



IKERCASILLAS
GOALKEEPER
COACHING SYSTEM



GOALKEEPER'S WINTER CLINIC

DUBAI - 21.22 JAN 2022



ICA COACHING SYSTEM & FURSAN HISPANIA

The **specific work methodology for goalkeepers** of the Iker Casillas Academy -*Iker Casillas Goalkeeper Coaching System*- has been developed for integration in leading academies and clubs in international markets.

This methodology is implemented through Spanish coaches and directors who travel to the destination countries for its execution.

UAE has been the first country to incorporate the Iker Casillas Goalkeeper System through the professional club and academy structure: **Fursan Academy**. This union between aims to consolidate itself as the **leading training proposal for goalkeepers in the GGC area.**



OUR VISION

Iker Casillas Academy aims to position itself as the most relevant academic and sports project in the European football market, offering a service that goes beyond the technical training of the players.



OUR VALUES

The philosophy of the Iker Casillas Academy is shaped by the values that have marked Iker's entire career. Values that go beyond the football field, are present in everyday life and that will be essential in the progress of the player's training.

HUMILITY

EFFORT

INCLUSION

RESPECT

COMMITMENT

FELLOWSHIP



A DREAM SHARED BY IKER CASILLAS



"I STARTED PLAYING FOOTBALL WHEN I WAS 4. AT ONLY 6 YEARS OLD, I JOINED THE JUNIOR TEAM OF REAL MADRID. NOW THAT I HAVE LIVED A CAREER OF 20 YEARS AS A PROFESSIONAL FOOTBALLER I REALIZE THAT THE **SUCCESS** HAS BEEN THE **RESULT OF THE EFFORT OF MANY AROUND ME** THAT HAVE HELPED ME TO IMPROVE, NOT ONLY MY SPEED OR MY REFLEXES, BUT CONTRIBUTING TO **SHAPE ME AS A PERSON.**

ONE OF MY **DREAMS IS TO HELP** CHILDREN, YOUNG PEOPLE AND PROFESSIONALS FROM ALL OVER THE WORLD TO SUCCEED AS ATHLETES IN AN HONEST AND VALUE-BASED WAY. WITH THE IKER CASILLAS ACADEMY PROJECT I FEEL THAT I AM PASSING ON PART OF WHAT I HAVE LEARNED. I WOULD LIKE TO TEACH MANY OF THEM TO **ENJOY FOOTBALL**, A SPORT THAT IS **PASSION, EDUCATION, TEAMWORK, EFFORT** AND ABOVE ALL, **RESPECT**; TO ACCOMPANY THOSE WHO ONE DAY COULD MAKE THIS DREAM THEIR LIVELIHOOD ON A PATH THAT IS NOT FREE OF DIFFICULTIES AND OBSTACLES.

THIS PROJECT IS AN **INTERNATIONAL PROJECT**, WHERE WE WANT TO TRAIN PLAYERS FROM ALL OVER THE WORLD. IN ADDITION, THE IKER CASILLAS FOUNDATION, WHICH I HAVE CHAIRED FOR MORE THAN 8 YEARS, WILL GIVE YOUNG PEOPLE WITH LIMITED ECONOMIC RESOURCES THE OPPORTUNITY TO PARTICIPATE IN THESE PROGRAMS, BY GRANTING SCHOLARSHIPS.

THIS IS A DREAM THAT WAS BORN THANKS TO THE EFFORT AND ABOVE ALL THE ENTHUSIASM OF MANY PARTIES INVOLVED: THE FOUNDATION'S TEAM, EDUCATIONAL INSTITUTIONS, COACHES, PARENTS, CHILDREN, SPONSORS...
A PROJECT OF SHARED HOPES AND DREAMS.



Iker Casillas Fernandez

A black handwritten signature of Iker Casillas, written in a cursive style.

METHODOLOGY

We have an **elite high performance** methodology that thanks to **technology** and its processes will **optimize** the **performance** of the players. The coaches and members of the technical staff have been selected among the top references in the country.

METHODOLOGY

In recent years, the **evolution** of football on a **technical, tactical, conditional and emotional level** has been very important. The work and **responsibility** of the goalkeeper during the course of the game **has increased** considerably.

A good goalkeeper must have a **high technical and tactical level** in both **defensive** and **offensive** play in today's football. Although the goalkeeper's basic function is to prevent goals, today he is also required to help his team when in possession of the ball.

Faced with this situation, our goalkeepers must adapt to these new demands and for this we must train them.

In 1992, at the annual meeting of FIFA and IFAB, rules were agreed upon that directly affect the goalkeeper, which over time have changed the way they act in competition.

That is why our work methodology will be very focused on the way goalkeepers compete nowadays.



SPECIFIC SESSIONS FOR GOALKEEPERS

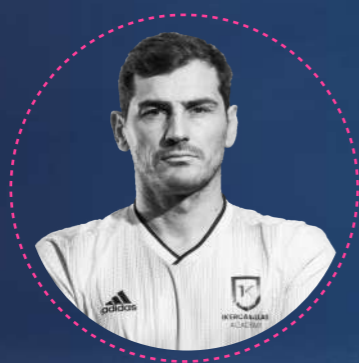
MAKE EVERY DAY COUNT



PROGRAMS BORN FROM ELITE FOOTBALL

Iker Casillas Academy will develop technical training programs for goalkeepers under the *Iker Casillas Goalkeeper Coaching System* methodology.

A specific training program differentiating in the sports training market, led by Iker Casillas and Juan Canales, goalkeeper coach of Real Madrid CF for more than 5 seasons.



IKER CASILLAS
Former Real Madrid
CF, Spain and FC Porto
goalkeeper



JUAN CANALES
Former Real Madrid CF
Goalkeeper coach

>>> WANT TO REACH THE NEXT LEVEL?



DON'T DREAM WITH IT DO IT

GOALKEEPER'S WINTER CLINIC DUBAI

21 - 22 JANUARY 2022

AT

Gems Winchester School (Dubai Land)

FOR

Goalkeepers from 8 years old - ALL LEVELS

SCHEDULE

Friday 5pm to 8pm

Saturday 9am to 12pm & 4pm to 7pm

GOALKEEPER'S WINTER CLINIC

FROM 8 YEARS OLD

PIONEERS IN THE DEVELOPMENT OF INTENSIVE TECHNICAL TRAINING PROGRAMS FOR GOALKEEPERS OF ALL LEVELS
TRAIN LIKE A PRO GOALKEEPER TO IMPROVE YOUR SKILLS AND REACH YOUR PEAK PERFORMANCE

WORK RANGES

Specific training sessions for every level & group ages

- > **INDIVIDUAL FOCUS**
- > **TECHNICAL-TACTICAL DEVELOPMENT CUSTOMIZED BY POSITION**
- > **ANALYSIS & EVALUATION WITH ADVANCED TECH TOOLS**
- > **ANALYSIS BY WORK AREA**
- > **PREVENTIVE WORK**
- > **PSYCHOLOGICAL DEVELOPMENT WORK**

> **MEET IKER IN PERSON AND TRAIN WITH ONE OF THE BEST GOALKEEPERS OF ALL-TIME!**

SKILLS DEVELOPMENT



TECHNIQUE



TACTICAL

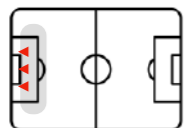


PHYSICAL

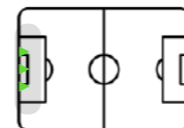


REFLEXES & AGILITY

GOALKEEPER PLAY



TECHNICAL-TACTICAL DEFENSIVE



TECHNICAL-TACTICAL OFFENSIVE

GOALKEEPER PLAY

A

BEFORE
CONTACT WITH
THE BALL



B

WHEN
CONTACTING
WITH THE BALL



C

AFTER
CONTACTING
THE BALL



A

RESTART
OF THE GAME



B

CONTINUITY OF
THE GAME



DECISION TAKING · COGNITIVE WORK



COMMUNICATION
+
BASIC POSITIONING
+
PASSING



POSITIONING
JUMPING
DIVING



BLOCKING
DESVIOS
REJECTS
CLEARANCES
EXTENSIONS
1VS1



FALLS
REINSTATEMENTS



GOAL KICK
FOOT KICK
HAND KICK



COMMUNICATION
LONG SHOTS
CONTROL
PASSING
BALL DRIVING
DRIBBLING



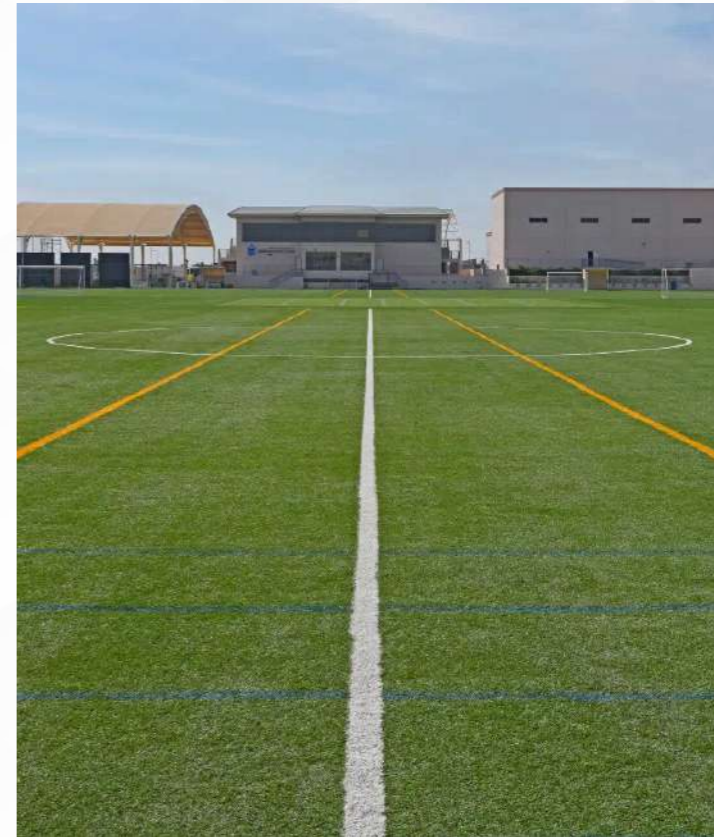
A UNIQUE OPPORTUNITY

MEET IKER CASILLAS

THE LEGEND ITSELF WILL BE AT DUBAI
TO PERSONALLY MEET THE COACHES OF THE
PROGRAM ON JANUARY 21ST.



FACILITIES

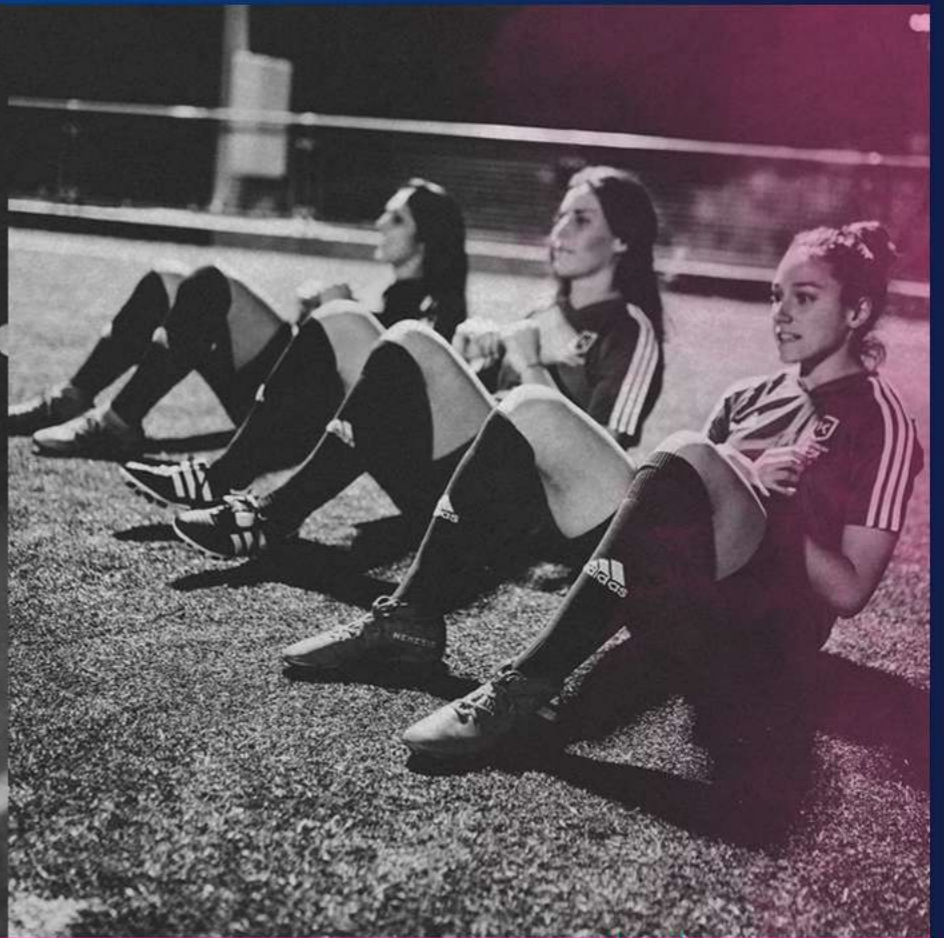
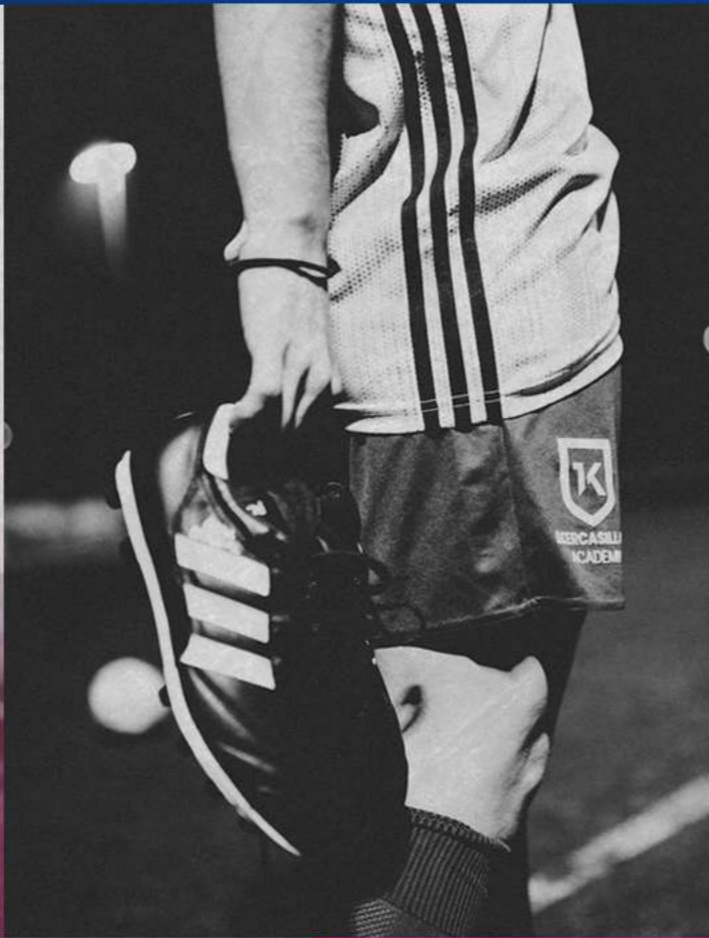


GEMS WINCHESTER SCHOOL (DUBAI LAND) A PLACE FOR FOOTBALL

ASTONISHING SPORTS COMPLEX IN THE HEART OF DUBAI, WITH TWO F-11
FIELDS & ONE F-9, PRIVATE PARKING & DIRECT ACCESS FROM E311 ROAD.

PARTNERS





**NOW
IS ^{IK} YOUR
TIME**



IKERCASILLAS
GOALKEEPER
COACHING SYSTEM

