



# **COACHING PROGRAMS 2016**

***Paul Jones Goalkeeping Academy***

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## Introduction

Goalkeeping is a specialised position that requires a certain type of player and of course requires specialised training within the techniques and fundamentals of the game. The aim of the Paul Jones Goalkeeping Academy is to ensure that the sound principles of Goalkeeping are taught in an environment where players can function from sound coaching principles of development.

It has long been the ambition of the Academy to supply a source of training to young aspiring goalkeepers who wish to learn the unique skills required and have the desire necessary to be the best they can. Many goalkeepers over the years who have been part of this program established by Paul Jones have gone on to achieve success at State representative level, National league level, and International level.

The unique part about this program is that goalkeepers aged from 9 years of age can commence immediate training under the direction of a Paul Jones Goalkeeping Academy coach. This will allow the player to start learning the unique skills that are required to become a football goalkeeper in a safe and enjoyable environment.

**Mitch Langerak**  
**Socceroo**  
**Borussia Dortmund**



Paul Jones Goalkeeping Academy director Paul Jones has been coaching goalkeepers of the highest standard since 1985. The Paul Jones Goalkeeping Academy program was officially launched in May 1987 and since then has been working with many talented goalkeepers throughout the state, placing them in a professional training environment. Paul Jones Goalkeeping has produced more than 22 international goalkeepers and currently has 7 goalkeepers signed with A-League clubs around Australia.

The Paul Jones Goalkeeping Academy program covers all aspects of the goalkeeping position including areas such as technical, tactical, psychological, nutrition, strength and conditioning just to name a few. No stone is left unturned by the Academy staff to help goalkeepers that are serious about improving their game.

Paul Jones Goalkeeping will assist dedicated players that have the desire and ambition to improve and have the dedication and conviction to want to establish and achieve goals.

## **Academy Director & Head Coach Paul Jones**

Paul Jones is a former Under 23 and Young Socceroo international goalkeeper who has been a specialised goalkeeping coach for more than 23 years Based in Canberra Paul Jones has worked with junior and senior goalkeepers from club level to international level.

Paul's coaching experience started in 1987 then moved to the position of Australian Institute of Sport goalkeeper coach in 1987. This was a position that Paul held for more than 20 years before moving to England. On his return he was drafted straight back into the position of national coach for women football.

Since 1987 more than 22 goalkeepers coached by Paul have gone on to represent their country both in men and women's football. In addition to this since Paul left the Australian Institute of Sport Paul has had 4 goalkeepers move from local league competition to train with the AIS. Currently there are 7 goalkeepers coached by Paul that are signed with A-League clubs.

The Paul Jones has produced 22 International goalkeepers, most recently Mitch Langerak (Borussia Dortmund) & Adam Federici (Reading UK) Socceroo squad and Lydia Williams (Matilda's, Young Matilda's) Casey Dumont (Matilda's, Young Matilda's, Junior Matilda's) and Breanne Davis (Young Matilda's Matilda's), as well as Canberra girl Georgina Worth (Junior Matilda's).



Paul Jones is currently one of 4 National Goalkeeping Coaches and in the past 5 years has worked with the Matilda's (FIFA 2007 & 2011 Women's World Cup, AFC Championship 2006, 2008 & 2010 Asian Champions ). Former exclusive goalkeeper coach for all national women's teams, Matilda's, Young Matildas and Junior Matilda's goalkeepers (under 17's).

This experience and the ability to liaise with national coaches allows Paul and the other Academy coaches keep up with the latest coaching developments from around the world which can then be integrated into the Paul Jones Goalkeeping Academy program ensuring that goalkeepers in the program are at the forefront of international goalkeeping trends.

## **GOALKEEPER PROFILE**

These are the attributes that an elite goalkeeper requires.

### **Technical**

Stance	Handling	Falling
Shots Stopping	Crosses	Corners
Lobs	Angles/ Positioning	Reflexes
One v One	Recovery saves	Distribution
Field skills	Punching/ Deflecting	Footwork

### **Tactical**

Reading the game	Transition Defending	Communication
Positional Play	Decision Making	skills
Defending Set Plays	Transition Attacking	Concentration
Game Tempo	Handling Back Passes	Focus

### **Physical**

Fitness Level	Speed	Power
Flexibility	Recovery	Agility
Physical Toughness	Balance	Mobility
Peripheral Vision	Hand-Eye	Diet Nutrition
	Coordination	

### **Psychological**

Courage	Confidence	Leadership
Mental Toughness	Concentration	Attitude
Body Language	Intelligence	Aggression
Competitive Edge	Ego	Discipline
Enthusiasm	Commitment	

Paul Jones Goalkeeping Academy programs are designed to cover all aspects of the goalkeeping position. If you need to improve in any of the areas above then perhaps we can offer you a program that can help you realise your full potential.

**For further information regarding Paul Jones Goalkeeping Academy please contact - Paul Jones on 0409 990 420 or Email [pauljonesgoalkeeping@hotmail.com](mailto:pauljonesgoalkeeping@hotmail.com)**