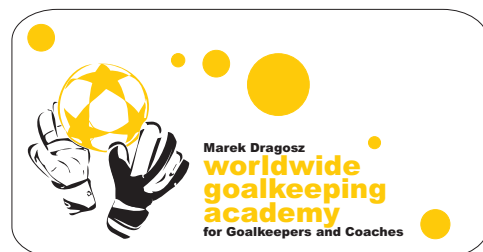


Psychodynamic exercises in goalkeeper training



Marek Dragosz





Psychodynamics is a term used so far only in psychology, especially in one of the major schools of psychology, which emphasizes the dynamic forces that govern human personality. Theories of Personality called behavioral recognize that man over his entire personal and social development, as a result of the impact of positive and negative stimuli , learning different forms of behavior and reaction, and learning is reinforced or undermined by a system of penalties and rewards. Learning and experience influence who they become. In short - it is what a man, how it behaves, we can have an impact from the outside, through its environment. As a result of

this thinking if we are to develop certain characteristics in humans, we need to make the environment appropriately influenced him, enabling him to the development of these traits. Do you want to create the perfect man - create an ideal environment for him. Do psychodynamics can be "translated" for football? Certainly yes - if you study what connects reasoning and movement, and how many calls of this type occurs in the game of football. In psychodynamic exercises we can train in a player 's ability to make decisions and changes as soon as possible, depending on the number of emerging external stimuli - visual, auditory and tactile.

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To meet the demands of modern football players should be sought not only physically, technically and tactically gifted, but also "mentally capable", those who have a high speed "mental", subjected to thousands of stimuli of different natures are able to react in the correct manner and as quickly as possible.

Football is a game in which the course outside the rules, nothing is fixed. In fact, the main feature is its unpredictability. At any time collide with new situations and circumstances in which the player must report and give an immediate response. Fluctuations or even small distractions will not allow a favorable outcome of the match. Of course, you do not just answer, you need to answer correctly. Accordingly to the technique, tactics and physical training, there is a need to develop a synergistic manner "mental preparation" athlete, which consists of memory, perception, ability to concentrate and analyze the situation. In psychodynamic exercises for the players will seek opportunities to

stimulate the capacity to acquire and read the situation, the ability to focus on what is really important and anticipation, the ability to find a solution as soon as possible. These possibilities, of course, we have stored in their DNA, they are "true quality", but still can be better, so we can train and stimulate the players combining both technical preparation, tactical and physical elements of stimuli that affect the efficiency of psychotherapy.

When configuring resource psychodynamic training should develop one that will play the situations most likely to be solved, but forcing the player to think and to answer correctly to receive stimuli. In time, the player will gain experience, which will then be used automatically during the game. Classes, initially, it should be easy to solve, and maybe even fun to wear signs to avoid rejection by the attitude of the players. Then, when they already gain some experience, these exercises should become more and more difficult.

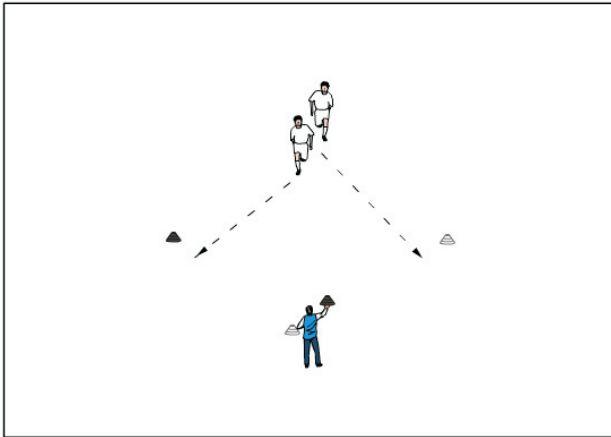


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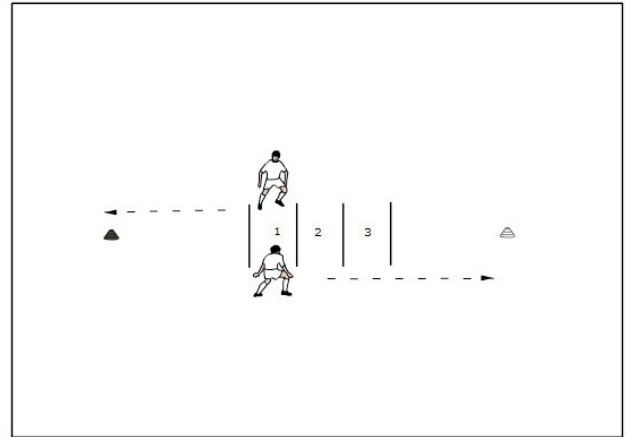


In practice it is known that the most appropriate moment for the exercise of this kind is the initial phase of training, immediately after the warm-up, when the players are tired, and so alert and focused. Exercise psychodynamic related to technique and tactics, requiring justification are often very complicated, so it should be carried out in the period just before, or just after the match. In turn, those associated with the preparation of the physical require lower "mental justification", in particular those capable of stimulating exercises responsiveness and speed of operation can also be carried out during the time before and after the match. It is very important to the success of any psychodynamic exercise is the relationship that develops between the coach and players. We should try to give

the proposed contents of an open mind, marked by trust and clarity to the exercise. Coach paying attention to detail should strive to be - especially in the beginning - there was not much in the way of solutions. It is worth to observe players to have the knowledge to develop solutions to potential problems. The enthusiasm of the team is the key to continuing to work, it is that at the beginning of exercise were as easy and enjoyable, perhaps in the form of games and competitions. This is the starting point for a gradual process, consisting of small, perhaps even daily, and always new goals, because human intellectual capabilities are virtually limitless. The proposed exercise should be progressively more demanding, while the memory of the terms described above.



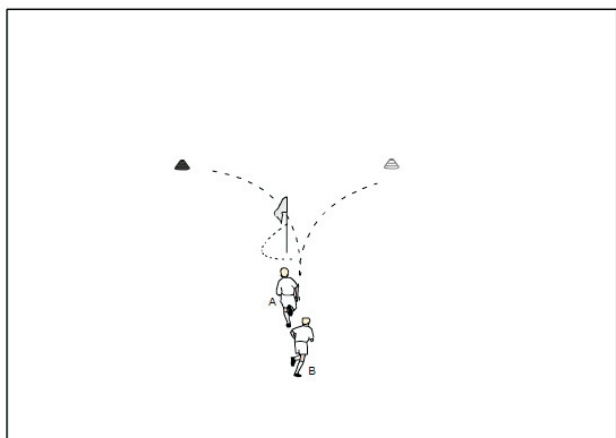
In the simplest form of the two players in the race are moving towards a coach waiting for his signal. This by any means indicate the direction of a signal for the first of the players. It can determine the direction of pointing a hand-held marker, use verbal commands specifying the color or the page may also make the body move in the desired direction. The second of the players, depending on the tasks delineated in the signal going in the opposite direction from the first player, moving in the same direction, or even trying to catch the fleeing partner. There may also be a starting positions and pace before the signal. Exercise can be done with or without the ball.



The two players move in a certain way (eg. skip) in restricted areas gymnastic sticks or other equipment. Change the zone in response to signals trainer or one of the partners in the fastest possible way. In another sign of the coach take off in the direction of a specific marker. The coach (or player) can use the commands associated with the color of the tag (eg. "red" "yellow"), direction ("left" "right") or indicate the gesture. We use a variety of tasks for the players. They run in the same direction, they can compete in opposite directions to each other. In the final phase of the exercise is indicated contact with the ball.

Psychokinetic approach does not accept any form of indoctrination on the concept of the body. We live with our bodies. Socio-cultural anthropology in which we live is fused with the processes of internalization, identification and introjection, causing a gradual awareness of physical well-being.



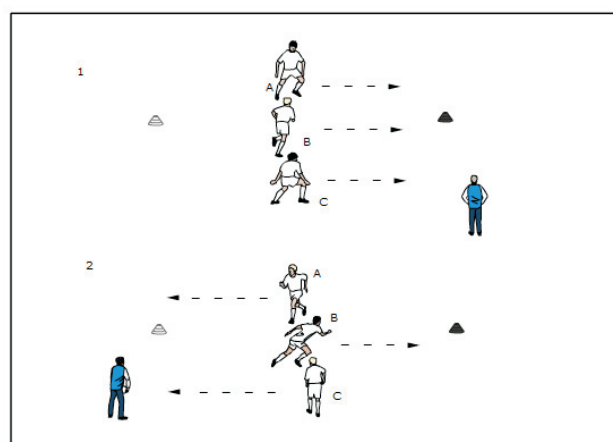


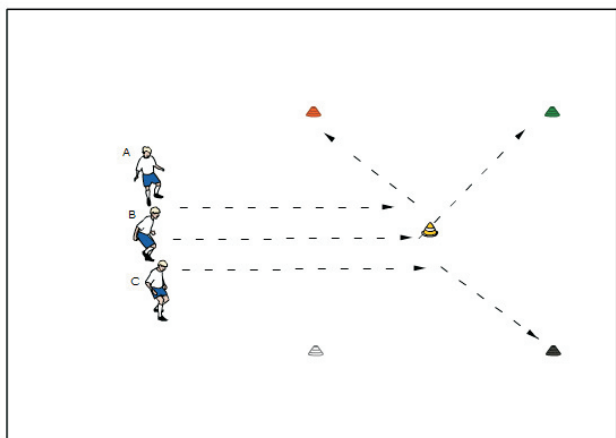
Two players running in a certain way one after the other (as shown). The first of these changes the direction of its run in response to the signal trainer or one of the partners in the fastest possible way, starting in the direction of a particular marker, however, after running around the center flag. The second responds to the signal directly. The coach (or player) can use the commands associated with the color of marker (eg, "red" "yellow"), direction ("left" "right") or indicate the gesture. We use a variety of tasks for the players. They run in the same direction, they can compete in opposite directions to each other, go around the middle flags can be a task only for the other players, or to both. In the final phase of the exercise is indicated contact with the ball.

Three players are on standby in the space between the marks of two different colors (as shown). In reaction to signals from the coach or one of the partners in the fastest possible way to compete in a certain direction. The coach (or player) can use the commands related with the colors of markers (eg, "red" "yellow"), direction ("left" "right") or indicate the gesture. We use a variety of tasks for the players. Can extend in the same direction (e.g. version 1 in the figure, any amount may compete in two opposite direction to the third partner (e.g. version 2 in the figure). In the final phase of the exercise is indicated contact with the ball.

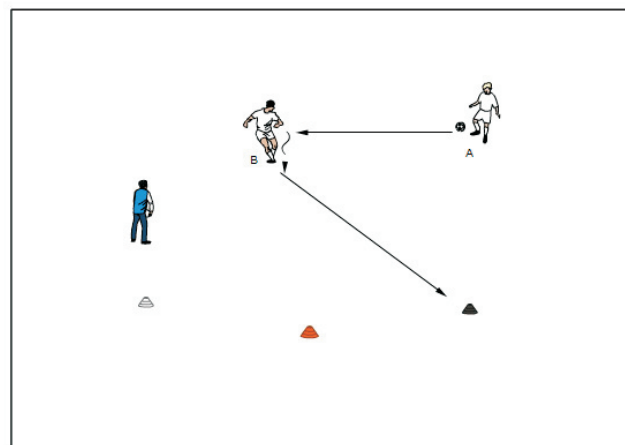


The two players are on standby in the space limited by the number of different labels in different colors (as shown). In response to signals from the coach or one of the partners in the fastest possible way to compete in a certain direction. The coach (or player) can use the commands related with the colors of markers (eg, "red" "yellow" "green" "blue"), direction ("left" "right" "front" "back"), indicate a gesture or specify the number of tag ("one" "two" "three" "four"). We use a variety of tasks for the players. They run in the same direction, they can compete in opposite directions to each other, one of them may tend to marker adjacent to the selected partner. In the final phase of the exercise is indicated contact with the ball.

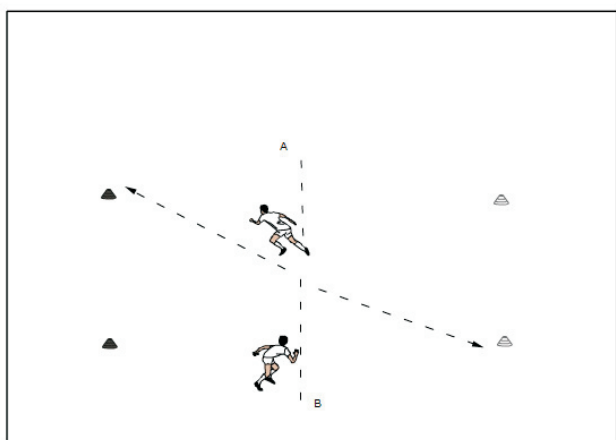




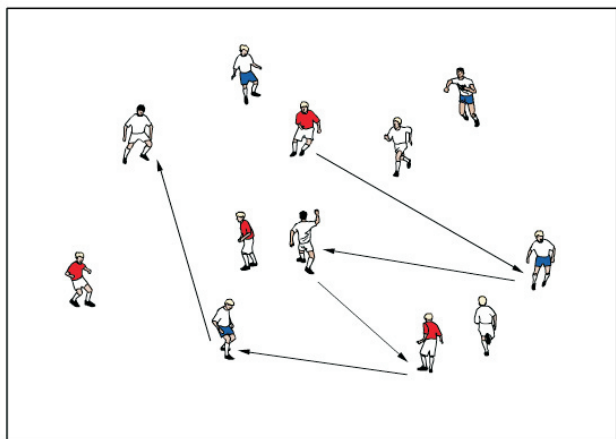
Three players lined up in ready as shown. The fastest possible way to take off in the direction of the center marker and there reacting to signal the coach or one of the partners change the direction of the run. The coach (or player) determines the direction of the run only for player B, and can use the commands related with the colors of markers (eg, "red" "yellow" "green" "blue"), direction ("left" "right" "front" "rear"), indicate a gesture or specify the tag number ("one" "two" "three" "four"). The task of the other two is run in the direction of neighboring marker with the tag specified for player B. For player A will is a marker "left" and the player C "on the right" signal from the tag indicated the coach or partner. In the final phase of the exercise is indicated contact with the ball.



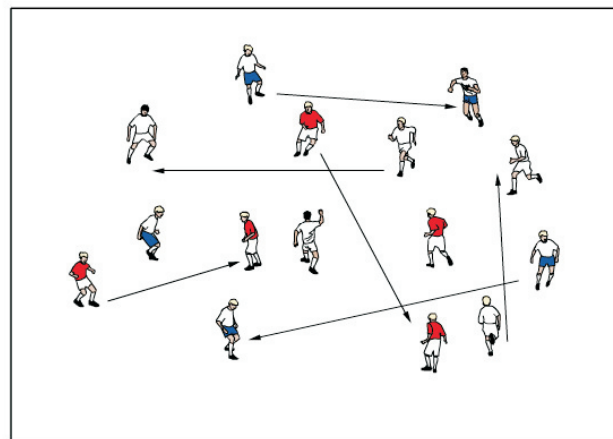
Two players lined up as shown. One of them after receive the ball after a pass from a partner who gets a specific signal in the direction of the coach or one of the partners in as fast and precise method. The coach (or player) can use the commands related with the colors of markers (eg, "red" "yellow"), direction ("left" "right" "agent") or indicate the gesture. We use a variety of tasks for the players. They can strike toward a specific command in the direction of marker on the right side of the specified marker, can lead ball in a certain direction, can we determine the color of marker before hitting or running the ball.



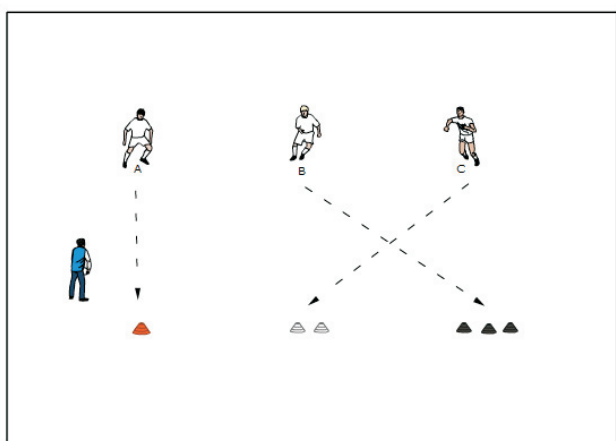
Two players run in a certain way in front of each other. In the middle of the space delimited tags (as shown) change the direction of its run in response to the signal trainer or one of the partners in the fastest possible way, starting in the direction of a specific marker. The coach (or player) can use the commands associated with the color of the tag (eg, "red" "yellow"), direction (eg, "left-front" "right-to-back") or indicate the gesture. We use a variety of tasks for the players. They run in the same direction, they can compete in opposite directions to each other, one of them may tend to tag adjacent to the selected partner. In the final phase of the exercise is indicated contact with the ball.



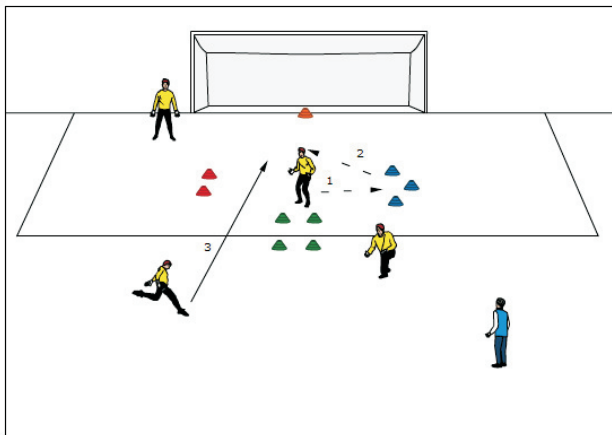
Three groups of players on a limited field of play. Each group has a different color shirts. They perform passes according to specified schema (eg, "white" - "red" - "blue"). In the next phase can be incorporated into subsequent passes the ball while increasing intensity, the concentration level automation applications and speed decision making.



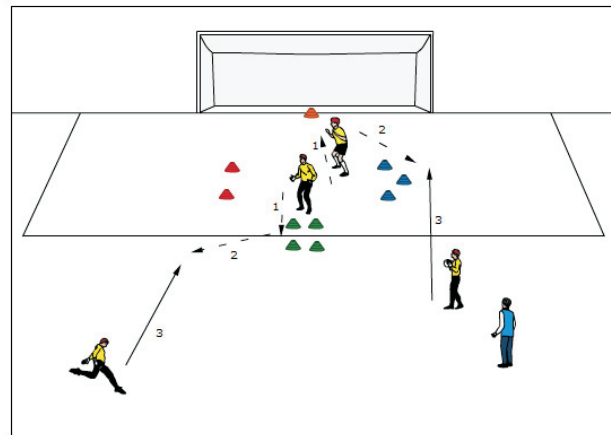
Three groups of players on a limited field of play. Each group has a different color shirts. Players should only perform within their own groups. In the next phase can be incorporated into subsequent passes the ball while increasing intensity, the concentration level automation applications and speed decision making.



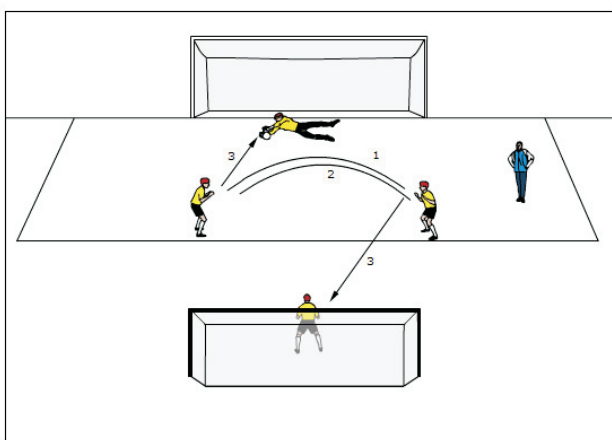
Three players lined up in ready as shown. In response to the signal trainer or one of the partners in the fastest possible way to compete in a certain direction. The coach (or player) can use the commands related with the colors of markers (eg, "red" "yellow" "green"), direction ("left" "right" "front"), indicate a gesture or specify the tag number ("one" "two" "three"). We use a variety of tasks for the players. They run in the same direction, one of them may tend to marker adjacent to the selected partner, freely defined two can compete in a direction other than a third of the partners (eg version of the figure). In the final phase of the exercise is indicated contact with the ball.



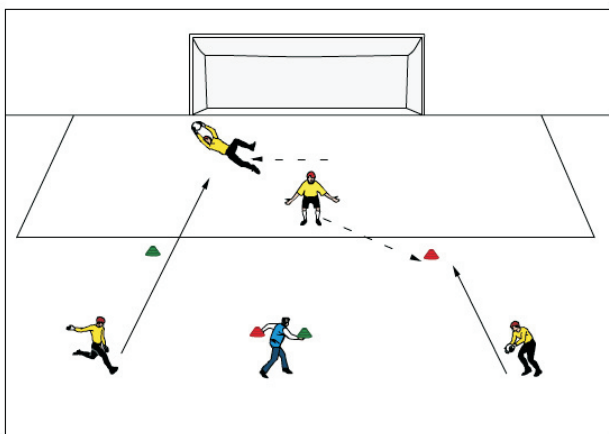
Set as shown. On the coach's signal, or one of the partners - goalkeeper comes to a particular signal place (1) and returns to take the appropriate position (2) to defend a shot by a partner (3). We use different signals (red-green-blue-yellow, right-left-front-back, one-two-three-four) verbal and visual. Similarly, all subsequent exercises presented here and their variations, which depends on the coach's inventiveness.



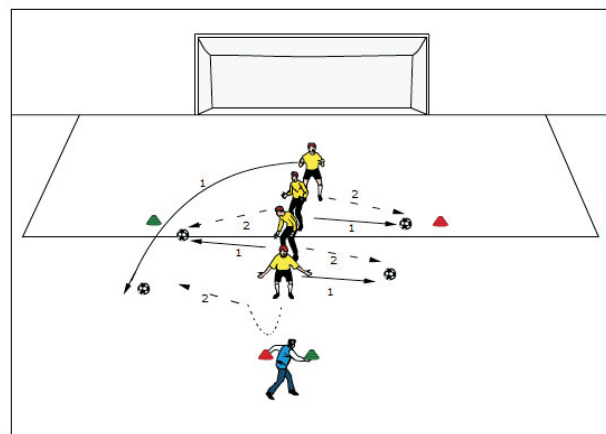
Set as shown. Practicing at the same time two goalkeepers. At a signal from the coach, the first of goalies comes to a particular signal place (1) and adequately reduces the angle (2) to defend a shot by a partner (3). At the same time - which is the back - the second goalkeeper - the signal responsive to a trainer, with the exception that the partner is dependent ahead. Type specifies the coach. For example, if the first is designed to run in the direction of "forward" and the other will run at the same time in the "rear". If the first in the "four" is the second in the "one less" or in this case "three". Invention tasks and signals must be to coach.



Set as shown. Two goalkeepers exchange passes legs or hands, two balls at the same time (1.2). At a signal from the coach ("right-left" or other if we denote the goal colors or numbers) goalkeepers strike towards a particular goal kick or throw hand (3). Goalkeepers in gate remain in constant readiness to defend.



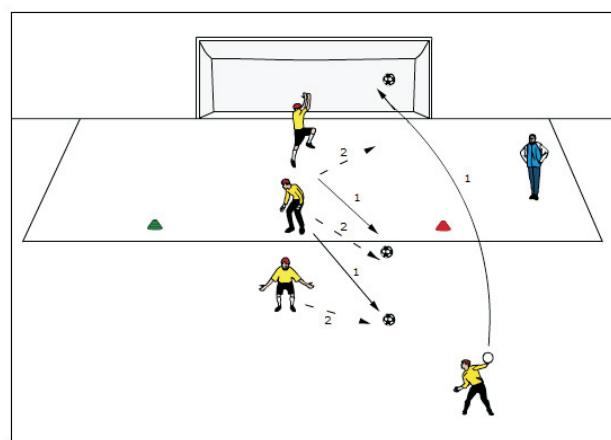
Set as shown. Practicing at the same time two goalkeepers. On the coach's signal, or partner - the first of the goalkeepers attacks thrown, kicked, or kept by the partner ball in a certain spot signal. At the same time, being on the back of the second goalkeeper also responds to signal the coach, with the exception that, contrary to the partner in front of him. Type of signals defines the coach.

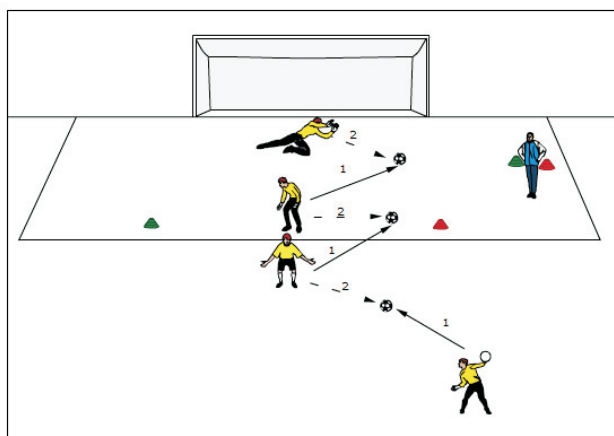


Set as shown. At a signal from the coach ("right-left" or other if we denote the directions of colors or numbers) Goalkeepers - except the last one in a row - held in the hands of throwing the ball in the directions specified by the trainer (1) and as soon as possible by attacking the ball thrown by a partner before each trying to catch it (2).

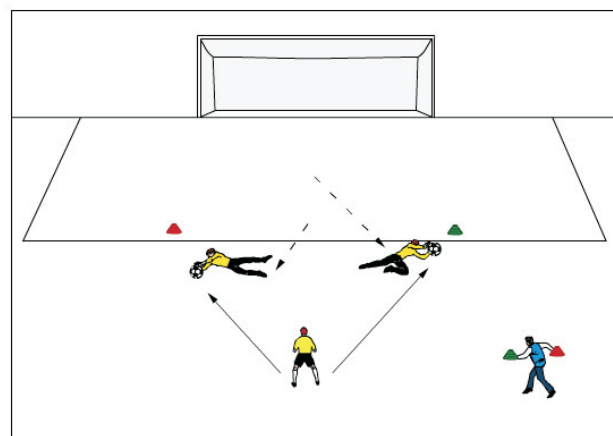
The last in a row throwing lobs to first (1) that after the return of the partner catches the ball (2). The figure shows an example of guidelines laid down by the coach: first and third goalkeeper throws the ball to the left, the second - to the right, the fourth - to the right up.

Set as shown. The first in a row without the ball. At a signal from the coach ("right-left" or other if we denote the directions of colors or numbers) two goalkeepers (second and third in a row) held in the hands of throwing the ball in the directions specified by the trainer (1). The first and second in a row as soon as possible by attacking the ball thrown by a partner in front of him trying to catch it (2). The fourth goalkeeper shoots or throws the ball towards goal, forcing the the last to intervene in a row (1). Goalkeepers are in constant readiness to react.



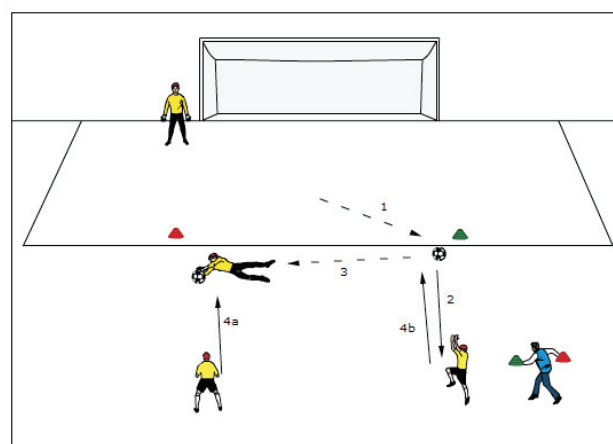


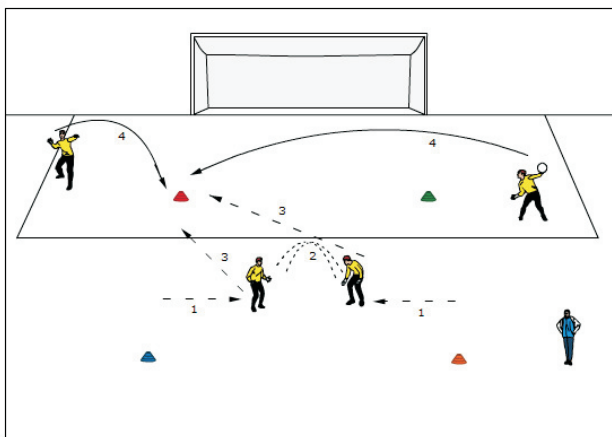
Set as shown. The last in a row without the ball. At a signal from the coach ("right-left" or other if we denote the directions of colors or numbers) two goalkeepers (first and second in a row) held in the hands of throwing the ball in the directions specified by the trainer (1). The second and third in a row as soon as possible by attacking the ball thrown by a partner in front of him trying to catch it (2). The fourth goalkeeper shoots or throws the ball in the foreground forcing the first goal in a row to attack the ball (1). Goalkeepers are in constant readiness to react.



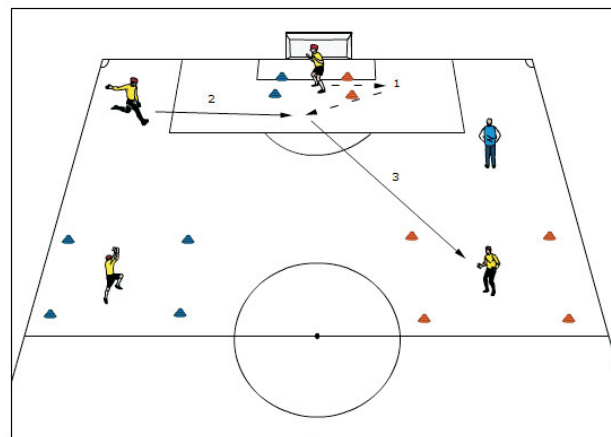
Set as shown. One of the goalkeepers set to face the two partners has two balls. At a signal from the coach or one of the goalkeepers ("right-left", "green-red" or other if we denote the directions stated) throws them in two different directions. First of goalkeepers attacking that which described the coach, the second - on the contrary to the first. Goalkeepers are in constant readiness to react.

Set as shown. One of the goalkeepers set to face the two partners. At a signal from the coach or one of the goalkeepers ("right-left", "green-red" or other if we denote the directions otherwise) starts the ball still located a specific signal (1) and throws it to one of the partners (2). As soon as you take the position that allows him to react quickly enough to shot, pass or carry the ball both partners and waits for another signal trainer. Can intervene both played that before the moment of whom threw the ball (4b) and the other partner (4a).

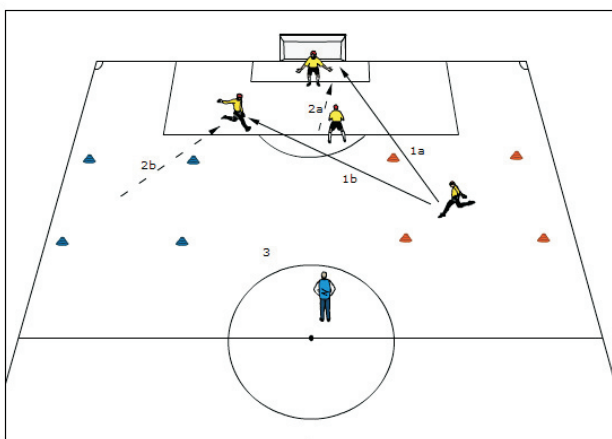




Set as shown. Two goalkeepers, each of which has a ball, set inside a quadrilateral with vertices marked with different colors (or otherwise if they denote different directions). On the coach's signal, both run into the quadrangle and shall pass a hand or foot. In another sign of the coach ("right-left", "green-red" or other if we denote the directions otherwise) leave the ball and move in a certain direction to grab a ball thrown by the other two goalkeepers. Since the invention of the coach depends on the amount and type of other solutions. For example, the internal signal keepers can move in opposite directions, as in the previous exercises. They also do not leave balls and give them to partners outside.



Set as shown. One of the goalkeepers set facing the serving partner. At a signal from the coach or one of the goalkeepers ("right-left", "green-red" or other if we denote the directions otherwise) runs towards the penalty area in a certain color (1), after which intervenes after playing partner (2). Then a long pass over the manner specified by the coach passes the ball to a partner located in the central zone of the pitch. Since the invention of the coach depends on whether the state will have to hit the partner are specified color the same as the one near the goal, or the giving will have to wait for another signal.



Set as shown. One of the goalkeepers from the zone, which signals the coach shoots (1a) or given in penalty area (1b) to a partner running out from the opposite zone (2b). This or trying to finalize the action 1v1 or given to the fourth goalkeeper and he ends the action shot. When the first of the goalkeepers immediately opt for a shot, the fourth of which puts pressure on defending, trying to strike the ball after a possible error (2a).

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MAREK DRAGOSZ UEFA A licensed football coach. Specialist goalkeeper training.

Lecturer, speaker and participant in numerous courses, training courses, seminars and conferences for coaches in Poland and Germany, USA, Holland, England, Italy, Spain, Belgium, Hongkong and the Czech Republic. Participant UEFA Study Group Scheme in Brussels - Gent (Belgium). He lectured, among others during the SSA International Football Festival in Indonesia, Goalkeeper Clinic Anglo Chinese Junior College in Singapore, Goalkeeper Trainers Coaching Course in Kenya and practical sessions for Asociación de Fútbol Bávaro Punta Cana in Dominican Republic and Goalkeeper Development Week in Nigeria.

Completed the program KNVB World Coaches.

Certificate holder of the Dutch and the English Football Association.

Participant internships training in Lechia Gdansk, Zagłębie Lubin, Legia Warsaw, Cracovia Cracow and Wisla Krakow (all in Poland), AIK Stockholm (Sweden), MSK Zilina (Slovakia), FC Porto (Portugal), Swindon FC (England), FC Honka (Finland), Panathinaikos Athens (Greece), Chievo Verona (Italy) and Red Bull Salzburg (Austria).

Head coach National Polish Team AMP Football (players after amputee legs).

Founder of the Worldwide Goalkeeping Academy (former Goalkeeper School KeeperLeo) in Poland. Co-founder

Goalkeeper School "Goalkeeper Cameroon" in Cameroon. Co-founder Goalkeeper School "KeeperLeo Goalkeepers World School" in Kenya.

Founder Association For Development Goalkeeper Training In The World.

Author of the international project "Goalkeepers World".

Creator of many events and charities related to children and sport.

Collaborator specialist thematic portals involved in football in many countries of the world (India, Kenya, Brazil, Italy, United States, Hungary, England, Slovakia, Spain, Portugal, South Africa, Turkey).



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