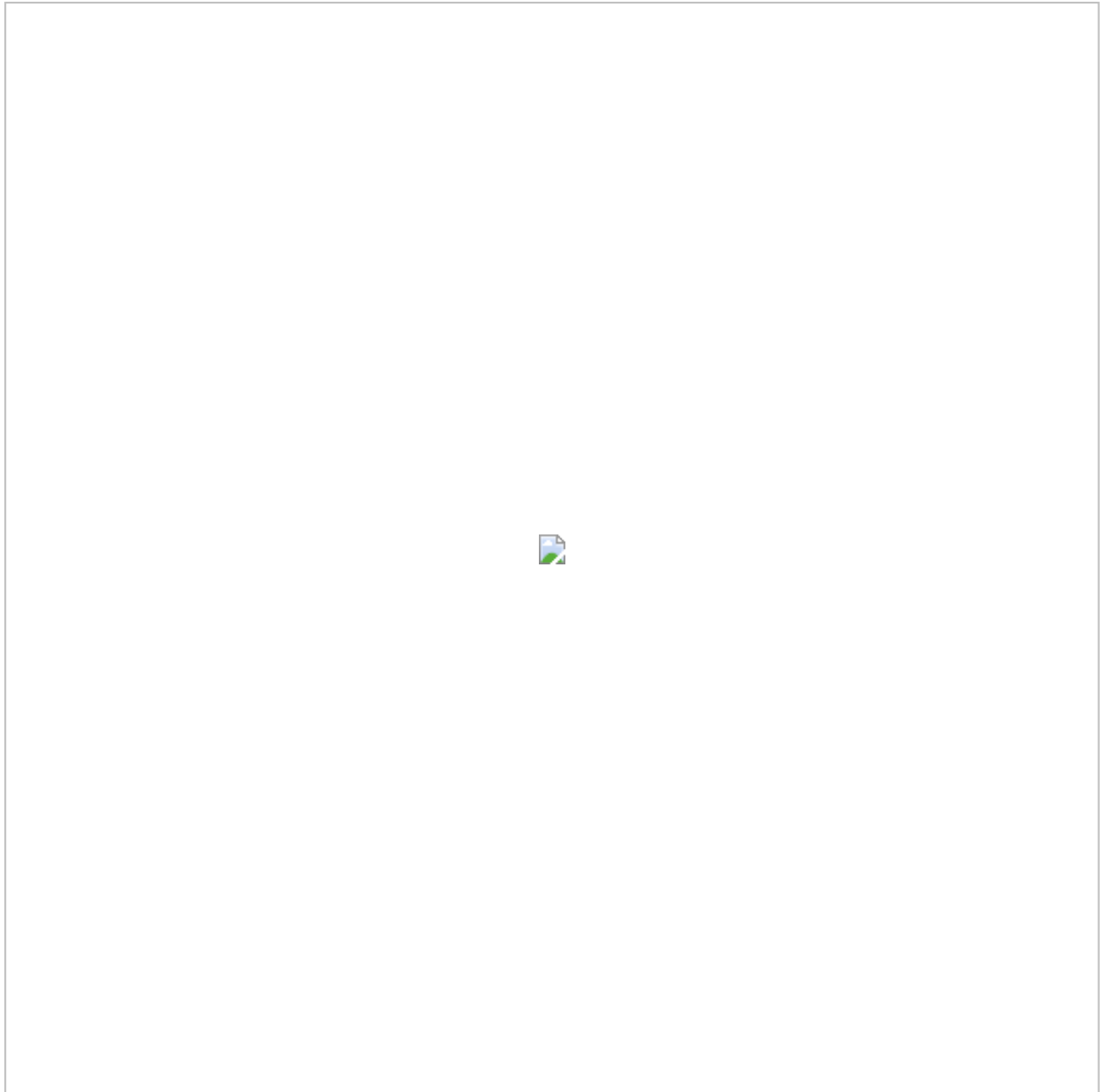
with the US youth teams. Phil has just returned from La Manga in Spain where he was coaching with the U23's and the U20's. You can follow Phil on Twitter [@PhilWheddon](#).

And lastly, congratulations to PGK's Paul Rogers and the US Women's National Team for winning the Algarve Cup and only conceding one goal in the whole tournament.

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- Exclusive Interviews.
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Prozone Goalkeeper Analysis

Below you will see a detailed comparison between four of the Premier Leagues top goalkeepers, Howard, Hart, Guzan, and De Gea. In this the first of Prozone issues you can see the handling situations for the four keepers (all numbers are 'averages per game').



So how might this help us?

If we look at the corners stats, it shows that at this level coming for and then catching corners is tough and punching is happening more often. So as GK coaches and GKs we need to work on punching when dealing with corners in training not just catching. In training we often work under minimal pressure so catching becomes easier, in the game with dead ball specialists and well

planned corners we will come under a lot more pressure from the serve and the number of players challenging. This stat shows with these GKs and at that level covering punching is key with regards to defending corners.

In relation to the corners, coming for crosses is the opposite for these GKs, they are catching more then they punch. Why? GKs positioning, type of service, the GK is in more control of the space the ball is crossed into, and what type of pressure is the player on the ball under. So when we are working on crosses we need to make sure we work on positioning, reading the player crossing the ball, and asses the situation in the box early. On top of all this replicate the different areas the cross is coming from, and the type of cross coming in (bent in/away, driven, floated, low or high). What else does it tell you?

PGK would like to thank Prozone for the information and support. Look out for more PGK and Prozone issues in the future.

Prozone is not only for the International and Professional teams, Prozone also work with over 80 collegiate programs in the US providing affordable solutions for both coach and athlete.

For more information

Call: 1-312-528-1259 Email: enquiries@prozonesports.com Twitter: @ProzoneSports

www.prozonesports.com

PGK Extra Time

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 form you. If you have a good idea for a newsletter or feature, email us at info@performancegoalkeping.com.

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