



www.performancegoalkeeping.com

December, 2012

Welcome to the Performance Goalkeeping newsletter. In this months addition we have a lot to talk about. We have just gone live with the new version of our website www.performancegoalkeeping.com. The new site has a whole new look, more content, a GK sport science area, and a brand new Members area. Please take a minute to take a look around it and feel free to give us feedback.

Also in this issue we have a Q&A with San Jose Earthquakes goalkeeper, Jon Busch. You can read through the first half of the interview, and to read more join the PGK Members area.

Q&A with Jon Busch, San Jose Earthquacks Number 1

Our main feature this month is a Q&A with former USA U17 GK, U20 GK, 2008 MLS GK of the year and current San Jose Earthquakes Keeper Jon Busch. We managed to grab Jon for an interview, chat about his career as a pro Keeper, and his goalkeeping glove company HP Goalkeeping.

What was your path into the Pro game and to San Jose first team?

I spent 5 years in the USL getting games before the Columbus Crew drafted me. After 5 years in Columbus I was traded to the Chicago Fire. I spent 3 years in Chicago before I was traded to San Jose. I have been here for 3 years now.

What was the hardest transition from the college game to the pro game, if you can remember back that far?

Ha-ha it was a long time ago, over 16 years. The biggest thing was the pace of play. Everything was much quicker then the college game. It took me some time to get use to the pace of the game.

So you are 36 now Jon! How has your approach to the off-season and pre-season changed?

I have found, as I have gotten older I need to take a little time off right at the end of the season. I usually take 2 weeks away from any kind of working out. This allows me to decompress and step away from soccer. Once that time is done I start working out in the gym again. I really don't like to take too much time off because as you get older it takes longer to get going again after a long break. I usually don't start any type of goalkeeper training until 3 weeks before preseason starts. Our preseason is 9 weeks long so that is plenty of time to get myself sharp so I don't need to do too much GK training before then.

We are sure you get this a lot, at 5'10" you are on the shorter end of what is typically thought of for a GK, has this

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New 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

A Big Thank You

effected your career, training or approach to the game?

Yes I have heard about my height since I was with the US U-17 National team. I have had to work very hard on dealing with crosses and having bodies around me and bumping into me.

I have constantly had to prove people wrong and show them that I could handle the high balls even with the lack of size.

UP COMING PGK COURSES

Performance Goalkeeping has two more goalkeeping courses available in 2012. The 2013 schedule will be out soon.

PGK Course 7, Xavier University Soccer Complex, Cincinnati, OH.

Date: November 24th & 25th 2012

Time: 10am-12pm and 2pm-4pm both days.

PGK Course 8, UNC Chapel Hill Hooker Fields, Chapel Hill, NC.

Date: December 28th & 29th & 30th 2012

Time: 10.30am-12.30pm and 2.30pm-4.30pm each day.

To sign up go to www.performancegoalkeeping.com

The Soccer Lovers at Anchor helped us improve our brand and designed a new web site complete with a members area for premium content. For more information on Anchor Communications & Digital Services, visit www.Anchorstl.com

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How do you prepare for a game at 4-4:30pm K.O.? What changes for a 7:30-8pm K.O.? Any Superstitions?

The biggest difference when you have an afternoon game is that I don't really have time for a nap, so I try to sleep in a little bit more in the morning. When we play an evening game I usually get up around 9am and take a nap around 12. I don't really have any superstitions; I do like to get to the stadium early so that I can get into the groove of game day.

What is a typical in season training week look like for you when you have one game a week?

Monday is always plyo and handling day. I have a weighted vest that I wear during this session so that I really work on my explosiveness. Tuesdays are more handling and shots, both from the middle and angles. Wednesdays are high balls and crosses. Thursdays are a little lighter with handling and distribution. Friday is a light day, simple handling, some work with the back line and some shooting at the end. I try not to do too much the day before a game. Most of my work is done early in the week, Monday thru Wednesday.

What is a typical in season training week look like for you when you have two game week?

When we have 2 games a week, the days in between games are a bit lighter to make sure I recover for the next game. I won't use the weight vest any week we have 2 games a week.

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

There have been so many of them; it is hard to name only one. Brian McBride was one of the best pure finishers I have ever seen.

What other goals or ambitions are you looking to reach in your career, coaching, management, play into your 40's?

First I want to play as long as possible and as long as my body will allow me to. After that I want to be a full time GK coach, maybe with an MLS team.

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

The biggest thing for me is making sure I don't over due it when training. I have a hard time getting off the field during the week because I love to train. So as you get older you have to learn to listen to your body more.

To see this interview in full, please visit www.performancegoalkeeping.com and sign up for our member's area.

PGK would like to thank Jon Busch for his time and wish him all the best in the future. If you want to know more about Jon and the HPG Brand you can visit, www.hpgoalkeeping.com.

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.

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