

# INFORMATION DOCUMENT: GOALKEEPING PORTFOLIO



## BACKGROUND

FAGA was founded in 1998 by Farouk Abrahams as a goalkeeper & life skills academy and is an internationally known community non-profit and public benefit organisation that places a very high premium on broad human development using football as a catalyst.

Members do not pay a cent towards the skills transfer, but the Academy has always strived to maintain sustainability and has remained afloat despite operating on a limited budget.

Our mission is achieved by helping members to set an appropriate course for their lives - this is done through structured goalkeeper training and life skills education programmes and contributes to the provincial and national youth development strategy.

Despite facing numerous financial and operational challenges, the quality of our existing programmes has allowed the Academy to boast a long list of successes within the Football sector.

FAGA has become something of a supermarket for goalkeepers all of whom continue to make waves in South African football. Our specialised goalkeeper and life skills concept is unique and our beneficiaries receive coaching at the highest standard.

Four FAGA trained goalkeepers are currently registered with PSL clubs, two play their trade in the National First Division and five are with Second Division clubs. We also boast a high number of youth goalkeepers keeping goal for the top academy teams in the Western Cape. This year nine FAGA trained goalkeepers participated in the Metropolitan Premier Cup tournament in Belhar.

At least 20 goalkeeper coaches trained by FAGA in recent years have also gone on to paid jobs in professional as well as amateur football. It is crucial that we conduct at least two coaching courses per annum as we want to always have goalkeeper coaching as a job creation option for those members who might not have excelled in other spheres.

In short, football benefits greatly from the outstanding work done at FAGA and we remain the first port of call for most clubs and associations around the country.



### Existing Goalkeeping Programmes:

- Community Training
- Advanced School
- High performance training (fringe professionals)
- Coaching courses
- Camps





# Outline of programmes

## COMMUNITY TRAINING



Consisting of approximately 80 participants aged between 4 – 22 years old, this programme was designed to suit every goalkeeper regardless of experience, age, size or technical ability.

This is the self-belief stage where the youngsters get the opportunity to build on the natural talent from a tender age thus enhancing the chances of one day playing football at the highest level.

We offer local players who have shown a level of aptitude for the game from all backgrounds an opportunity to access top level coaching in a structured and coordinated programme, based on a fun and progressive culture of talent development.

This is also a critical social space; for it is where crucial nation building takes place because of the opportunities that are created for members across the various racial lines to learn from and get to know each other. Players are encouraged to become more technically adept when in possession of the football along with improved execution of different phases of the game relevant to their respective age and level of competence.

The sessions follow a group training programme. Players are able to work together and help each other improve. In group training sessions, we are also able to introduce multi-player drills and provide a positive and competitive environment for developing goalkeepers.

### JUNIOR: Ages 4 - 11

Members are encouraged to have fun and learn the basic fundamentals of the position while teaching the safety aspects as well. High repetition of technique is introduced gradually.

### PREMIER: Ages 12 - 14

The main emphasis is on technical and tactical training. High repetition is enforced. Set position, diving all areas, high balls, angles, 1v1 situations and safety are fully covered in this group.

### ELITE: Ages 15 - 22

Designed for the competitive goalkeeper emphasizing on technique, tactics and fitness. Handling, back-passing, distribution, shot stopping, angles, high balls, decision making and more are covered in these sessions. It's during this programme where players who have progressed sufficiently to move into the next level of the FAGA performance pyramid are identified.



The community training programme is open to ALL and is FREE OF CHARGE!!  
Players also receive refreshments and snacks at every session.



### Training Schedule

Sundays @ 10h00 | 48 weeks per year (weather permitting)



Outline of programmes



THE ADVANCED SCHOOL



The need for advanced goalkeeper coaching Academies is critical and FAGA stands as a pioneer of its kind in Africa.

Each year, members of our community training programme who have shown sufficient promise and progress are selected and invited to attend this specialised programme.

Members take part in high quality sessions focusing on the different components that contribute to building the complete player.

The Advanced School is an intensive, professionally structured programme for goalkeepers that are already experienced at either a fundamental or advanced level. The programme is devoted to refining the technical proficiency, tactical awareness, psychological approach and physical ability of goalkeepers.

This performance tier has cemented its reputation as the place to be for players to then progress to trials with professional football set ups. Our service includes recommending and initiating trials for players showing the potential to demonstrate their talents at PRO level.

Many of our members have since made it onto the ladder to professional football and some have been selected to the national junior teams.



Training Schedule

The Advanced School is free of charge to all members.

The school operates on an invite only or interview/trial basis and takes place on Mondays and Wednesdays at 17h30pm.

Individual training available on request.



Outline of programmes



HIGH PERFORMANCE PROGRAMME



Private coaching sessions for fringe professional players.

Every aspect of the High Performance Programme mirrors the techniques, drills and exercises used at professional levels. Goalkeepers coming out of this programme will be prepared to succeed at the highest levels of the game.

These one-on-one sessions emphasise:

- Perfecting technique on every style of save
- Refining catching technique
- Increasing diving power through plyometric jumping exercises
- Improving agility through a variety of football drills
- Building strength through bodyweight and core exercises
- Psychological and mental aspects of the game played at PRO level

Many of our members have been invited for trials both locally and internationally.



COACHES PROGRAMME



This highly professional programme has already being taken to various parts of the country by Farouk. More than 500 aspirant goalkeeper coaches have been empowered in the process. The Academy prides itself in implementing gender equity also in this programme.

Job creation: Several young members of FAGA have achieved coaching diplomas via the programme and for a small stipend are now available to clubs as youth goalkeeper coaches.

Brian van der Heever, was signed up as the fulltime Goalkeeper coach for Premier League side, Ajax Cape Town after honing his coaching skills in the Academy.

One of our top coaches is a female, Shilene Booysen with affiliation to the national women's team. Shilene was also a participant in the FIFA Goalkeeping Coaching Course.

## Outline of programmes



### FOOTBALL / LIFE SKILLS CAMPS



Summer and Winter camps for our Premier, Elite and Advanced School members.

The 3 day camp will focus on four principles of a complete player: physical, psychological, technical and tactical. The programme will be intense but will foster learning through a FUN, competitive environment with exciting activities. The Life Skills component of the programme addresses issues such as drug use and abuse and HIV/AIDS. The camp also allows for fantastic advancement in our quest to celebrate the cultural diversity in the Academy. This is significant because it provides the members with skills to recognise and address potentially destructive behaviour and speech that can lead to passive racism and more seriously, xenophobia.

An outstanding staff and top level instruction make our goalkeeper camp exciting and unique.

## CURRICULUM

### ACADEMY TRAINING CURRICULUM

TECHNIQUE	TACTICS
Diving technique	Anticipation & Decision-making
Reflex training	Organising the defense
Distribution	Counter attacking saves
Footwork	Back pass rule
Handling	Angle play & Positioning
Shot stopping	Initiating the attack
Dealing with crosses	Sweeper-Keeper tactics
	Reading the attack
MENTAL SKILLS	PHYSICAL DIMENSION
Leadership	Nutrition & Fitness testing
Self-confidence	Footwork & mobility
Positive projection	Proper warm up
Maturity & Poise	Effective cool-down
Training ethics	Injury prevention
Self-awareness	Flexibility & Co-ordination
Handling pressure	Pressure training
Self-analysis	Strength & agility
Staying centered	Power development
Mental stimulation	Year round conditioning