

“KICK YOUR HABBIT”

7. KICK MECHANICS

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

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

Duration: 3 sessions

8. BASIC PACKAGE

Specific 1-1 goalkeeping training aimed at improving your overall performance. Package includes:

- MSG Goalkeeping Booklet
- MSG’s 6 Goalkeeping Training Areas
- Personalized Advice & Coaching

Duration: 1-1 session



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).

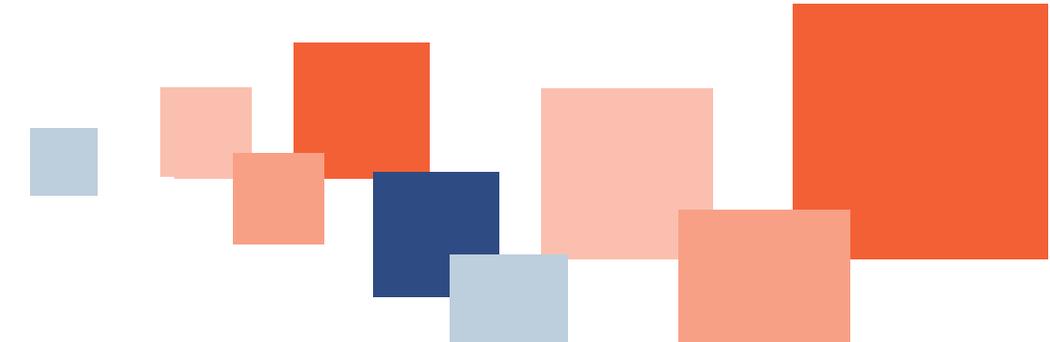


MSG

MORRISON
SCHOOL OF GOALKEEPING

“NEXT LEVEL GOALKEEPING”

1-1
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) Berserker Package
- 2) Elite Package
- 3) Mental Growth Package
- 4) Warrior Package
- 5) Group Package
- 6) Game Analysis
- 7) Kick Mechanics
- 8) Basic Package

1. BERSERKER PACKAGE

You will 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 Resilience Model
- MSG's 6 Goalkeeping Training Areas
- MSG's Kick Mechanics Program
- Game Analysis & Feedback
- Individualised Training Programs
- Weekly/Monthly Progression Reports
- Exclusive Goalkeeping Support

Duration: 10 sessions

2. ELITE PACKAGE

You will 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 Goalkeeping Support

Duration: 10 sessions

3. MSG's MENTAL GROWTH PACKAGE

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 Resilience Model

Duration: 1 session

4. WARRIOR PACKAGE

You will 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 6 Goalkeeping Training Areas
- Individualised Training Program

Duration: 10 sessions

5. GROUP PACKAGE

This package **MUST** have 5 or more goalkeepers in attendance. Each goalkeeper will receive MSG's Goalkeeping Booklet and receive training in MSG's 6 Goalkeeping areas of:

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

Duration: 1 session

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

