

THE ULTIMATE GUIDE **FOR PARENTS** OF **GOALKEEPERS**



BY EX PROFESSIONAL GOALKEEPER
AND FOUNDER OF JUST4KEEPERS, RAY NEWLAND

The Ultimate Guide For Parents Of Goalkeepers

By Ex Professional Goalkeeper And

Founder Of Just4keepers

Ray Newland

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Introduction:

The Ultimate Guide for Parents of Goalkeepers

As I sit down to write this book, "The Ultimate Guide for Parents of Goalkeepers," I cannot help but feel an overwhelming sense of gratitude and excitement. This book is the culmination of a journey that began when I was just eight years old, with a dream to become a professional goalkeeper. Today, as I reflect on my experiences and accomplishments, I am humbled to share the knowledge and insights I have gained throughout my life in the world of goalkeeping.

My name is Ray Newland, and I have been passionate about goalkeeping for as long as I can remember.

From the first time I donned those goalkeeper gloves on aged just eight years old, I knew this was my calling. The position held a certain allure, a sense of responsibility and a thrill that ignited a fire within me. From that moment, I dedicated myself to honing my skills and mastering the art of goalkeeping.

Over the years, my and my fathers dream became a reality as I achieved my ultimate goal of becoming a professional goalkeeper. The journey was filled with ups and downs, challenges, and triumphs. I had the privilege of representing esteemed clubs like Everton FC and Wigan FC to name but a few of the clubs I played for, where I stood between the posts, guarding the net with unwavering determination.

I was also very fortunate to train alongside, and or coached by legends like Peter Bonetti, Gordon Banks, Peter Shilton, Joe Corrigan and Neville Southall.

I could not have ever even dreamed of having such mentors, when I was a child chasing my goalkeeping dreams.

But my passion for goalkeeping did not end on the field after a career ending injury. In 1998, I founded

Just4Keepers, a goalkeeper coaching school that would grow to become the leading and largest goalkeeper school in the world.

From its humble beginnings, Just4Keepers blossomed and expanded, spreading its wings across 37 countries and six continents at its peak. Through Just4Keepers, I have had the incredible opportunity to coach thousands of talented young goalkeepers, and perhaps even more importantly, support and guide their devoted parents.

This book is a testament to the wealth of experiences and knowledge that I have accumulated over the years. It is a culmination of my journey as a goalkeeper, coach, and parent advocate.

As parents, we play an integral role in our children's lives, especially when they embark on a path as unique and challenging as goalkeeping and I know from my proven experience how difficult it is for parents of goalkeepers, hence why I wrote this book.

I understand the joys and the fears, the hopes and the doubts that parents experience as they watch their young goalkeepers step onto the pitch. I have

been in your shoes, and I have walked the path your child now treads. I know the questions that keep you up at night and the aspirations that light up your heart.

In "The Ultimate Guide for Parents of Goalkeepers," I aim to share practical advice, valuable insights, and heartfelt guidance to help parents navigate the journey alongside their young goalkeepers.

From the early years of playful kicks to the moments when their dreams become reality, this book is a comprehensive resource that covers every aspect of supporting parents, to help their goalkeeper child.

As you delve into these pages, you will find a blend of my personal experiences as a goalkeeper and the lessons I have learned as a coach and mentor to countless young talents, and their parents.

From understanding the different stages of development to managing the highs and lows of competitive play, this guide will equip parents with the tools and knowledge to be the unwavering pillar of support for your goalkeeping child.

I hope this book serves as a source of inspiration, encouragement, and empowerment for parents who, like me, dream big for their children. Together, let us embark on this incredible journey, navigating the world of goalkeeping with passion, sincerity, and joy.

As parents, we hold the key to unlocking the full potential of our children, and I am honoured to be your guide in this adventure.

Thank you for joining me on this incredible journey. Let's make this a memorable experience, one that will shape the lives of your goalkeeping child for years to come.

Ray Newland

Also as part of my book, and my commitment to help you, to help your goalkeeping child, you will also get access to free resources, which you will find at the back of my book, including my extensive video library that answers the most asked questions parents have asked me over the last 20 plus years.

I guarantee, you will never have to go anywhere else for all your goalkeeping help and advice again, and will help you, to give your goalkeeping child a much more enjoyable experience on their goalkeeping journey.

Dedication:

To my beloved Mum and Dad,

I am filled with immense gratitude as I pen these words, for it is you who have been the foundation of my dreams and aspirations. Though we may not have had much, your unwavering love and support ensured that I never lacked anything I needed.

Dad, your dedication and sacrifice are etched in my heart forever. Despite your demanding hours as a lorry driver, you always found a way to be by my side, driving me to countless football trials, training sessions, and matches all over the UK. Your unwavering commitment to my dreams has left an indelible mark on my journey.

Recently, life dealt us a cruel blow, taking both of you away from me just 12 days apart. The pain of losing

you both is still raw and deep, as I write this dedication with tears in my eyes. But through the sorrow, I find solace in the love and memories we shared.

Mum, Dad, I cannot express enough gratitude for all that you have done for me. Your love, sacrifices, and encouragement have shaped me into the person I am today. I owe every achievement and success to your unwavering support.

This book is a tribute to both of you, a testament to your love and the impact you have had on my life. Every word written here is dedicated to the two most incredible parents a child could ever ask for.

Though you are no longer physically with me, I carry your love and guidance in my heart always. I promise to make you proud and continue to pursue my dreams with the same passion and dedication you instilled in me.

Thank you, Mum and Dad, for everything. I love you both more than words can express.

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Chapter 1.

Making Goalkeeping fun

As a parent of a young goalkeeper, you play a significant

crucial aspects of this journey is to prioritise fun and enjoyment on the field.

Making goalkeeping an enjoyable experience for your goalkeeping child can have a profound impact on their motivation, confidence, and overall well-being. In this exploration, we will delve into the reasons why parents should place fun at the forefront of their child's goalkeeping experience and the positive outcomes that arise from such an approach.

When children have fun playing in goal, they develop a genuine passion for the sport. A goalkeeper who enjoys their time on the field is more likely to engage in extra practice, watch football matches, and seek out opportunities to learn and improve. This inherent

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love for the game will fuel their dedication and commitment to honing their goalkeeping skills, setting the foundation for their footballing journey.

Football and goalkeeping is a journey that spans many years, and the path to becoming an accomplished goalkeeper can be challenging. However, by making goalkeeping enjoyable, parents help sustain their child's interest and motivation over the long haul. The joy they experience on the field becomes a driving force to keep them engaged in the sport, leading to better chances of success in the long term.

A relaxed and enjoyable atmosphere is conducive to optimal learning. When children have fun, they are more likely to experiment with different techniques and approaches, fostering creativity and skill development. As parents, you can encourage this exploration by praising their efforts, regardless of the outcome, and celebrating small victories along the way. This positive reinforcement creates an environment where learning is embraced, and the fear of failure diminishes.

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By making goalkeeping enjoyable, parents help build positive associations with the game. This positivity extends beyond the field and can affect other aspects of your child's life, promoting a sense of happiness and fulfillment. It also helps prevent burnout, ensuring that your goalkeeping child remains motivated to continue pursuing their passion for football.

Having fun on the field contributes to an increased sense of self-confidence. When children enjoy playing football, they are more willing to take risks, try new techniques, and step out of their comfort zones. As their confidence grows, they become more resilient in the face of challenges, enabling them to bounce back from setbacks with greater determination.

~~Engaging~~ Engaging in fun football activities with goalkeeping child can be a great bonding experience. When parents actively participate in their child's goalkeeping journey, it communicates support and encouragement, which are vital for their confidence and emotional well-being. This shared enjoyment creates lasting memories and strengthens the parent-

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child relationship, fostering a sense of trust and openness.

Football is not just about individual performance; it also involves teamwork and collaboration. When the experience is enjoyable, children are more likely to build positive relationships with their teammates and develop essential social skills. The ability to work well with others on and off the field is a valuable life lesson that extends beyond football and goalkeeping, preparing them for success in various aspects of life.

Excessive pressure can be detrimental to a young goalkeeper's development. When parents prioritize fun over an emphasis on winning or achieving certain outcomes, children feel less burdened by expectations. This relaxed atmosphere allows them to perform to the best of their abilities without unnecessary stress or anxiety. As a result, they can focus on honing their skills, improving their performance, and genuinely enjoying the game.

Making goalkeeping fun for your goalkeeping child is crucial for their growth, development, and overall well-being. By instilling a love for the game,

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encouraging long-term commitment, and boosting confidence, parents can set their young goalkeepers on a path to success and fulfilment.

Remember, your support, encouragement, and active participation in their goalkeeping journey are the keys to nurturing a happy and confident goalkeeper who truly enjoys the beautiful game. Embrace the power of fun and create a football experience that will leave a lasting positive impact on your child's life.

I know some parents might be thinking, 'But Ray, what happens if my child wants to become a professional goalkeeper, and or maybe gain a college scholarship, surely they must get serious about their goalkeeping?'

As your child gets older and expresses a genuine desire to become a professional goalkeeper or gain a college scholarship, the dynamics of their goalkeeping journey naturally evolve.

While fun and enjoyment remain essential components throughout their development, there

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comes a point when a more serious approach becomes necessary to pursue their aspirations effectively.

During the early stages of your child's goalkeeping life, keeping it fun is crucial to foster a love for the game and build a strong foundation of skills and confidence.

This emphasis on enjoyment allows them to explore the sport with curiosity, develop a passion for goalkeeping, and hone their fundamental techniques in a stress-free environment.

The absence of excessive pressure in these formative years promotes healthy emotional development, encourages creativity, and nurtures a resilient mindset that will serve them well as they progress.

As they approach adolescence, and their aspirations to become a professional goalkeeper and or gain a college scholarship grow stronger, it is essential to strike a balance between fun and seriousness.

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At this stage, parents and coaches should carefully assess their child's level of commitment and talent, providing appropriate support and guidance.

"But my main point is to keep things fun with NO pressure on your goalkeeping child in the early years. And as they grow older and you see that they are serious about making a career out of goalkeeping, what I really recommend at this stage is that you seek out goalkeeper coaches with proven track records to help your goalkeeping child continue their journey, because if you have not got the experience in this field (like most parents do not) you could give your goalkeeping child unintentionally the wrong advice.

However will dive a little deeper into this topic later on in the book on how to help your goalkeeping child if they want to get truly serious about their goalkeeping, and or, also want to make a career for themselves as a goalkeeper.

*It is part of being a goalkeeper:
there is nobody behind to save
you.*

Hugo Lloris

Chapter 2.

Nurturing the Goalkeeping Spirit - Protecting Your Child from Egotistical Football Coaches

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As a parent, your role in safeguarding your child's emotional and mental well-being in the world of football is paramount. While many coaches are genuine mentors and supporters, some may prioritise their own ambitions over the welfare their students, leading to detrimental impacts on a child's self-esteem and passion for the game.

In this chapter, we will explore essential steps you can take to protect your goalkeeping child from such coaches, ensuring a nurturing and positive football journey.

First and foremost, observe how the coach interacts with the young goalkeepers during training sessions and matches. Watch for signs of belittling, excessive criticism, or public humiliation.

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An egoistical coach may focus on berating players rather than providing constructive feedback to improve their skills.

~~Establish~~ open communication with your child. Encourage them to share their experiences with you, both positive and negative. This dialogue will provide insight into their relationship with the coach and enable you to address any concerns promptly.

Empower your child to make decisions and voice their opinions in a respectful manner. Egotistical coaches may attempt to suppress individuality and discourage independent thinking. Encouraging autonomy will help your child develop self-confidence and a strong sense of self.

Understand the motivations behind the coach's actions. Are they genuinely interested in your child's growth and development, or do they prioritise personal achievements and winning above all else?

Genuine mentors prioritise the overall well-being and development of their players.

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Encourage a positive team atmosphere where all players are valued and appreciated is essential, but an egoistical coach may favour specific players while marginalising others, leading to a toxic and divisive environment. A supportive team dynamic fosters camaraderie and mutual respect among players.

Engage in conversations with other parents whose children are also under the guidance of the coach. Their perspectives and experiences can provide valuable insights into the coach's behaviour and impact on the team.

Regularly attend your child's training sessions and observe the coach's interactions firsthand. This will enable you to assess the coaching style and its effect on your child.

If you have concerns about the coach's behaviour, address them in a respectful and professional manner. Arrange a meeting with the coach to discuss your observations and feelings. Be open to hearing their perspective, but ensure your child's well-being remains the priority.

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If your efforts to address the issue directly with the coach yield no results, involve the club or organisation overseeing the team. Most reputable clubs and organisations have guidelines in place to address complaints and ensure player welfare.

Finally, if the situation does not improve, consider exploring alternative teams or clubs with a more nurturing coaching environment. A positive and encouraging coaching staff is vital for your child's long-term development and passion for football

I have been running Just4keepers for over two decades now, and I have advised literally thousands of parents over the years on how to deal with these egoistical coaches, because I have seen first hand the damage these moronic coaches can do to children, so this is why I really want my message to get across to you in this chapter.

Thankfully we are in a day and age that the number of egotistical coaches are shrinking, especially because so many have quite rightly been called out, and or shown up across social media, but these egoistical coaches are still out there, all be it

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thankfully in smaller numbers now, but so, parents please remain vigilant.

Protecting your child from egoistical football coaches requires vigilance, communication, and a commitment to their emotional well-being.

By actively observing coach interactions, building open communication, and fostering a positive team environment, you can ensure your child's football journey is filled with growth, confidence, and joy.

Your support and advocacy are essential in nurturing their passion for the game and helping them flourish as a goalkeeper.

The pressure of being a goalkeeper is one of those things that attracts a lot of people to the position, if you don't have that, if you don't enjoy that pressure, I don't think you're suited to playing goalkeeper. It's about being strong mentally, being able to see the difference between making honest mistake and silly mistakes.

Kasper Schmeichel

Chapter 3.

The importance of picking
the correct football team
for your child.

cannot stress enough the importance of
Ichoosing t
or break their goalkeeping journey.

Like I have previously mentioned, In the early years of a child goalkeeping adventure, it's all about fun and play. As a former player, I know that those moments of pure joy and laughter are what kindle a lifelong love for the sport. Look for teams where coaches understand the magic of playfulness and create an environment that fuels their passion for the game.

Now, don't get me wrong – fun doesn't mean sacrificing development. A winning formula is to strike a perfect balance between enjoyment and skill-building. Coaches who prioritise fun also employ creative training methods to nurture your child's

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talents, ensuring they grow both as players and individuals.

One thing that separates the good from the great coaches is their ability to prioritise well-being. Mental and emotional health are crucial for young players, and coaches who understand this create an atmosphere of support and encouragement.

As an ex-pro goalkeeper myself and coaching literally thousands of goalkeeper students, I've seen how players thrive when they feel safe to express themselves, make mistakes, and learn from them.

Resilience is another vital quality that develops in such nurturing environments. Trust me, facing challenges is part and parcel of football, and coaches who prioritise well-being help young goalkeepers bounce back stronger than ever.

On top of that, positive team dynamics emerge when players feel valued and enjoy playing together.

As a player, I can attest to the impact of falling in love with the game. It drives you to put in the hard work

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and dedication needed to improve. That's why coaches who instill a genuine love for football set their players up for a lifelong passion that transcends age and time.

As parents, your involvement is essential. Engage in open communication with coaches and the team, understanding your child's needs and aspirations. Good coaches welcome this involvement and take your child's well-being seriously.

Trusting your instincts is crucial in this journey. As an ex-pro, I know that gut feeling is often right. Observe how coaches interact with players, listen to feedback, and gauge the overall atmosphere of the team. You'll know when you find the right fit.

Remember, the team you choose for your goalkeeper child sets the stage for their goalkeeping future. Prioritising fun and well-being is the key to unlocking their full potential. It's not just about creating great players but also fostering confident and resilient individuals.

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I've seen the impact of these choices in my own career and in the lives of countless players. Your decision as a parent is more than just about football; it's about nurturing a lifelong love affair with the game and building character that extends beyond the field.

As you embark on this incredible journey together with your child, rest assured that the path you choose will shape your child's goalkeeping adventure and leave an everlasting imprint on their heart.

Every goalkeeper has their own strong points and qualities.

What I like to do is focus on every keeper. You can pick bits out of every keeper where they are particularly strong, and you can learn from things like that.

David De Gea

Chapter 4.

But what about the art of
winning?

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key I know some parents might be thinking from my last chapter, 'But Ray, but what if my child wants to become a professional goalkeeper and or gain a college scholarship, surely they have to be in a winning team, so they get the mindset of winning?'

So what I have advised thousands of parents over the years, when I have been asked this question is, 'If you can - let your goalkeeping child play in both a good AND bad team!'

Playing in a good team can have numerous benefits for goalkeepers.

One of the most evident advantages is the habit of winning. Being part of a successful team instills a winning mentality in goalkeepers, motivating them to perform at their best consistently. The taste of victory

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becomes addictive, and the desire to be on the winning side fuels their passion for the game.

Additionally, playing in a good team means being surrounded by talented and experienced players, so can have its disadvantages believe it or not.

In a good team, goalkeepers may have fewer shots to face during games. While this may seem like an advantage, it can also slow down their development.

Goalkeepers need regular practice and exposure to different game situations to enhance their skills and decision-making. If they have limited opportunities to make saves during matches, it may hinder their progress and growth as shot-stoppers.

Moreover, being in a good team can sometimes mean less pressure on the goalkeeper. When a team dominates its opponents, the goalkeeper may not be subjected to intense scrutiny and pressure.

While this can be beneficial in terms of building confidence, it can also limit their ability to handle high-pressure situations effectively, for example, if

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your goalkeeping child goes on trial at a professional football club, and or they know they are getting watched by a football scout.

They might just crumble, if they are not use to this pressure. I have actually sadly seem this time, and time, AND time again!

On the other hand, playing in a bad team presents its own set of advantages for goalkeepers. One of the most significant benefits is the opportunity to face a higher volume of shots during games.

Goalkeepers in struggling teams often find themselves busy in the net, making numerous saves to keep their team in the game. This constant action sharpens their reflexes and shot-stopping abilities, accelerating their development.

Furthermore, playing in a bad team can nurture a goalkeeper's leadership skills. In challenging situations, goalkeepers often need to be vocal and provide guidance to their defenders. This responsibility hones their ability to communicate effectively and assert themselves on the field.

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In a bad team, goalkeepers may also be exposed to more diverse game situations, forcing them to adapt to different scenarios.

This adaptability makes them more versatile goalkeepers, capable of handling various challenges on the field.

Moreover, playing in a bad team teaches goalkeepers valuable life lessons in resilience and perseverance. Dealing with defeat and setbacks is an integral part of their growth as athletes and individuals. They develop the mental strength to bounce back and continue improving, no matter the circumstances.

Playing in a good team and a bad team offer unique benefits for goalkeepers' development. Playing in a good team instills a winning mentality, however, it may limit their exposure to game situations and slow down their development.

On the other hand, playing in a bad team provides goalkeepers with constant action and opportunities to refine their skills and adapt to different challenges. It

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also fosters leadership qualities and teaches them valuable life lessons in resilience.

Ultimately, the experiences gained from playing in different teams contribute to the well-rounded growth of goalkeepers. It's about finding a balance between success and challenge, which helps goalkeepers evolve into confident, skilled, and adaptable players, capable of thriving in any situation on the football field.

So my strong advice to parents, if you can, get your goalkeeping child in both a good, and bad team.

*If you want to be better than
the average goalkeeper, then
you must be prepared to work
harder than the average
goalkeeper.*

Ray Newland

Chapter 5.

How to deal with other
parents shouting
negativity at your child.

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As a parent, witnessing another parent shouting negative things at your goalkeeping child during a game can be both distressing and concerning. Your child's emotional well-being and confidence may be at stake, and it's essential to handle the situation with grace and professionalism.

In the heat of the moment, it's natural to feel upset or angry when another parent is shouting negative things at your child. However, it's crucial to remain composed and avoid reacting impulsively. Take a deep breath, remind yourself that your child needs your support, and resist the urge to engage in a confrontation.

Your primary concern should be your child's well-being. Offer them reassurance and encouragement during the game. Let them know that you believe in their abilities and that they are doing their best.

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Your positive reinforcement can counterbalance the negative remarks from the other parent.

As a parent, your actions set an example for your child. Show them how to handle difficult situations with maturity and respect. Avoid making negative comments about the other parent or engaging in a verbal confrontation. Instead, demonstrate empathy and understanding towards your child and the situation.

If you feel comfortable doing so, consider speaking privately with the parent who is shouting negative things at your child. Choose a calm and respectful approach, expressing your concerns about the impact of their behaviour on your child. Avoid being confrontational, and instead, aim to foster open communication.

If addressing the issue privately doesn't yield results, seek support from the coaches or club officials. Share your concerns with them and ask for their immediate intervention.

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Coaches and officials are responsible for maintaining a positive and respectful environment during games, and they may be able to address the situation effectively.

If the negative behaviour persists, document specific incidents where the parent's shouting has negatively affected your child.

Include dates, times, and details of what was said. This documentation can be useful if you need to escalate the matter to higher authorities.

Also with smartphones, you could also record what is being said, but do not be that person that points the camera directly into someones face, and state they are going to be famous on YouTube, as this could obviously cause a confrontation.

If the situation does not improve, consider involving higher authorities, such as the club's board or league officials. Present your documented incidents and express your concerns about the impact on your child's well-being. Be respectful and professional in your communication.

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As a parent, you can also contribute to creating a positive environment for all players. Encourage fellow parents to support and encourage all children, regardless of the team's performance. Remind them that football should be about fun, learning, and growth, rather than winning at all costs.

Some parents may not be aware of the impact of their behaviour on young players, so also maybe encourage parent education programs within the club or organisation to raise awareness about the importance of positive support and the potential harm of negative behaviour from parents.

At the end of the day, your child's well-being is of utmost importance. If the negative behaviour continues despite your efforts, consider whether it's in your child's best interest to continue playing in such an environment. Explore alternative teams or clubs that prioritise a positive and respectful atmosphere.

Please trust me on this. There is more football clubs looking for goalkeepers, than goalkeepers looking for football clubs.

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As a parent, maintaining professionalism when another parent is shouting negative things at your goalkeeping child is essential for your child's emotional well-being and confidence.

Who is the best goalkeeper in the world? It's always hard to choose because there are so many great goalkeepers.

Petr Cech

Chapter 6.

Choosing the Correct
shaped Goalkeeper Glove,
For Your Childs Shaped
Hands.

As a parent, you play a vital role in ensuring A your child

When it comes to goalkeeping, selecting the correct goalkeeper glove is essential for their performance and comfort.

One critical factor that is often overlooked is the shape of your child's hand, and the shape of goalkeeper gloves.

Called glove cuts .

Different glove cuts are designed to fit various hand shapes, and understanding this can make a significant difference in their overall goalkeeping experience.

So lets explore the importance of picking the correct shaped goalkeeper glove for your child's shaped

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hands and the specific features of roll finger, negative cut, and hybrid cut gloves.

Before delving into the different glove cuts, it's crucial to understand why proper glove fit matters.

Goalkeeper gloves are designed to enhance grip, ball control, and comfort during matches and training sessions.

ill-fitting gloves can lead to discomfort, reduced grip, and even potential injuries. Ensuring that the glove matches your child's hand shape will enhance their performance and overall enjoyment of the game.

Roll Finger Glove Cut - Ideal for Thin Hands:

The roll finger glove cut is a popular choice for goalkeepers with thinner hands or those who prefer a snug fit. In this design, the backhand is attached to the palm directly, creating a seamless and smooth feel. The fingers are wrapped with the latex palm material, providing excellent ball contact and grip.

Roll finger gloves offer exceptional comfort and provide a tight fit around the fingers, reducing excess

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space inside the glove. This snug fit enhances control and responsiveness, allowing goalkeepers with thinner hands to have a more precise and secure grip on the ball.

Negative Cut Glove - Perfect for Wide Hands:

The negative cut glove is the go-to option for goalkeepers with wider hands or those who prefer a more close-fitting and tailored feel. In this cut, the seams are stitched on the inside of the glove, creating a more contoured and streamlined shape around the fingers.

Negative cut gloves offer a tighter and more natural fit around the fingers, eliminating any bulkiness or unnecessary space. This close-fitting design ensures maximum control and ball contact, making it an ideal choice for goalkeepers with wider hands who seek a secure and comfortable fit.

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Hybrid Cut Glove - A Versatile Solution:

The hybrid cut goalkeeper glove is a perfect middle ground between the roll finger and negative cut designs. It combines elements from both cuts, offering a versatile and adaptable fit for a wide range of hand shapes.

The hybrid cut typically features a roll finger design on the index and little fingers, providing a snug fit for enhanced control. The middle two fingers, on the other hand, are constructed with a negative cut, offering a more contoured fit for added comfort and flexibility.

To ensure your child gets the best possible goalkeeper glove fit, it's essential to consider their hand shape and preferences. Encourage your child to try on different glove cuts and styles, allowing them to assess the comfort and fit personally.

Always prioritise comfort and functionality over aesthetics, and even price, when choosing goalkeeper gloves. A properly fitting glove will enhance your

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child's grip, confidence, and overall performance, contributing to their enjoyment and success in goal.

Selecting the correct shaped goalkeeper glove for your child's hand is an essential aspect of their goalkeeping journey and as a parent, your guidance and support in choosing the right goalkeeper glove can make a significant impact on your child's performance and enjoyment of the game.

Also I know I am going to be biased here, because I am the founder of the J4K Goalkeeper Gloves, but please do not be brain washed into thinking that you have to goto the so called big brands for your goalkeeping Childs gloves, as there are much better options in this day and age.

You also do not have to pay a fortune to these so called big branded gloves. In fact, it can be quite the opposite.

It is not just J4K by the way, there is a lot of other specialised goalkeeper gloves brands, that just do one thing - and that is they specialise in goalkeeper gloves and gear ONLY!

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As a parent this is where you should be going for your goalkeeper gloves, because these companies like J4K, put all their blood sweat and tears into making the best goalkeeper gloves possible, and normally are ALOT cheaper than the so called big branded goalkeeper gloves.

This is why I have created the life time discounted code of gkparent25 at www.j4ksports.com because I am so confident when your child tries J4K, they will love our gloves.

Plus as a parent you can buy two, sometimes three pairs of J4K gloves, for the same price as buying just one pair of the so called big brands, so you will save a small fortune at the same time

Sorry for the shameless plug :)

However, I recommended the J4K goalkeeper gloves because I am that confident your child will love the gloves, and you will also love the cheap prices.

*As a goalkeeper, you have to
take risks even though at times
you may make mistakes.*

Victor Valdes

Chapter 7.

The Importance of Proper Goalkeeper Protection.

As a parent of a young goalkeeper, you Understand

field. Protecting their well-being while maintaining peak performance is crucial to their success and enjoyment of the game.

But one aspect often overlooked is the significance of goalkeeper padded clothing and so, we will explore the importance of ensuring your goalkeeper child wears the correct padded clothing, especially goalkeeper padded compression garments, to prevent painful grass burns, and protect their hips, elbows, and knees from impact.

Goalkeeping is a physically demanding position that involves diving, sliding, and challenging shots from all angles. As goalkeepers bravely throw their bodies into the path of the ball, they expose vulnerable areas

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such as their hips, elbows, and knees to potential injuries. One of the most common injuries goalkeepers face are painful grass burns caused by sliding and diving on the turf.

Especially on artificial surfaces!!!

Grass burns, or turf burns, are abrasions caused by friction between the skin and the playing surface. They can be excruciatingly painful, leaving open wounds that are susceptible to infection.

While goalkeepers cannot eliminate the risk of grass burns entirely, wearing padded compression clothing can significantly reduce their occurrence.

Seriously, as a Goalkeeper myself, I have broken many bones, and I can tell you this, the pain from grass burns can be worse than breaking bones. And these injuries can be prevented with the correct padded goalkeeper gear.

So please really consider getting the correct padded protection for your goalkeeping child.

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Goalkeeper padded compression garments (Which are worn under the goalkeeper team kit) are designed to provide strategic padding on areas most prone to impact and friction.

The compression aspect of these garments offers a snug fit, reducing movement of the padding during play. By wearing padded compression clothing, your goalkeeper child can slide and dive with greater confidence, knowing their vulnerable areas are well protected.

Goalkeeper padded compression clothing particularly beneficial for protecting the hips, elbows, and knees. These joints are highly susceptible to impact and can suffer severe injuries if not adequately protected.

Hips:

As goalkeepers dive and land on their sides, the hips endure significant impact with the ground. Padded compression shorts or trousers provide additional cushioning, reducing the risk of hip injuries, painful bruises and those dreaded grass burns.

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Elbows:

When diving to make a save, goalkeepers often land on their elbows, which can lead to painful bruises and even more severe injuries, like those dreaded grass burns. Padded compression sleeves for the elbows offer crucial protection, minimising the impact and reducing the risk of injuries.

Knees:

Goalkeepers heavily rely on their knees for quick movements and diving saves. Padded compression knee pants can help shield the knees from impact and reduce the strain on these vital joints.

Beyond injury prevention, goalkeeper padded clothing also contributes to enhanced performance and confidence on the field.

When goalkeepers feel well-protected, they can fully commit to their movements and dives without fear of getting hurt. This increased confidence translates to better saves and overall performance.

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Moreover, padded compression clothing can also aid in muscle support and recovery. The compression aspect of the garments helps reduce muscle fatigue and soreness, allowing goalkeepers to perform at their best throughout the game.

When selecting goalkeeper padded clothing for your child, it's essential to ensure proper fit and quality. Look for padded garments specifically designed for goalkeepers, with strategic padding on the hips, elbows, and knees.

Opt for high-quality materials that offer both comfort and durability.

In conclusion, goalkeeper padded clothing, especially padded compression garments, play a crucial role in protecting your child from painful grass burns and preventing injuries to their hips, elbows, and knees.

By investing in the right goalkeeper padded clothing, you provide your goalkeeping child with the confidence to fearlessly defend the net and perform at their best.

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Prioritise your child's well-being on the field by choosing high-quality padded garments that offer both protection and comfort, ensuring your goalkeeper child can dive, slide, and make those incredible saves with peace of mind, and again there are companies like J4K who specialise in this type of professional padded clothing for goalkeepers, which are normally better and much cheaper than the so called big brands.

As a goalkeeper you need to be good at organising the people in front of you and motivating them. You need to see what's going on and react to the threats. Just like a good manager in business.

Peter Shilton

Chapter 8.

How to Make Your Goalkeeper Gloves Last Longer

As a parent of a passionate young goalkeeper,

Are you under

standing your child's performance on the field. Proper care and maintenance of these gloves are essential to ensure they last longer and provide the best possible grip and protection and by following proper washing and drying techniques, dampening the gloves before games, and understanding the importance of maintaining glove quality, you will make your child's gloves last longer, and thus save a small fortune over the course of a footballing season.

It is important to wash goalkeeper gloves within a couple of hours after any game or training session. DO NOT leave your gloves dirty in your kit bag, as this is

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one sure way for your gloves to be destroyed very quickly.

QUICK TIP: Every time after I played or trained, I always had two showers. Shower one, was to get all the dirt of myself, and shower two, when I was clean, was to wash my goalkeeper gloves. I never used any soaps or shampoo to clean my gloves, just water.

However I understand parents cannot do this, so continue reading.

Washing and Drying Goalkeeper Gloves:

Properly cleaning and drying goalkeeper gloves are vital to maintain their performance and longevity. After every training session or match, follow these steps to ensure your child's gloves stay in optimal condition:

Rinse with Cool Water: Rinse the gloves under cool running water to remove dirt, mud, and sweat. Avoid using hot water or any chemicals as they can damage the glove's latex palm.

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Hand Wash: Hand washing is the best method for cleaning goalkeeper gloves. Avoid machine washing, as the agitation and harsh detergents can degrade the latex.

Rinse Again: Rinse the gloves thoroughly under cool water until or the dirt has gone.

Drying Goalkeeper Gloves: Properly drying goalkeeper gloves is crucial to prevent mould, mildew, and loss of grip. Follow these steps to ensure efficient and safe drying:

Pat Dry: Gently pat the gloves with a clean towel to remove excess water. Avoid wringing or twisting the gloves, as it can damage the latex.

Drying: Never use direct heat sources such as radiators or dryers to dry goalkeeper gloves. Instead let them naturally dry in a cool and well-ventilated area.

Avoid Sunlight: While drying, keep the gloves away from direct sunlight, as UV rays can break down the latex material.

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Dampening Goalkeeper Gloves Before Games:

This is soooooo important !

Dampening goalkeeper gloves before games can significantly improve grip and performance. Moistening the latex palm with water helps activate its tackiness, enhancing your child's ability to catch and hold onto the ball effectively.

Dampen with Water: Prior to games or training sessions, lightly dampen the palm of the gloves with water. Avoid soaking the gloves; a thin layer of moisture is sufficient.

Reapply Water During Play: During games, if the gloves begin to dry, your child can dampen the palm again with a water bottle.

Importance of Maintaining Glove Quality:

Regularly inspecting and maintaining glove quality is essential to identify any signs of wear and tear. Replace gloves when the latex begins to show significant signs of wear, such as loss of grip or tears.

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Investing in high-quality goalkeeper gloves and taking proper care of them will not only extend their lifespan but also ensure your child has the best possible tools to excel on the field.

The goalkeeper position is not an easy one. You can only speak about it if you are a goalkeeper yourself.

Simon Mignolet

Chapter 9.

Dealing with professional
football clubs academies.

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As a parent, watching your goalkeeping child sign for a professional football club's academy is undoubtedly a moment of immense pride and excitement. This significant achievement is a testament to their hard work, dedication, and talent on the soccer field. While it is natural to be thrilled about this amazing opportunity, it is equally crucial to approach this new chapter with balance and perspective.

This chapter will advise parents of goalkeepers on how to navigate this journey, emphasising the importance of managing expectations, maintaining a balanced life, and cherishing every moment of the experience.

First and foremost, celebrate this achievement with your child. Let them know how proud you are of their accomplishment and the incredible opportunity that lies ahead. However, as parents, it is essential to

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temper their expectations and remind them that this is just the beginning of their journey.

Signing for an academy is a stepping stone towards their football dreams, but it is not the final destination.

Encourage your child to embrace the challenges and learn from every experience, be it successes or setbacks. Remind them that improvement and growth take time and that patience and perseverance are crucial virtues in this process.

One of the most critical pieces of advice for parents is to ensure that their goalkeeping child enjoys every moment of this journey.

While the academy environment may come with higher expectations and intensity, it is essential for your child to continue to love the game.

Reiterate to your child that they should not put unnecessary pressure on themselves to perform flawlessly.

And you should not do also as a parent!

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Mistakes are part of the learning process, and every experience contributes to their growth as a player and as an individual. Encourage them to focus on their love for the goalkeeping and let the joy of playing be their driving force.

Signing for a professional football academy is undoubtedly a significant commitment, but it should not overshadow other aspects of your child's life.

Emphasise the importance of balancing academy commitments with their schoolwork, social life and still playing football with their friends and or local team.

Education remains a priority, and ensuring your child stays on top of their studies will set a strong foundation for their future. Encourage them to manage their time effectively, allowing room for both football and academics.

Additionally, support your child in maintaining connections with their local team and friends. Playing with their local team can provide a sense of continuity and camaraderie. Social interactions outside the

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academy environment can offer a much-needed balance to the pressures and intensity of professional training.

As parents, your role is not only to celebrate your child's successes but also to be their unwavering support system during challenging times. Celebrate their victories, encourage them after setbacks, and provide a listening ear whenever they need to talk.

Create an open and communicative environment, where your child feels comfortable sharing their experiences, feelings, and concerns. Your support and understanding will help them navigate the ups and downs of this exciting journey.

Above all, encourage your child to cherish every moment of this journey. Time flies, and their experience at the academy will be filled with memories, friendships, and personal growth. Remind them to stay present and enjoy every step of their football adventure.

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As parents, take pride in seeing your child pursue their passion and dreams. Be their anchor during this transformative phase, offering encouragement and guidance as they navigate the path ahead.

*What goalkeeper doesn't like a
little action?*

Karen Bardsley

Chapter 10.

How to find the right
goalkeeper coach for your
child.

s a parent of a young and aspiring
Aggoalkeeper
significantly impact your child's development and
success in the sport.

With countless goalkeeper coaches claiming various qualifications and promising extraordinary results, it can be overwhelming for parents to navigate through the sales tactics and make an informed choice.

But if your child shows a willingness for goalkeeping and they want to develop as a goalkeeper, if you have never played in goal before, I cannot stress enough the importance of getting the correct goalkeeper coach, as they will take your child's goalkeeping to a level you will not be able to do.

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Warning: Please do not be one of these parents, who gets tips from watching you tube videos, then trying to implement what you watched with your goalkeeping child on the training field, as this will be one sure way for your goalkeeping child to go backwards. Quickly!

Goalkeeping is such a specialised position, that if you have no experience playing in goal, PLEASE leave your childs goalkeeping development to the experts

Because online, especially YouTube, if you have no experience of goalkeeping, you might end up on a goalkeeper coaches channel, who themselves know very little about goalkeeping, and the worrying part here is, if you do not understand goalkeeping, you will not realise this goalkeeper coach is giving you the wrong advice.

And this could have potential irrecoverable damage on your childs goalkeeping technique.

And please trust me, even though there is some excellent goalkeeper coaching channels on you tube, there is more, shall I say, not so good.

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Moreover, if you happen to come across a goalkeeper coach's channel who genuinely knows what they are talking about, it is essential not to assume that you can replicate their methods and coach your child. Attempting to do so could lead to your child's regression rather than progress.

Goalkeeping is such a specialist position, so please leave it to the specialists!

By the way, I encourage you to have some fun and share special moments with your goalkeeping child, taking some shots and playing around. However, it's crucial to prioritise their development by ensuring they receive coaching from a goalkeeper coach who truly knows what they are doing.

In the competitive world of sports coaching, goalkeeper coaches often employ various sales tactics to attract parents and young goalkeepers.

~~These~~ These tactics may include highlighting qualifications, certifications, and affiliations to make their coaching services appear more desirable.

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While qualifications are obviously important to ensure a certain level of knowledge and expertise, they should not be the sole basis for choosing a goalkeeper coach.

Instead, parents should prioritise a goalkeeper coach's proven results.

The most effective way to gauge a coach's capabilities is to assess the success stories of their former students. Look for testimonials or feedback from past or current goalkeepers (and parents) who have worked with the coach.

A reputable goalkeeper coach will have a track record of developing goalkeepers who have excelled in their games, tournaments, or even progressed to higher levels of competition, and or even become professional, and or gained a college scholarship.

For example, our goalkeepers and our goalkeeper coaches have thousands of proven results helping our students to achieve their dreams, seriously we have lost count of our success stories.

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Remember it is your child, it does not matter how nice or polite the goalkeeper coach seems, how cheap they are, what their qualifications are etc... the only thing you need to ask them is 'SHOW ME YOUR PROVEN RESULTS'

Genuine success stories are a testament to the coach's ability to nurture talent and enhance goalkeepers' skills effectively.

Experience and reputation are vital factors when choosing a goalkeeper coach. Seek out coaches with substantial experience in coaching goalkeepers of different age groups and skill levels.

An experienced coach will have honed their teaching methods and gained valuable insights into individual player development.

Additionally, consider the coach's reputation within the football community. Talk to other parents, coaches, or club officials to gather insights into the coach's coaching style, demeanour, and commitment to player development.

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A skilled goalkeeper coach understands that each goalkeeper is unique and requires personalised attention. Look for a coach who tailors their coaching approach to cater to the specific needs and goals of your child.

A personalised coaching approach allows the coach to identify areas of improvement, set realistic goals, and provide targeted training to enhance the goalkeeper's strengths and overcome weaknesses.

This individualised attention fosters a positive and productive learning environment for young goalkeepers.

Before committing to a goalkeeper coach, consider observing a few training sessions to get a sense of the coach's teaching style and interaction with the goalkeepers. Pay attention to how they communicate instructions, provide feedback, and engage with the players.

A competent goalkeeper coach will be adept at creating a positive and motivating atmosphere during training sessions. They will encourage and challenge

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goalkeepers to push their limits while fostering a love for the game.

Engage in open discussions with potential goalkeeper coaches about their development plans for your child. A reliable coach will have a structured approach that outlines short-term and long-term goals for your child's progress.

Ask about their assessment methods, how they plan to address specific areas of improvement, and the strategies they employ to build the goalkeeper's confidence and mental resilience. A well-thought-out development plan indicates a committed and dedicated coach.

Encourage your child to talk to other goalkeepers who have trained with the coach you are considering. Honest feedback from fellow goalkeepers can provide valuable insights into the coaching experience and the overall impact on player development.

Also, do not think you have to go to just one goalkeeper coach, obviously depending on your time and finances, you can utilise more than just one.

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Every goalkeeper coach brings their unique set of skills, experience, and coaching style to the table.

By having multiple coaches, your child gains exposure to diverse techniques and approaches to goalkeeping. This exposure allows them to explore various strategies, tactics, and training methods, ultimately broadening their knowledge and skill set.

Each coach will focus on different aspects of goalkeeping, from positioning and shot-stopping to distribution and communication.

Your child can learn from the strengths of each coach and gradually develop a well-rounded understanding of the game, and their own technique.

Having two or three goalkeeper coaches enables your child to receive more personalised training. Each coach can identify specific areas of improvement and tailor their sessions to address your child's unique needs and goals.

Working with different coaches allows your child to adapt to various coaching styles and approaches. This

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adaptability is an invaluable skill that will serve them well on and off the field.

As they encounter different coaching philosophies, your child learns to be flexible, open-minded, and receptive to new ideas.

Moreover, the experience of training under multiple coaches enhances your child's self-assurance. Exposure to diverse coaching styles and techniques empowers them to trust in their abilities and approach the game with a well-rounded sense of confidence.

While embracing the idea of multiple coaches, it's essential to be aware of coaches who discourage your child from seeking guidance elsewhere.

We have heard from parents hundreds of times, that their goalkeeper coach have stated to them 'that their goalkeeping child is not allowed to go to another goalkeeper coach, and or they recommend their goalkeeping child only gets coached by them'

This is a danger sign, so parents please be aware.

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From our proven experience of over two decades, goalkeeper coaches who discourage seeking other perspectives or coaching lack confidence in their own abilities or fear competition from other goalkeeper coaches.

A secure and knowledgeable coach will embrace the idea of your child learning from various sources, understanding that diverse coaching experiences will only benefit their development.

I cannot begin to write here the importance of you getting specialised goalkeeper coaching for your child, and if you follow my advice, you should find a goalkeeper coach or coaches, who will develop your child.

If you want a free training session with Just4keepers, please check out, www.just4keepers.co.uk (UK) www.just4keepers.com (USA) and www.just4keepers.ca (Canada)

Something has just sprung to my mind as I finished this chapter, which I want to address, and that is, be careful of goalkeeper coaches who state that they

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were a professional and or semi professional goalkeeper in another country.

I have had this many MANY times when I have interviewed goalkeeper coaches to join Just4keepers.

These coaches state that they played professional for a team that I had never heard of in division 15 or something :)

Always do your research on this type of goalkeeper coach, because if you cannot find anything about them playing professionally online, the chances are, they did not play professionally, and so my advice if they are not being truthful about their playing career, is stay away, as you do not want your goalkeeping child going anywhere near this type of goalkeeper coach.

So even though a goalkeeper coach might verbally state or put on their website that they have achieved ABC, and or they have played professional for XYZ FC in their home country, always, always ALWAYS do your due diligence!

I like to show my ability on the field. I'm not one to show off with words. I'm really looking forward to the chance. I'm a calm goalkeeper, and above all, I've got a real desire to win. When I get on the pitch, I give everything for the team, everything for the shirt.

Alisson

Chapter 11.

Employed Gk Coaches V
Self-employed GK
Coaches, Who do you go
to?

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So this chapter will cheese a lot of employed goalkeeper coaches off, actually it will only cheese off the the goalkeeper coaches who are short changing their goalkeeper students.

So to you guys, I offer no apology!

My role for the past twenty plus years is to educate parents of goalkeepers, so they can best help their goalkeeping child, and to me, nothing annoys me more than a goalkeeper coach just going through the motions and short changing their goalkeeper students.

So let me give you my thoughts on the key differences between goalkeeper coaches employed by football clubs and those running their own independent goalkeeper schools as businesses.

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And why I believe EVERY parent of a goalkeeper, should seek out a goalkeeper coach with their own goalkeeper coaching schools, even though your child may receive club goalkeeper coaching.

Understanding these differences will help parents make informed decisions about the best coaching environment for their budding goalkeepers.

Goalkeeper coaches employed by football clubs often have the advantage of being part of a structured coaching staff. They may have access to top-notch facilities, resources, and training methodologies supported by the club. While this stability can be beneficial, it can also lead to varying degrees of motivation for some employed coaches.

One of the main considerations when it comes to employed goalkeeper coaches is job security, as they might feel less urgency to develop their goalkeeper students.

Employed goalkeeper coaches are usually tasked with working with all the goalkeepers within the club. While this allows them to gain experience working with a

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wide range of talent, it may limit the individualised attention and customised training that some young goalkeepers may require to unlock their full potential.

On the other hand, independent goalkeeper coaches who run their own schools as businesses are driven by a different set of motivations and responsibilities.

The success of their coaching business is directly linked to their ability to provide exceptional coaching and help their students succeed.

Independent goalkeeper coaches are essentially entrepreneurs.

They have chosen a path that demands constant dedication and innovation. Running a successful goalkeeper school requires them to continuously refine their coaching techniques, keep up with the latest trends in goalkeeping, and invest in their own professional development to stay ahead in the game.

For independent goalkeeper coaches, proven results are the backbone of their business. To attract and

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retain students, they must consistently produce talented goalkeepers who achieve success.

This places tremendous pressure on them to deliver top-notch coaching and achieve tangible results for their students.

In short, if the independent goalkeeper coach does not get results for their students, because parents are paying for this coaching service, parents quite rightly might decide to look elsewhere to a goalkeeper coach who can get results for their child.

Where as a employed goalkeeper coach is not under the same pressures, because they normally have a contract for x amount of time.

By the way, normally this type of coach will eventually get found out, but if its several months or even years down the line, the damage might already have been done to your goalkeeping child.

When choosing between employed and independent goalkeeper coaches, it's essential for parents to

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consider their child's unique goals, needs, and learning style.

Employed goalkeeper coaches within football clubs can be an excellent fit for young goalkeepers who benefit from a structured and team-oriented coaching environment.

On the other hand, independent goalkeeper coaches running their own schools may be more appealing for parents seeking a personalised approach and tangible results for their child.

I want to stress that most employed goalkeeper coaches will go the extra mile for their students and will develop their students, and it is only the minority I speak about here.

So I write this chapter, just in case your child is getting taught by this type of goalkeeper coach.

We all know (or have known) of an employed goalkeeper coach, where you can see their heart is not in it anymore, or they are going through the motions,

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and or worse still have a massive ego, and it is all about them and not their students.

These are the type of club goalkeeper coaches by the way that try and prevent their goalkeeper students going to another goalkeeper coach, especially an independent goalkeeper coach, because they fear that the independent goalkeeper coach will educate the parents, and also give the goalkeeper students a much better experience.

Basically they do not want to be found out, hence why they are fearful about their students going to another goalkeeper coach.

Again you have probably heard this many times before, where the parents and goalkeepers are not happy with their goalkeeper coach, but they are fearful of saying anything, and or taking their child to another goalkeeper coach because they do not want to upset the club goalkeeper coach, and or get cut from the team.

I have actually heard many times over my years, goalkeeper coaches actually threatening parents that

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they will cut their goalkeeping child from the team, if they take their child to another goalkeeper coach.

This is beyond shameful and underlines that this type of coach lacks security and belief in themselves as a goalkeeper coach.

And worse still, that they would rather slow down the development of a child, just to protect their own short fallings and failures as a goalkeeper coach.

Again beyond shameful.

But parents, this is your child and if they are not getting developed correctly by your clubs goalkeeper coach, you have to find a goalkeeper coach who can, and more importantly is prepared to develop your child.

And this is where I believe independent goalkeeper coaches play a massive part in the development of goalkeepers.

If you are lucky enough to have a great goalkeeper coach at your club, and if your goalkeeping child is serious about their goalkeeping, I believe as a parent,

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you must also find a independent goalkeeper schools, with **PROVEN** results of helping goalkeepers succeed.

If you do this, your child chances of success, will go through the roof.

I guarantee it!

But if after reading this, you realise your child is getting coached by a club goalkeeper coach who is not developing your child, you need to find an independent goalkeeper coach, sooner rather than later.

Or find another club where the goalkeeper coach has a proven track record of developing goalkeepers.

Parents please do not think I am knocking employed club goalkeeper coaches here, because I am not, as the majority do an amazing job.

I am just trying to educate you, just in case you do have a goalkeeper coach who is not really motivated to helping your child.

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Do not think it is just employed club goalkeeper coaches who go through the motions and short change their students by the way.

Obviously there are independent goalkeeper coaches who also do this, however thankfully this type of coach gets found out very quickly because parents are paying for this service, and so their business normally does not last very long.

~~Independent~~ Independent literally hundreds of goalkeeper coaches come and go over the years, exactly for this reason.

However, parents of goalkeepers tend to give the employed club goalkeeper coaches who are doing a poor job, ALOT more time than they should because like I stated above, they do not want to upset the coach out of fear their goalkeeping child might get cut from the team etc...

But please parents, if your child is unhappy or uninspired by their club goalkeeper coach and not getting developed, do something sooner rather than later.

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Your child's goalkeeping development is relying on you to make these decisions.

But my advice here, even if you have a fantastic club goalkeeper coach, if your goalkeeping child expresses their desire to make a career out of goalkeeping, to give them a fighting chance of achieving their dreams, you MUST find an independent goalkeeper coach with PROVEN results for their students to achieve their dreams.

And to answer my question in the chapter title, which goalkeeper coach do you go to, the employed club goalkeeper coach and or the independent business owner goalkeeper coach?

Well my answer is both!

As long as they are putting their heart and soul into helping your goalkeeping child develop, then go to both.

The role of a goalkeeper is difficult to judge, above all if you haven't been a goalkeeper. It's like me giving an opinion on someone's job without having had any experience in their sector. You start to realise how many stupid things are said and written about goalkeepers.

Gianluigi Buffon

Chapter 12.

How to help your child deal with the haters

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As parents, we share an unbreakable bond with our young goalkeepers. We witness their dreams, celebrate their victories, and support them through every challenge.

It fills our hearts with pride to see them excel on the pitch and work hard to achieve their goals. But amidst the cheers and applause, there will always be those who choose to spread negativity and hate.

As parents, we have a crucial role to play in helping our children cope with haters and emerge stronger, using negativity as a catalyst for growth and success.

Haters often arise from a place of jealousy and insecurity. As your child's success shines brightly, it can evoke envy in others who might not have

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achieved the same level of greatness, and who never will.

Understanding that their negativity is not a reflection of your child's worth but rather their own insecurities will empower your young goalkeeper to rise above the hate.

As parents, we must instill resilience and self-confidence in our children.

Remind them that their worth and value are not defined by the opinions of others. Encourage them to focus on their passion for the game, their hard work, and the progress they make every day.

Confidence is the armor that shields them from the arrows of hate.

Children look up to their parents as role models. Demonstrate how to handle criticism and negativity with dignity and poise.

Share your own experiences of facing haters and show them how you remained undeterred in pursuing your

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dreams. Let them see that haters do not define you; your actions and determination do.

Turn negativity into fuel for growth.

Encourage your child to use the haters' words as motivation to improve and excel on the field. Every great athlete has faced doubters; it is how they respond to it that sets them apart.

Channeling negativity into positive energy will help your young goalkeeper reach new heights.

Surround your child with a supportive network of friends, coaches, and mentors who believe in their potential. A strong support system can counteract the impact of haters and provide a safe space for growth and development.

I will share my personal experiences as a young goalkeeper and how I learned to handle negativity with professionalism and grace.

As a young goalkeeper, I faced my fair share of haters and doubters. There were times when their negative words threatened to dim my passion for the game.

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However, I refused to let them define my path, mainly thanks to my parents support and encouragement.

So I used the haters skepticism as a powerful motivator.

Every hateful comment fuelled my determination to prove them wrong. I stayed focused on my goals, worked harder than ever, and let my performance speak for itself.

As I share my knowledge and experiences in this books for parents, I anticipate that there will be haters who attempt to tear down my work.

But do you think this will deter me?

In fact it does the opposite, it motivates me to do EVEN MORE to help goalkeepers and their parents.

For example, when I wrote my book, '**How to become a professional goalkeeper**' I had the haters giving me false 1 star reviews.

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Imagine how sad someones life must be that they actually bought my book from Amazon, just so they can leave a false one star review.

This was beyond obvious it was my competition, but instead of them getting off their backsides and writing their own book to help others, it was easier for them to knock what I was doing helping others.

They took the short cut in life, like most haters do!

Also like most haters, they are cowards, they never chose to address me, man to man, instead they left their false reviews on false accounts.

And this is what you must teach your children, when dealing with the haters that will 100% come their way, once they start having some success.

Is first of all pity the haters, as they obviously must lead very sad and shallow lives to be a hater, and educate your child/ children that these haters are not even worth one second of their time.

Instead, use these haters as what I call **negative motivators!**

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So tell your goalkeeping child, whenever they feel down, unmotivated, lazy, tired and they want to quit, remind them do they want their haters to be right about them?

Remind your child, that you do not want the haters of the world, smiling and saying, 'I told you so, I told you would not achieve your dreams!'

This is what lit a fire under my belly as a child chasing my dreams, thanks to my parents advice.

They educated me that whenever a hater made a nasty comment like, 'Who do you think you are Ray, you will never become a professional goalkeeper' (please believe me, I had a lot of people say this to me, even family and friends) but my parents sound advice echoed in my mind, and still does to this day.

So my first thought when someone made a nasty comment to me was to turn it into a positive and I would say to myself, *'Right, there is NO WAY you are going to be right about me, and there is NO WAY you will ever smile at me and state, I told you so!'*

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So this made me work even harder and smarter to achieve my dreams and goals at the time.

So I beg you, please teach this life skill to your goalkeeping child, I assure you, it will armour them against the haters of this world, and will catapult them to achieve any dream and goal that they are chasing.

Remember, use these negative motivators to help you, to help your goalkeeping child achieve their dreams and goals.

*Everybody makes mistakes, but
when goalkeepers make them,
it is costly. That's the nature of
being a goalkeeper.*

Gary Speed

Chapter 13.

Letting Our Goalkeeper Kids Shine: Embracing Fun and Sincerity in Parenting

In this final chapter, from parent to parent, it is
Imy sincere
you are a parent living your life through your childs
eyes.

Like I have already mentioned, I have coached thousands of goalkeeper students, and helped even more parents to help their goalkeeping child and one of the most heartbreaking things I have witnessed time and time again, is parents, (normally the father) who live through their childs eyes, especially if their child gets to a professional football academy.

Please do not be this parent!

I 1000% understand as a parent myself, we all want the best for our children, but sadly some parents go a

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step too far, and end up making their goalkeeping childs journey unintentionally unbearable.

This can end with the child eventually feeling resentful towards their parent who is putting them under pressure for maybe a dream, that is not their dream, and in most cases eventually spoils the relationship between the child and parent who is being just too pushy!

Honestly, I have seen this happen so many times, and it is truly sad to see, especially when a parents ego gets in their way, and they do not listen to sound advice that comes from the heart, experience and seeing so many child/parents relationships destroyed, just because the parent wants it more than their child.

Please do not be this parent.

To repeat myself, as parents, we all want the best for our children, especially when it comes to their passions and dreams, and I get it, because as a parent myself, I have been too pushy at times.

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But over the years, when I have advised the parents in my Just4keepers business re being too pushy with their child, I am sort of a outsider looking in, and I remember once thinking, OMG, what I am advising this parent not to do with their child re being too pushy, I am doing this myself with my own children.

This is because as parents we love our children that much, we think everything we say and do is helping and inspiring them, when sometimes it can have the complete opposite effect.

So this was a valuable life lesson for me also, and obviously I stopped being that pushy parent from that day moving forward.

For those of us with young goalkeepers in the family, it's natural to feel a sense of excitement and pride as we watch them take to the field.

However, there's a fine line between supporting their passion and living our lives through their eyes, so in this final chapter I want to echo chapter 2, and really emphasise the importance of keeping things fun and sincere, so our young goalkeepers can truly shine.

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Their Dreams, Not Ours: First and foremost, it's essential to remember that our children's dreams belong to them, not us. While we may have our own aspirations and desires, we must separate them from those of our young goalkeepers.

Each child is unique, with their own talents and interests. As parents, our role is to provide unwavering support and guidance, while allowing them the freedom to explore their passion for goalkeeping on their own terms.

Keeping It Fun: As we embark on this journey with our young goalkeepers, let's not forget the power of fun and enjoyment. Goalkeeping should be a source of joy and excitement for them, not a stressful endeavour filled with pressure and unrealistic expectations.

Let's encourage them to find pleasure in every save, every dive, and every moment on the field. The smile on their faces after a thrilling match or a challenging training session is what truly matters.

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Sincerity in Support: Our children can sense our sincerity and authenticity, even in the smallest gestures. When we cheer them on from the sidelines, let's make sure our support comes from the heart.

Instead of overwhelming them with our emotions and expectations, let's focus on being a positive presence during their games and training sessions. Celebrate their successes, but also be there to offer a comforting word and a reassuring hug during moments of disappointment.

The Weight of Expectations: As parents, it's normal to have dreams for our children. However, we must be cautious not to burden them with the weight of our expectations.

Instead of projecting our goals onto them, let's be open to discovering their own aspirations. By giving them space to express their desires and ambitions, we can better understand what truly drives them as young goalkeepers.

Recognising Their Effort: Winning and success are important, but they are not the only measures of

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achievement. Let's teach our young goalkeepers the value of effort, dedication, and resilience.

Regardless of the match outcome, we can celebrate their **commitment** to improving their skills and giving their best on the field. These are the qualities that will shape them into not just great goalkeepers, but also admirable individuals.

Guiding without Controlling: It's natural to want to protect our children from failure and disappointment. However, these experiences are part of life's lessons and can be valuable in shaping their character.

As parents, our role is to guide them through challenges without taking control of their journey. Let them make mistakes and learn from them, as this will only make them stronger and more independent.

Recognising Their Individuality: Every young goalkeeper has their own pace of development and unique strengths. Let's celebrate their individuality and avoid comparing them to others.

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Whether they are quick on their feet, excel in diving saves, or have an exceptional understanding of the game, each of their qualities is special and contributes to their growth as goalkeepers.

A Safe Space to Talk: Maintaining open lines of communication is crucial in understanding our young goalkeepers' experiences and emotions. Create a safe space for them to express their feelings about their journey in goalkeeping.

By actively listening without judgment, we can better support them in navigating any challenges they encounter.

Balancing Soccer and Life: As passionate as our young goalkeepers may be about the sport, it's essential to find a healthy balance between football and other aspects of their lives.

Encourage them to excel in their studies, maintain friendships, and engage in other activities they enjoy. This holistic approach will contribute to their overall happiness and well-being.

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Embracing Their Journey: In conclusion, let's embrace our young goalkeepers' journey with sincerity and a commitment to making things fun.

Let's support their dreams while also nurturing their individuality and passions. By understanding that their path may differ from our own expectations, we empower them to become confident, resilient, and joyful goalkeepers.

As parents, we have the unique privilege of witnessing our children's growth, both on and off the field. Let's cherish every moment, savouring the fun, the challenges, and the genuine love for the game that fuels their passion.

By doing so, we ensure that they shine brightly as young goalkeepers, with hearts full of sincerity and joy.

My Final Wishes

I want to extend my heartfelt gratitude to each and every one of you who has joined me on this incredible journey through the pages of this book.

Goalkeeping has been my passion since I was just eight years old. It has been a remarkable adventure, where I had the privilege of living my dreams as a professional goalkeeper for over a decade.

Moreover, for the past two decades, I have been blessed and honoured to lead Just4keepers, a platform that empowers the next generation of goalkeepers, with the incredible support of Just4keepers goalkeeper coaches worldwide.

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From the very beginning, my mission with Just4keepers in 1998 has remained unchanged: "To give goalkeepers the opportunities I never had growing up."

You see, while I was fortunate to have the support of amazing parents, our journey was not without its challenges. My father and I faced adversity, abuse, and heartache from football clubs and coaches along the way.

Launching Just4keepers was not just about guiding aspiring goalkeepers; it was also about supporting and educating parents.

If I can help parents and their goalkeeping children avoid the hardships my father and I endured, I knew I would be making a significant impact in my life, but also the life of others.

Today, I stand incredibly proud and honoured to share that the Just4keepers community, bolstered by a dedicated team of coaches, has touched more parents of goalkeepers than any other similar organisation in history.

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Your trust and belief in our mission mean the world to me.

As you read through this book, I want to sincerely express my gratitude for being a part of this journey, giving me the opportunity to assist you in nurturing your goalkeeping child's dreams.

I can't find the words to express how much this means to me.

Now, all I ask, and sincerely wish for, is that some part of this book has provided you and your goalkeeping child with a more enjoyable, positive, and shared journey in the world of goalkeeping.

You are not just a reader but a friend who shares in the passion for goalkeeping, through helping your goalkeeping child.

And as a goalkeeper who has walked in the shoes your child is now currently walking, and helping thousands of parents, I know the sacrifices you make as a parent to help your goalkeeping child, and I say this from the bottom of my heart, and even though we may never

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meet, I am immensely proud of what you are doing to help your goalkeeping child.

Even though your child might not always show their gratitude, like I did not as a goalkeeping child with my parents, I am promise you, your child will appreciate your sacrifices.

Please remember, enjoy this journey with your goalkeeping child, and make it a fun experience for you both that will bring positive memories, and live in your hearts forever.

Your Friend,

Ray Newland

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If you found value in the wisdom shared within these pages and it has enriched your goalkeeping child's journey, I would be deeply appreciative if you could take a moment to review my book and share it on your social media.

And... please feel free to email me ray@raynewland.com and share your social media review link.

Not only will I respond to your email, I will also check out and comment on your social media review.

Your Personal One2One Call with Me

If you would like to book a one2one zoom call with myself, where I will personally speak and advise both yourself and your goalkeeping child on this personal one2one call, check out: <https://just4keepers.co.uk/one2one-help-for-parents/>

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FREE RESOURCES AND DISCOUNTS FOR PARENTS:

Get **20% OFF** your goalkeeper gloves **for life**. Goto www.j4ksports.com and or www.j4ksports.co.uk and use the parent discount code: gkparent20

For a **FREE** goalkeeper session near you, follow the below links to find your nearest goalkeeper coach and request a free training session.

www.just4keepers.com (USA)

www.just4keepers.co.uk (UK)

www.just4keepers.ca (Canada)

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Get access to my vast video library where I have answered all the most common asked questions that I have been asked by parents of goalkeepers over my two decades of coaching goalkeepers.

There is Over 50 videos that will help you, to help your goalkeeping child find success.

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J4K Magazine:

As it is impossible to add everything we do for free for parents of goalkeepers and their goalkeeper child, we have created the J4K Magazine

So check out <https://j4ksports.co.uk/pages/j4k-magazine> and see the ton of free resources at the tip of your fingers.

Did I Not Answer Your Question?

If I did not answer your question in this guide, please email me at ray@raynewland.com and I will not only personal email you my answer, If I feel the question will help other parents, I will add your question to the next edition of this book.