

## **Girls Goalkeeping Workshops**

The Scottish FA East Region recently ran a goalkeeping workshop for U11 and U13 girls involved in club football at Riverside Playing fields, Dundee University.

The first workshop which was designed for U-11/U-13 ran last Friday (17th September) with the second workshop, for goalkeeper's & coaches at U-15 and older running this Friday (24th September).

All the goalkeepers & coaches in attendance were introduced to some basic goalkeeping principles, which gave the club goalkeepers a chance to experience being part of a goalkeeping training session with other goalkeepers from around the East Region.

Kevin Candy, East Regional Goalkeeping Coach, said "Girls' and Women's Clubs are recognising the need to provide specific Goalkeeping focussed training for their players, but do find it difficult to recruit dedicated Goalkeeping Coaches.

To that end we identified that we could perhaps support clubs by offering a basic Goalkeeping tutorial to individual team coaches.

The club coaches who attended the workshop were exposed to some of the basic principles of coaching the position, principles that they can now take back to their clubs and put into practice"