



# PERFORMANCE GOALKEEPING

## GOALKEEPING SIMPLIFIED

**PGK Newsletter July 2012**

**Issue 10: Q&A with Richard Lee, Former England U21 and Current Brentford FC Goalkeeper.**

### **What was your path into the Brentford first team?**

I was previously with Watford since the age of 10 and other than a brief stint on loan at Blackburn Rovers as understudy to Brad Freidel I've spent the majority of my career at Watford. Unfortunately I lost my place in the team and knew I needed to leave in order to play first team football, thankfully Brentford showed interest and it's enabled me to not only play but also play some of the best football of my career.

### **You played for England U21's, what are some of the differences from the club game to International game for you?**

I played for England twice, so perhaps not quite enough to give a fair reflection although something that is apparent to me is that the higher you go the less you have to deal with strangely! I think it may have something to do with the quality of the teams you face in that they rarely pump balls into the box and their play will be quite intricate and incisive before playing the 'killer' ball. I've played in a couple of Premier league games in particular where I've feel like I've barely touched the ball but conceded 4 goals!

### **So you are back in pre-season for Brentford, how long did you get off this summer and what is a general break down of preseason for the GK's at Brentford?**

This season we got 7 weeks off so I spent a couple of weeks in Florida and allowed the body to recover after what was quite an intense season. As I write this we're at a sports complex in Germany partaking in some very intensive training mixed in with a few games. The general schedule of pre-season is 4

weeks of very hard training, followed by two/three weeks of tactical play preparing us for the season ahead. The keepers will generally go off and do fitness work with the 'keeper coach.

### **We understand you are into and have a good understanding of fitness, in-season what is a typical week for you of training? On the pitch and in the gym etc?**

I will try and do some gym work every day and I try to ensure that gym work is power or speed based. So Olympic lifts are very good for a goalkeeper, skipping is also very useful. The work we do on the pitch will depend on when our game is, in a normal week where we only have one game I will do intensive work early in the week and more technical work later in the week (Crossing and kicking etc)

### **How do you prepare for a Saturday game 3pm K.O.? What changes for a 7pm K.O.? Any Superstitions?**

Sleep and what I eat is very important to me. I insist on having a very early night in the night leading up to a game and lots of vegetables, chicken, brown pasta and water (Amongst other healthy food) in preparation. I used to have superstitions (A 'lucky' stone) but I haven't had one for a long time.

### **What has been the highlight and low point of your career so far?**

Highlight is a tricky one, playing against Manchester United at both Old Trafford and in the FA cup semi-final were both huge however I would choose a more recent game when we (Brentford) faced Everton and came out the victors on penalties. It



# PERFORMANCE GOALKEEPING

## GOALKEEPING SIMPLIFIED

was arguably the game of my life. (Highlights can be seen at [www.soccercredits.com](http://www.soccercredits.com))

My low point would have to be losing to Hull City in the play offs in 07/08, I made a mistake for a goal and it affected me for a while but in hindsight certainly strengthened me.....

To see this interview in full, please sign up for our member's area. Sign up now for just \$49.99 a year to gain full access to the 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, including
  - Dynamic Flexibility Warming
  - Strength Training
  - Power Training
  - SAQ Training
  - Recovery Training
  - Fitness Training
  - Nutrition
  - Periodization
- Training Articles and Video
- Exclusive Interviews
- PGK Newsletter
- Archives of all PGK work
- 10% off PGK Courses and Apparel
- 15% off goalkeeping gloves, kit, and more at [JustKeepers.com](http://JustKeepers.com)