

“KICK YOUR HABBIT”

7. KICK MECHANICS

The package that will revolutionize your kicking.
The package includes:

- Up to 4 goalkeepers
- MSG’s Kick Mechanics Booklet
- MSG’s 4 Kicking Stages
- MSG’s Kicking Theory
- Examination of Kicking Technique
- Kicking Technique Recalibration
- Follow up examinations/recalibrations
- Full Feedback Report
- Full Kicking Progression Plan

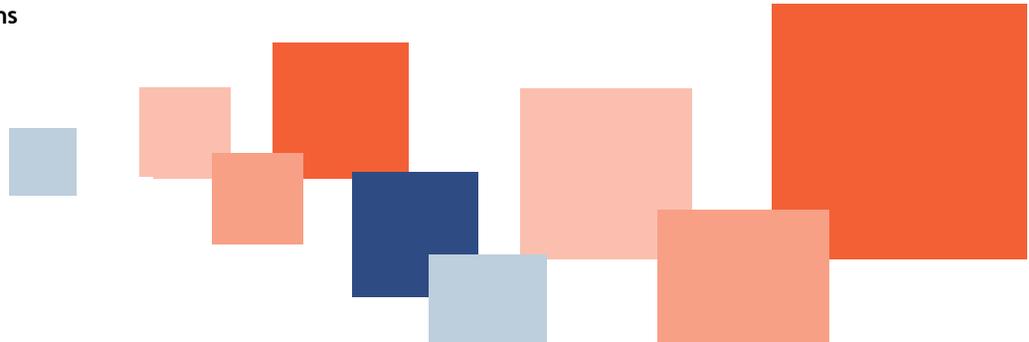
Duration: 3 sessions

8. RESTART CLINICS

Full session conducted by MSG to improve your team’s Restart ability. The package includes:

- Basic Kick Mechanics
- MSG Restart Presentation
- Restart Training Principles
- Restart Movement Implemented
- 2/3 Restart Routines (*team exclusive*)
- Restart Theory and ‘WHAT IF’ scenarios
- 2 future Restart Routines created
- Full support and advice available

Duration: 3 sessions



MSG

MORRISON
SCHOOL OF GOALKEEPING

‘If you would like to know more about any of the fantastic packages offered in this brochure, please contact us on any of the avenues below.’

Phone: (+44) 079 55 621 872

Web: www.msog11.wordpress.com

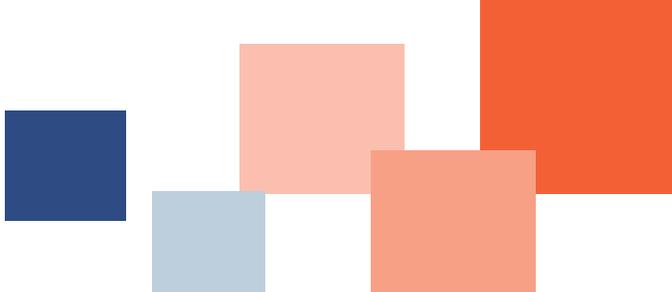
E-mail: pmgoalkeeping@hotmail.com

N.B. - All packages are excluding travel expenses which are charged at £0.25 / €0.30 per mile, as well as any additional travel costs incurred (parking; Tolls etc).



MSG

MORRISON
SCHOOL OF GOALKEEPING



“NEXT LEVEL GOALKEEPING”

GOALKEEPING PACKAGES

Hello...

At **Morrison School of Goalkeeping** we take great pride in our goalkeeping knowledge and expertise.

We are confident that our **unique goalkeeping models** will benefit your whole club as well as your goalkeepers.

We have a variety of goalkeeping packages designed to improve the various areas of goalkeeping.

Our Goalkeeping Packages

We have 8 fantastic goalkeeping packages that have been tailored to suit your goalkeeping needs:

- 1) Season Package
- 2) Team Package
- 3) MSG Mental Growth
- 4) Personal Package
- 5) Group Package
- 6) Game Analysis
- 7) Kick Mechanics
- 8) Restart Clinic

1. SEASON PACKAGE

Includes up to four goalkeepers who will all receive a specialized MSG Training Diary and MSG Goalkeeping Booklet. The package will also implement:

- MSG's 11 Goalkeeping Principles
- MSG's Self-Appraisal Model
- MSG's Self-Coaching Model
- MSG's Nordic Boldness Model
- MSG's 6 Goalkeeping Training Areas
- MSG's Kick Mechanics Program
- MSG's Restart Clinic
- Game Analysis & Feedback
- Individualised Training Programs
- Weekly/Monthly Progression Reports
- Exclusive WhatsApp Support Group

Duration: 12 sessions

2. TEAM PACKAGE

Includes up to four goalkeepers who will all receive a specialized MSG Training Diary and MSG Goalkeeping Booklet. The package will also implement:

- MSG's 11 Goalkeeping Principles
- MSG's Self/Peer Appraisal Model
- MSG's Self-Coaching Model
- MSG's 6 Goalkeeping Training Areas
- Individualised Training Programs
- Weekly/Monthly Progression Reports
- Exclusive WhatsApp Group

Duration: 8 sessions

3. MSG'S MENTAL GROWTH MODEL

This package is designed to improve your goalkeeper's mental toughness as well as develop their self/peer appraisal and self-coaching abilities by implementing:

- MSG's 11 Goalkeeping Principles
- MSG's Self/Peer Appraisal Model
- MSG's Self-Coaching Model
- MSG's Nordic Boldness Model

Duration: 60 mins

4. PERSONAL PACKAGE

Includes up to three goalkeepers who will both receive a specialized MSG Training Diary and MSG Goalkeeping Booklet. The package will also implement:

- MSG's 11 Goalkeeping Principles
- MSG's Self/Peer Appraisal Model
- MSG's Self-Coaching Model
- MSG's 6 Goalkeeping Training Areas
- Individualised Training Program
- Weekly/Monthly Progression Reports
- Exclusive WhatsApp Group

Duration: 8 sessions

5. GROUP PACKAGE

This package **MUST** have 6 or more goalkeepers in attendance. Each goalkeeper will receive MSG's Goalkeeping Booklet and receive training in MSG's 6 Goalkeeping areas of:

- Footwork
- Reactions
- Recovery
- Technical
- Situations
- Distribution

Duration: 1 Day Minicamp

6. GAME ANALYSIS & FEEDBACK

Package is designed to offer feedback and advice for goalkeepers in relation to match day performance. It includes:

- MSG Goalkeeping Booklet
- MSG Training Diary
- MSG's 11 Goalkeeping Principles
- MSG's Self/Peer Appraisal Model
- Game Analysis for 3 matches
- Match Reports for each game
- Progression advice for next game
- Full Report after Game 3
- Periodised Training Plan from Full Report

Duration: 3 games

