Coaching Corner
The F.A. blueprint for goalkeeper coaching and development

Kid Gloves
The stars of the future

Business Pages
Key developments affecting the professional 'keeper

On the Move
Summary of the latest GK transfers

Equipment
All the latest goalkeeping products

Training camps with Fred Barber
Elite training for the pros

Also featuring:
Richard Lee
Lee Camp
Dorus De Vries
Tom Heaton
Paul Rachubka
Welcome to GK1
The magazine exclusively for the professional goalkeeping community.

Editor’s note
Andy Evans / Editor-in-Chief of GK1 and Director of World In Motion ltd

Welcome to the winter edition of GK1 – the magazine exclusively for the professional goalkeeping community. This edition is proud to celebrate the achievements of one of the World’s leading players, let alone goalkeepers, as Spain’s Iker Casillas became the first goalkeeper in over 28 years to captain his side to World Cup glory. Not content with that, the 29-year-old collected the prestigious Golden Glove award, awarded to the best goalkeeper of the tournament, after victory over the Netherlands, leading his side to their first ever World Cup triumph and writing his name into Spanish football folklore.

The award, formerly known as the Yashin Award in honour of Russia’s finest keeper, Lev Yashin, is made by FIFA’s Technical Study Group based on the player’s performance throughout the final competition.

With the endorsement of the leading players, key brands, glove and equipment suppliers, coaches and managers alike we are proud to deliver the second issue of a magazine dedicated entirely to the art of goalkeeping. GK1 covers the key elements required of a professional goalkeeper, with coaching features, equipment updates, a summary of the key transfers and features covering the uniqueness of the goalkeeper to a football team. The magazine also includes regular features ‘On the Move’, summarising all the latest transfers involving the UK’s professional goalkeepers; ‘Kid gloves’ promoting the countries’ up-and-coming goalkeeping starlets; ‘Outside the Box’, focusing on life after football, and many other goalkeeper specific topics.

In ‘The Business Pages’ GK1 offers a summary of the key developments, contractual, legal and administrative to affect the professional goalkeeper. We are always at hand to offer advice to the goalkeeping community.

GK1 is a magazine for the goalkeeping profession. We actively encourage your contribution, please feel free to contact us with your suggestions as to how we can improve YOUR magazine.

GK1 Magazine is published by World in Motion ltd, a leading global management company and the UK’s foremost agency for professional goalkeepers.

Coaching Corner
Featuring:
Richard Lee – Goalkeeping ‘Dragon’
F.A. Blueprint – The Future Game & Training Camps with Fred Barber

Handy Jack
Dorus de Vries on another new dawn for Swansea City

Exclusive Interview:
It’s us against them!
Bob Wilson on the difficulties of modern goalkeeping

The Business Pages
Featuring:
Goal-line technology; the EFRBS Scheme; and more

On the move
All the latest transfer news

Red to Blue
Tom Heaton on leaving Man United for high-flying Cardiff City

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FOR THE LATEST GOALKEEPER NEWS, GLOVE TECHNOLOGY, TRAINING TIPS AND LOADS MORE GO TO www.SELLSGOALKEEPERPRODUCTS.COM
Brentford’s business Dragon breathes new fire into GK coaching

Latest venture sees Brentford’s new No1 planning to change the way we view the art of goalkeeping.

If we’re honest, we’d all admit to having one at some time or another. You know, that little keepsake or lucky charm; perhaps a rabbit’s foot, or a shiny penny. Something that made Lady Luck shine on you a little brighter than the rest.

Brentford’s close-season acquisition, goalkeeper Richard Lee was no exception. Off the pitch the 27-year old has balanced life as a pro with a burgeoning business empire - spanning High Street fashion through to a nationwide network of goalkeeper training centres.

His entrepreneurial talents even led to an appearance on BBC2’s ‘Dragon’s Den’. But for more than a decade, playing in the Premier League and the Championship, Richard called upon the powers of a lucky pebble to make sure he led a charmed life between the sticks.

“It got to the stage where if I couldn’t find it or I’d mis-placed it, I’d get into a terrible panic,” said Richard.

“The boys at Watford and at Blackburn had no idea. I didn’t want anyone knowing, but we have a worldwide programme of research investigating the underlying causes of the disease.

While research is the key to protecting future generations, the charity also remembers that there are children suffering today by supporting a number of community based initiatives, including children’s hospices and other organisations that support families outside the hospital setting. For more information, please visit www.leukaemia.org or telephone: 020 7404 0808.

Use your hands. Help us to stamp out male cancer.

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everyman-campaign.org
aged 10. And for all that time, Richard’s ritual with this talismanic rock kept the Goalie God on his side.

“Most players have a superstition. Putting their shirt on first, or being last onto the pitch. I kept mine for years; too many years to be honest! It was starting to become a hindrance rather than a help. Finally I thought enough is enough.”

And since then, Richard has never looked back.

Busy Bee

“I’m keeping better than ever at present and looking forward to this season more than I have for a long time,” said Richard, who’s signed a two-year deal, becoming manager Andy Scott’s first summer signing.

Football will always come first, but for the man rapidly becoming the Richard Branson of the goalkeeping world, the goal-line’s my ultimate goal is to use GK icon to change the perception and the understanding of goalkeeping. If I can do that in some small way, then fantastic.”

Lee Enters Dragon’s Den


His first business success came in 2004 when Richard and business partner Daren Duradi tested the market to see if they could sell bespoke baseball hats. Their hunch proved correct and now six years on, the web-based enterprise www.drcap.co.uk has seen year-on-year growth and a healthy return on investment.

It now retails across Europe, the US and Canada. A bold idea which even impressed the fearsome panellists of Dragon’s Den.

“Since the show I think I’ve received more recognition for that than for my football! It was a great experience and something I’m glad I went through.

“It all began as a joke really. Daren suggested that we apply with our idea of a selection of headwear stores. So we applied and went through several auditions before the big day arrived.

“I had to ask permission from Mark Hughes to go on the show, which was an odd meeting! He thankfully had no issues and actually said that he watched the show so I think he was intrigued to see it itself.

“I had a game at Morecambe the night before the show itself, so didn’t get to London until 4am and was up at 6am to get showered and ready for the day.

“Needless to say I wasn’t feeling my best. A few cups of coffee helped matters in terms of tiredness but I developed the shakes! Thankfully they subsided by the time we were called upon.

“Was I nervous? Not really, no. I got nervous for football matches but I wasn’t in the slightest bit nervous for the show. I knew we had a solid idea and we had prepared vigorously so I was confident we wouldn’t show ourselves up, as so many seem to do who get on there!

“I remember thinking the whole situation was a big surreal. There they were, the five Dragons and, to the left of them, there must have been 25 people; cameramen, sound technicians etc.

“Thankfully all the preparation we had put in paid dividends as we were offered a small investment from one of the judges for our business. This was an experience I will never forget. I gained confidence knowing I could step into an unfamiliar arena and not let myself down.

“Today’s market conditions have meant Dr Cap has been forced to expand at a steady rather than spectacular rate in recent months.

Eagles need a Guru

“It’s not just a hobby, it’s my business and I’m happy with that. I’m about these days, a long way from a bloke

I had a hunch that people would like my product and they do. I’ve got a couple of lads from the show that still buy from me. One of my teammates has invested in one of the kits. It’s a great product and people want it. It’s not just about the kit, it’s about the kit’s design.”

So Richard is expanding – and he has every reason to believe it will be a great success.

Aid to ambition

“I would advise others to apply for the Dragon’s Den. It’s easy... all for someone else. I’d come across these symbols a few times. It just means continued and never-ending improvement. It reminds me what I’m about these days, a long way from a bloke needing to rely on a stone for good luck.”

Richard is happy to see his idea gaining momentum.

Factfile:

- Drives: Audi A5
- iPod: John Legend
- Likes: People with drive and ambition. People who make you feel good about yourself.
- Dislikes: Energy drainers, gloomy types with half empty glasses.
- Vices: Good coffee!
The Future Game

The FIFA World Cup provided all those involved in coaching and player development an opportunity to observe the progression of the game at the highest level. Flexible playing formations and creative and imaginative attacking play all played their part in an intriguing tournament.

How the game at the elite level is changing and how it will evolve in the future is central to the playing and coaching philosophy outlined in The FA’s new blueprint for elite youth player development: ‘The Future Game’. The document includes the anticipated requirements that young players will need to play the game at the highest levels in the future, as well as player development guidelines and practice sessions in age specific sections (8-11, 12-16, 17-21).

The document, which has been developed by The FA’s coaching staff, has been distributed to all Premier League and Football League clubs and provides a clear vision on The FA’s philosophy for young player development. The vision outlines the enthusiasm to produce technically excellent and innovative players who will excel in the elite game. Sir Trevor Brooking, The FA’s Director of Football Development, said: “This is a vital document for the future of the English game. If we are serious about developing world class players for England, this is our start point.

“It has been many decades since The FA last produced a technical document aimed at reviewing the state of the game and projecting forward how we need to develop players to contest at the highest level of world football. “These guidelines address the issues we face and provide a basis for the technical development of young players which is key for England’s future success.”

Goalkeeping

It is generally agreed that goalkeeping is an art in its own right, with unique and specialised practice necessary. Goalkeeping practice is often undertaken in isolation, utilising unopposed and semi-opposed situations with the purpose of developing technique. However, isolated practice alone will not help goalkeepers develop the decision making and game understanding necessary to perform at the highest level. The role of the goalkeeper must be developed in the context of the team. Regular practice should take place with the outfield players in order to co-ordinate attacking and defending understanding.

The FA’s Future Game document outlines over 35 practices for elite goalkeeper development.

Shot stopping in a 4v4

Practice organisation

- Area 36x36yds, with half way line marked by cones & appropriate size goals at each end, as illustrated.
- Half way serves at off side line.
- Players (incl. 2GK’s) organised 3 Attackers v 3 Defenders, outfield.
- 20 balls (10 by each goal).
- Practice starts with GK3 throws ball to GK2 who rolls ball to central A’s, who attack.

Dealing with crosses in a 7v7

Practice organisation

- Area 36yds long to include full width of pitch with goals at each end, as illustrated.
- 7v7 (14 players: 6 attackers, 6 defenders, 2 GK’s) arranged 6 attackers, 6 defenders, outfield.

Key coaching points

- The GK’s starting position in relation to the ball.
- Stance & body language of the GK.
- GK assessment of the flight of the ball.
- The decision to go for the cross or defend the goal.
- GK’s communication: early, loud, clear “keeper” – that the GK is coming for the cross or away – the defenders need to deal with it.
- The decision to go for the cross or defend the goal.
- GK’s communication: early, loud, clear “keeper” – that the GK is coming for the cross or away – the defenders need to deal with it.
- If “keeper” – angle & speed of the GK’s approach to the ball.
- The decision to go for the cross or defend the goal.
- Change of direction.
- Technique of catching & punching.
- Roles of defenders: protect the GK/ cover the GK/

Key coaching points

- The GK’s starting position in relation to the ball.
- Stance & body language of the GK.
- GK’s timing of take-off – decision catch/punch. Technique of catching & punching.
- Roles of defenders: protect the GK/ cover the GK/ readjustment of their positions.
Now in its 17th year, the residential goalkeeping course has gone from strength to strength.

“Malcolm Webster started it all off in 1993,” says Barber. “At the time he was doing a bit of part-time goalkeeper coaching at Norwich, Peterborough and Cambridge. He decided to take me, Jon Sheffield and John Vaughan for a few sessions before we went back to our clubs for pre-season training.”

The idea obviously struck a chord with Barber. 2 years later he joined Webster and they developed the concept into a residential course. From a handful of players the Pro Week has grown out of all recognition from those humble beginnings. This year they had 65 players in attendance - 30 professionals and 35 youth players.

There’s no doubting its success and according to Barber, that’s no accident. He firmly believes when it comes to pre-season, goalkeepers require a different approach.

“The traditional routine of focusing on fitness levels first may work for the outfield players but keepers need special attention. The Pro Week is ideal preparation for players who are returning to their clubs, the course also provides a great opportunity to those looking for a new contract. “What we’ve been doing more often over the last 6 or 7 years is getting lads fit who haven’t got a contract,” reveals Barber. “We find a week with us gives those looking for clubs a distinct advantage. When they go on trial they’re up against other keepers who’ve just been running for a week - if they’ve been at the camp they’re much sharper. I’m not saying they’re any better but they’re more eye-catching to the coaches. A lot of keepers are now coming on the course and getting placed from it, this year two players have gone to Crystal Palace, two have gone to non-league, and Blackburn have picked up three keepers to go on trial at their academy.”

One of the players at Palace is England Under-19 international Wes Foderingham. Without a club after being released by Fulham in the summer, Foderingham attended this year’s course and was subsequently offered a 2-year deal.

Week has plenty of success stories but ask Barber about the biggest and there’s no hesitation. “5 years ago Thomas Kuszczak, who was unknown at the time, came on to the course completely out of the blue,” says Barber. “His agent who had heard about the course approached us and asked us to evaluate him because a number of teams had been looking at him. When he started training we realised we had a very good keeper who was capable of playing in the Premier League, he really stood out. West Brom heard about him, got in there first and signed him - from there he’s go on to play for Manchester United.”

There’s no guarantee Barber will ever find another Kuszczak but one thing is for certain, the Pro Week will remain an important experience for hundreds of keepers.
Last year it was Roberto Martinez moving on to Wigan. This year the man who replaced Martinez, Paulo Sousa, has left for Leicester City. “It was a bit of a shock when I heard the news about Paulo and the atmosphere at the club was very strange,” reveals de Vries. “When Roberto left it was just before pre-season started and nobody was around but this time everyone was back in and training when we found out. It’s not great timing for us again, those first few weeks of pre-season are really important for the upcoming season.”

Brendan Rodgers has been installed as the new Swansea City manager and the fans will hope that the change of manager is as successful this time around. Sousa came in and picked up where Martinez left off, albeit with a different style of football. “Since we arrived in the Championship this team has done really well,” says the Dutchman. “In our first season under Roberto we took everybody by surprise by the way we played attractive attacking football. It was really positive and took the club to the next level finishing 8th. Then Roberto left and Paulo came in, he made us defensive and really well organized and he took Swansea to their highest league position in 26 years.”

One person who was certainly impressed with his form was his manager. In March Sousa called for de Vries to be included in Holland’s World Cup squad. “The gaffer said to me that I deserved to be in the squad and he just wanted to get it out there and let the national team manager be aware of my situation and that I was playing well. It was a great compliment from Paulo and a great confidence booster. It’s the greatest compliment a manager can give you saying you deserve a place in the national team.”

For the time being a call-up isn’t likely but that could all change if he was playing Premier League football, and the plan is to do it with Swansea. “I always plan my career carefully and as a goalkeeper I know as you get older you get better,” says de Vries. “I’m an ambitious guy and I just want to test myself at Premier League level. I’ve gained plenty of experience over the last couple of years. I’m 29 now which is still quite young for a keeper and my best years are yet to come. Hopefully in the future I’ll be playing Premier League football and the dream will be to do it with Swansea City.”

Lack of goals may have ultimately cost Swansea but the quality of their defence, and in particular the ability of de Vries, is beyond question. 25 clean sheets in 48 league and cup appearances meant he won the Championship Golden Glove Award and also broke the club record of 22 clean sheets set by Roger Freestone in 2000. “Individually it’s always great to be recognised and to break records,” says de Vries. “I felt I had a good season and improved but more importantly we progressed as a team and that’s the main thing, we learnt a lot from last season which will hopefully make us stronger this season.”

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Having played at under-21 level for Holland, de Vries is also keen to be part of the senior squad. However, he’s realistic about his prospects while still playing in the Championship. “The problem is being a player in a league away from Holland,” admits de Vries. “Unfortunately the Dutch national team manager is just looking at the players doing well in the national league. The Championship isn’t a familiar league in Holland and nobody is really interested and they don’t rate it as highly as their own league. That’s wrong - in my opinion the Championship is better than the first division in Holland. I’ve been there and played there and the Championship is far more competitive.”

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Swansea’s Dorus de Vries could be forgiven for feeling a sense of déjà vu. Just as pre-season training got under way the club was again looking for a new manager.
So who’s on OUR Side?

F ew goalkeepers have ‘been there, done it and got the T-shirt’ as many times as Bob Wilson. Just a season away from his 70th birthday, Bob looks back on a career on and off the pitch bejewelled with achievement: international honours with Scotland; 11 years and more than 300 appearances for his beloved Arsenal; the Willow Foundation.

From dominating the penalty box, Bob headed for another box and a new career, first with the BBC, as the face of Football Focus, then to ITV, fronting their coverage of Euro ’96 and France ’98. Bob’s life changed forever, following the tragic death from cancer of his daughter Anna. In her memory, Bob and his wife Meg set up The Willow Foundation, raising funds for the UK’s first ever full time goalkeeping coach, spending 28 years pioneering new methods and nurturing talents such as Pat Jennings and David Seaman.

Top keepers seem much older these days, Reina, Cech, Van Der Sar, Almunia: terrific talents, but foreign talents. Is there a lack of young home grown talent? BW: It takes a very brave manager to put a 22 year old in a first team. On the whole they don’t risk it. In the ’70s, an 18-year old called Peter Shilton forced Leicester City to sell England’s World Cup winning goalie Gordon Banks and they got away with it! Shilton was brilliant and Banksy had to go to Stoke City. Pat Jennings was signed by Spurs from Watford at the age of 18 and was stuck straight in the first team. Because the price of failure is so high these days, the majority of teams just dare not risk throwing talented young goalkeepers into the fire. Arsenal have a brilliant 22 year old in a first team. On the whole, majority of teams just dare not risk throwing grown talent?

Surely the principles are the same? BW: That’s only partially the case. We were always told to catch, catch, catch. Unless you were an arsehole like Shilton, the ball rarely deviated. It just maintained its course. Even before I stopped coaching the ball could move about 4 or 5 yards in the air. And somewhere along the way it could go up, down, right or left. Goalies nowadays don’t know what it’s going to do. In my day, I’d get my feet moving within about 5 yards of him striking it, hopefully catching it or deflect it for a corner. Today goalkeepers dare not move until the last 10 yards of the ball’s flight. It’s often at this late stage does the weird bizarre things, swerving all over the place! Where we caught, caught, caught, the modern goalie only has a split second to decide whether to catch or deflect. More often than not, they go for safety first. I worked for 16 years with David Seaman as his coach and he had a brilliant way of angling his wrists so the ball hit his hands and his gloves and flew well away from the danger area. For a young goalie these days, that is a very difficult art to master.

So have changes in the laws of the game helped or hindered ‘keepers? BW: The changes regarding back passes and time wasting have meant that ‘keepers have had to become more assured with the ball at their feet. That’s fine for someone like Edwin Van Der Sar who is so incredibly calm and has great control but for the majority of the lads, they just clear their lines. I think of the cup final I played in ’71 and I caught a corner in the last minute of extra time and I spent that minute dribbling the ball round the box, no punishment or anything, and then I picked it up and bounced it and the final whistle went. It’s good that has stopped, but unfortunately I think it also has a downside because there’s no skill in seeing a ‘keeper hoof it into the stands all day long.

So which keeper for you deals best with everything that the Premier League can throw at him? BW: In ‘keepers, you look for consistency and last season I would have to go for Pepe Reina. He won games on his own for Liverpool last season. I’ve always been a big admirer of Petr Cech but for me, I think he should get rid of the cap. He’s not been quite the same goalie since that challenge (with Stephen Hunt, Reading v Chelsea, 14th October 2006). For me the chance of him getting the same injury again is so small. Great ‘keepers feel unbeatable. In ’71, when we won the Double, I just felt as if nobody was going to beat me. Whoever wins the league this year, you can guarantee that their keeper will have had an exceptional season.

EXCLUSIVE INTERVIEW

Bob Wilson

The Willow Foundation.

Before today’s 36-mile training ride, Bob takes time out to give GK1 his thoughts on the ever changing life of a goalie.

The first month of the season averaged 3.2 goals per game, way above the norm. Tony Pulis suggested good defending was a dying art. Is good goalkeeping a dying art?

BW: Far from it! There are lots of reasons for the increase in goals. Full backs used to defend. Now they’re being told to push on more and more and often leave themselves exposed at the back. Tony’s right about the art of defending, but it’s not the main reason. Plainly and simply, it’s down to the modern ball. ‘Keepers already have to defend 192 square feet of goal. That’s 8 foot by 8 foot - a big enough chassis without having a ball which does so many tricks in flight. I’ve studied this season’s new ball and it’s not that bad. Certainly it’s better than that joke ball they used in the World Cup. That was almost a beach ball. But the inconsistency of goalkeeping and the increase in goals scored is down to the ball.

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Help improve the lives of seriously ill young people in the UK

The Willow Foundation is a unique national charity that organises and funds special, morale-boosting and memorable days for seriously ill 16 to 40 year olds. The Foundation provides more than 100 special days every month for individuals living with life-threatening conditions such as cancer, motor neurone disease, cystic fibrosis and muscular dystrophy.

The Willow Foundation was founded in 1999 by Bob and Megs Wilson as a lasting memorial to their daughter, Anna, who died of cancer, aged 31. Bob Wilson is the former Arsenal and Scotland goalkeeper and TV presenter.

To find out more or to make a donation today, go to www.willowfoundation.org.uk or call 01707 259777

Willow Foundation is a Registered Charity No. 1106746

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**So what do you think is the single most important attribute a great keeper must possess?**

BW: People like Jennings and Shilton are very calm. Keepers need to be great actors, upon their stage, the penalty box. Even though inside you are dying a thousand deaths, thinking why the hell have I chosen to be a goalie. Every one of us thinks that way when we go to stand in that goal. You look around and think how the hell can they not score? So a built-in presence is vital. He’s only young but Joe Hart seems to have it. There’s a bit of the Schmeichel about him. He shouts at people who have much more experience than him and I like that. He’s a real communicator. I was quick and agile and daft as a brush at diving at people’s feet. I capitalised on everything that worked for me. And he’s doing the same. You need to concentrate for 90 or 96 minutes. His alertness is excellent because if you don’t expect the unexpected you will be made to look silly.

**There’s been talk of Almunia or Arteta qualifying to play for England? You benefited from a change in the rules allowing you to play for Scotland, so should they benefit today?**

BW: Absolutely not. Of course they shouldn’t benefit today. There’s been a talent which is now missing out of the goalie’s armoury.

**You were famous for risking life and limb, diving at people’s feet. How has that skill developed since your day?**

BW: It hasn’t! I didn’t miss a single game in 1970-71. If I played today like I did then, I wouldn’t last half a season. These days, players see you coming, they nudge it past you and leave a leg trailing for a penalty and 99 per cent of the time, the goalie gets sent off as well. It’s a joke. Why do the authorities not have the sense to understand what’s happening. The goalie’s being brave. The striker’s being cunning. You are putting your life on the line. It was a skill that was particularly close to my heart. Consequently, it’s a talent which is now missing out of the goalkeeper’s armoury.

**You’re approaching 70 years of age. Shouldn’t you be reaching for the slippers and a pipe rather than planning to cycle more than 1,000 miles in a fortnight?**

BW: I should be, but it’s not really my style. We need more than £3 million every year. That way the Willow Foundation can continue to provide 1,500 special days a year for the recipients and their families. Before our daughter Anna died, she recognized there were all these amazing children’s charities as well as support for the elderly. But for the age group 16 to 40 there was no charity that was doing things like this. Since we started, we’ve provided more than 7,000 special days and at the last count, we’d raised about £14 million.

Next year I’ll be entering my 71st year so we’re linking that with the Arsenal double in ’70-’71. I am going to start at Hampden Park, take in Ibrox and Celtic Park, then head for 20 Premier League clubs through the North East, North West, the Midlands, then London. I’ve got two colleagues with me, two riders. But we will be joined en route at the grounds by some of my old mates. We’ll be averaging 70-80 miles a day and at this stage it looks pretty daunting. But I’m already training hard, cycling around 36 miles day. Fingers crossed we make it and we’ll raise a minimum of £100,000 but I hope it will be a lot more than that. There’ll be some tough times, I’m sure, but it’s all for the love of this charity we set up. From raising a few pounds locally, we’ve grown into a national charity which helps provide much needed time out from the stresses of living with a life-threatening condition. It gives these young people and their families a chance to feel normal and to create happy memories.

For more details of how you can help Bob and his team just visit www.willowfoundation.org.uk

If they had moved to Hong Kong, does that mean I should only be allowed to play for China? Of course not. But that’s as far as it should go. I don’t think it should stretch to grandparents.

**You’re approaching 70 years of age. Shouldn’t you be reaching for the slippers and a pipe rather than planning to cycle more than 1,000 miles in a fortnight?**

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Goal-line technology

In the most ground-breaking intervention in modern-day football, goal-line technology is almost certain to be in place for the 2014 World Cup finals in Brazil. World football bosses bowed to almost universal pressure following the controversial ‘goal’ disallowed by referee Jorge Larrionda when Frank Lampard’s shot against Germany was clearly proved by television replays to have crossed the line.

Sepp Blatter, president of world federation FIFA, said that the debate on technology had to be reopened after the fiasco over England’s ‘goal that wasn’t’ against Germany in Bloemfontein in the 2010 World Cup finals second round. He said: “It is obvious that after the experiences so far in this World Cup it would be nonsense for the law-making International Board not to reopen the file on technology at its business meeting to be held in July in Cardiff.”

However, he insisted that the reopened debate on technology extended only to goal-line fact and not to ‘judgement’ calls such as the offside error which saw Mexico go down 1-0 to Argentina in their own second-round clash. Argentina went on to win decisively by 3-1 just as Germany had beaten England conclusively by 4-1.

The International Board had considered two forms of goal-line technology, but both had inherent problems. A Hawk-Eye system was camera-based and Blatter said: “This was not 100 per cent efficient because there can be moments when maybe a goalkeeper’s body is in the way, so the camera cannot see the ball.”

Different concept

A different concept had been developed in Munich by Cairns and Adidas, using a microchip in the ball. However this was both highly expensive and generated commercial complications which had yet to be resolved. Experiments had proved inconclusive and, in the meantime, the FIFA had sanctioned the Europa League experiment with an extra assistant referee alongside each goal, the pet project of UEFA’s French president Michel Platini.

Events in Bloemfontein forced the issue back on to the agenda as well as into FIFA’s own discussions about improving match control (refereeing). He said: “It’s an ongoing process within FIFA and we will come out in October or November with a new model to improve the standard of refereeing. We have already spent $40m on our referee assistance programmes. Now we will start a new concept of how to improve match control in high level competitions. Something has to be changed!”

Platini warns against goal-line technology

However, despite the apparent warming of Blatter to such technology, his UEFA counterpart president Michel Platini has claimed introducing goal-line technology will lead to “PlayStation football.”

Platini, who is pushing for two extra assistant referees behind the goal-line at games, said football had to help match officials gain more respect.

Football’s law-makers last week took the first step towards introducing goal-line technology but speaking on a visit to Glasgow in October, Platini told www.scottishtfa.co.uk: “Then we will have PlayStation football.”

He added: “One referee is not enough, not in the modern era where you have 20 cameras. It is unfair: the cameras can see everything but the referee only has one pair of eyes. Every time he makes a mistake, those cameras are there to focus on it.”

“It is why for the past 10 years I have asked to change the job of the referee, to help improve the situation and to give the referees better support.

“The referee has to be helped by the clubs, the fans, by players, by the media and also by the authorities - everyone has a responsibility. It is why we have added two assistants for Champions League games this season.

“It is a logical step with so many cameras that can pick up incidents: the more eyes there to assist the referee, the better the chance of spotting those incidents.”

Platini attended the Old Firm derby at Parkhead where he watched Rangers win 3-1 - though Celtic disputed crucial decisions by referee Willie Collum, who was later subjected to death threats for his part in Celtic’s defeat to their arch rivals.

A focus on Employer Funded Retirement Benefit Schemes

By David Gilmour of Global Sports Management

What are EFRBS?

An Employer Funded Retirement Benefit Scheme (EFRBS) is currently the most efficient form of tax structuring for professional football clubs and employees. An EFRBS is essentially a pension whereby a Club contributes a set amount of an employee’s salary into a pension vehicle.

This particular form of pension is in the form of an offshore trust utilising all of the benefits that an offshore vehicle has over an onshore alternative. An EFRBS is established for a Club and then a separate sub-fund is created for each individual employee (member).

How an EFRBS works

Once an EFRBS is established and sub-funds have been created, a member controls their respective sub-fund and may invest the funds as they see fit. An EFRBS has very flexible investment options including property holding, investment portfolios and most other appreciating asset classes.

Unlike on-shore pensions, an off-shore EFRBS has no maximum contribution limit (The current lifetime allowance in the UK is £1.8mil), this is of obvious benefit to high earning individuals that may be close to exceeding the lifetime allowance limit in existing pensions.

There exists a provision in Guernsey Pension Law for special professionals therefore allowing a football player to be deemed allowable for retirement at 35 years old. Once 35, a player can withdraw the EFRBS contributions in a lump sum or can set-up an annuity to withdraw the funds gradually. It is permissible for a loan arrangement to be established between an individual and the individuals EFRBS sub-fund. However this loan should not exceed 25% of the value of the fund and loan interest must be paid annually and at a commercial rate.

Benefits of an EFRBS

A Club benefits through National Insurance Contribution (NIC) mitigation on any contribution they make to an EFRBS. For example, a Club contributing £4million a year would be saving £500,000 per annum in NIC’s at the current rate of 12.5%.

A member benefits from Capital Gains Tax (CGT) mitigation for any asset that is sold in the EFRBS. For example, if a property had a £300,000 Capital Gain and was an EFRBS upon sale, at the current rate of 28%, a saving of £84,000 would be generated.

A member’s beneficiaries also benefit if a member were to die whilst assets remain in an EFRBS. Inheritance Tax (IHT) would be fully mitigated in an offshore EFRBS. For example, if a member has assets valued at £2million in an EFRBS upon death, the saving to the beneficiaries at the current rate of 40% would be £800,000.

Global Sports Management

Global Sports Management Limited (GSM) was formed by Chris Akers, Andrew Ellis, Peter Trembling and David Gilmour.

The four principals believed that an opportunity existed for a new sports business that offered a full range of services outside of the scope of the more traditional sports management companies.

GSM is based in Guernsey in the Channel Islands, therefore offering a significant opportunity for clients to utilise GSM’s offshore structuring facilities. GSM specialises in EFRBS and is currently the only provider that can take a client through from implementation stage to undertaking full administration of the EFRBS ongoing.

For an idea of costs on implementing an EFRBS or for further information on the structure please do not hesitate to contact us.

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GB1 WINTER 2010 19
An update on Image Rights

I n issue 1 of GK1 we highlighted the issues surrounding many image rights contracts entered into by players, and the systematic investigation into the validity of such contracts by HMRC. In a further twist it has become public knowledge that the owners of West Ham United FC have taken the unique step of withholding any sums due to their players under such contracts, pending an appeal to HMRC who found the contracts invalid. This has created a level of disquiet amongst players, many of whom are the most senior amongst the Hammers squad.

The image rights payments, which are typically free of PAYE and National Insurance, and often channelled through an offshore company, have come under increased scrutiny across the Premier League as HMRC seeks to recover up to £60m in unpaid taxes. It is unclear just how many of the players are involved, but it is known that members of the West Ham squad are among those involved, and often channeled through senior representatives of the players. The move is a “logical, common-sense solution to a potential problem.”

He said: “Because the Inland Revenue are saying that tax has to be deducted at source, until the people receiving the image rights have clarified things with the Inland Revenue, we are freezing payments on the basis that there has been a backlog of deductions that have not been made. Every penny they are entitled to will be paid in due course, but until it is agreed with the Inland Revenue we can’t release the money. “Until we build up the deficit for the previous payments, the payments will be held in escrow pending a settlement with the Inland Revenue. If anyone wants to sort out their particular case with the Inland Revenue, we’ll abide by whatever they say. But what we can’t have is a situation where a guy goes back to France and then in two years’ time they [HMRC] say to us: ‘You’ve given him £1m in image rights, we want 40% of that.’

It is understood that the legal and financial representatives of the players have contacted West Ham to contest the decision, which they claim breaches contractual obligations. Sullivan, however, has urged them to deal directly with HMRC. “They can bring it to a head with the Revenue themselves. Their lawyers and their accountants should write to the Inland Revenue and resolve it,” said Sullivan, who claimed “people are not particularly disgruntled” despite suggestions to the contrary.

The Bribery Act

Corruption in football is one of the hottest topics amongst journalists and football commentators alike, with the reputation of football and footballers seemingly constantly taking a battering. The introduction of the Bribery Act 2010, which comes into effect in April 2011, will have a wide ranging effect on football, with stringent penalties (including imprisonment) for non-compliance.

Do not be fooled by the title, for this Act is extremely broad and is intended to capture a wide range of activities, affecting everyone from the FA to clubs, directors, players and agents.

Of particular relevance to organisations and clubs is the new strict liability offence of ‘failing to prevent bribery’, where the only defence will be to show that adequate procedures were in place to prevent it. The concept of a “tribe” is very wide and covers any “financial or other advantage” and clearly extends to the infamous “brown envelope” and “facilitation payments”.

With the high profile that football and its players enjoy, those involved would be well advised to review internal policies and take appropriate measures to protect themselves from corruption.

Olympique Lyonnais

SASP V Olivier Bernard and Newcastle United FC

The recent decision in the case between Olivier Bernard and Olympique Lyonnais regarding the payment of training compensation determined, on appeal to the European Court of Justice, was a clear departure from the traditional approach. It was determined that any damages claimed by a club in respect of the training and development of a player MUST reflect the true costs incurred in that training. However, the ECJ failed to accurately set out how such costs were to be determined in future cases.

Taking this decision a step further, the decision of the Dispute Resolution Chamber, by ruling that Appiah did NOT have to pay over €2,000,000 to Fenerbahçe. This move is a “logical, common-sense solution to a potential problem.”

The ‘Webster’ Case-latest development

As a result of Ghana midfielder Stephen Appiah’s decision to unilaterally terminate his contract with Fenerbahçe, we now have a clearer view from the Court of Arbitration for Sport (CAS) on compensation payable for breach of contract. Appiah terminated his contract without just cause and within the ‘protected period’. CAS overturned the decision of the FIFA Dispute Resolution Chamber, by ruling that Appiah did NOT have to pay over €2,000,000 compensation to Fenerbahçe. The significance of this is that if there has been a clear departure from the approach taken in earlier cases such as Webster and Matsuzaleem, where the awards of compensation were made on the basis of the remaining value of the player’s contract. Henceforth it seems that the compensation will be determined by establishing the actual loss suffered by the victim of the breach, in this case Fenerbahçe.
The summer of 2009/10 was a painful one for many of the ‘keepers plying their trade in The Football League, as lists published by the PFA revealed a record 60 goalkeepers were available on a free transfer come the close of the transfer window.

With so many players available for transfer the market was in dire need of a dynamic and prolonged period of trading, but what materialised was nothing more than a damp squib leaving many keepers fighting for their livelihoods. As the transfer window came to a stuttering close at the end of August, distinguished professionals such as Richard Wright, Tony Warner and Lenny Pidgeley were still not fixed up and many others had been forced to accept short term offers and trial periods to secure a wage.

At the other end of the spectrum, and remarkable as much for being the only significant transfer of the entire window in cash terms, Ben Foster sought to resurrect his career via an exit from Old Trafford and a £6million transfer to Birmingham City—the very club that had done so much to bring Joe Hart’s form to the spotlight the previous season, and which has seen him grace the number 1 shirt at Eaststands from Shay Given.

Elsewhere in the Premier League, the focus fell sharply on the need to recruit able understudies for established goalkeepers. Everton announced the arrival of Slovenian World Cup stopper Jan Mucha from Legia Warsaw, paving the way for John Ruddy to join newly promoted Norwich City in a £300,000 move. Steve Bruce’s Sunderland recruited promising Belgian Simon Mignolet from St Truidense as cover for Craig Gordon who suffered a recurrence of the arm injury that had caused him to miss spells last season. With Gordon’s absence from the opening fixtures seemingly inevitable, Bruce was linked with a swoop for David James on a short term basis but opted to show faith in Mignolet, and this has been rewarded with some mature early season performances. The Belgian’s arrival also allowed Sunderland to cash in on wantaway keeper Martin Fulop who was allowed to join former boss Roy Keane at Ipswich Town for an undisclosed fee.

The most controversial transfer saga centred around Stoke’s Asmir Begovic who was sought after by Chelsea and the subject of a £4million plus bid, which was rejected by Stoke amid accusations that Begovic had refused to play a Carling Cup tie against Shrewsbury. Stoke had earlier in the summer allowed Steve Simonsen to join Sheffield United and had replaced him with Carlo Nash, joining from Everton. In a similar move between Premier league outfits, Bolton allowed Ali Al-Habsi to join North West rivals Wigan Athletic on loan for the season, whilst West Bromwich Albion capitalised on Hull City’s relegation and financial problems to swoop for Wales international Boaz Myhill in a deal worth £1million.

Elsewhere, West Ham’s search for a back-up to England keeper Robert Green had seen failed attempts to recruit Tony Warner, Chris Weale from Leicester City, and various trialists including Algerian World Cup stopper Rais M’Bohli. West Ham eventually made Hungarian youngster Peter Kurucz’s loan deal permanent, and on deadline day completed the signing of Belgian Ruud Boffin from Dutch side MVV Maastricht.

Across London, Fulham were not so fortunate as a deadline day bid for Crystal Palace ‘Player of the Season’ Julian Speroni, a summer target of Glasgow Celtic, failed to materialise.

Tottenham Hotspur were successful with a work permit application for Switzerlan International keeper Stipe Pletikosa who had nearly joined the same club in the January window and had almost joined Fulham a year earlier. Pletikosa’s arrival allowed Spurs to loan youngsters David Button to Plymouth Argyle and Oscar Jansson to Northampton Town.

As the window closed another World Cup keeper found his way into the Premier League, as Ghana’s Richard Kingson returned to England by hooking up with Ian Holloway’s newly promoted Blackpool following a calf injury to former Manchester United Premier League stalwart. Another former United keeper Tom Heaton was snapped up on a permanent basis by Blackpool’s defeated Play-Off finalists, Cardiff City—one of the many clubs Heaton had enjoyed successful loan spells with previously (see feature on page 26).

The ‘marquee’ signing in the Championship was the unexpected arrival of England’s David James at Bristol City, following his exploits in South Africa. James opted for a longer term option at Ashton Gate ahead of short term proposals from other Premier League clubs and Glasgow Celtic. In cash terms however, the most significant outlay was the circa £2million spent by relegated Burnley to reunite Paddy Kenny with Brian Law, his former manager at Sheffield Wednesday. This transfer also facilitated the move in the opposite direction of Nicky Weaver, who joined Wednesday, the team he supported as a boy. In another shock move from Sheffield, United stalwart Paddy Kenny left the Blades to be reunited with Neil Warnock in a £750,000 switch to Queens Park Rangers, who had earlier in the summer been courting Palace’s Julian Speroni. Richard Wright, who had been training with Crystal Palace, joined the Blades in September as one of Gary Speed’s first signings as manager, to fill the void created by Ian Bennett’s short hop across Yorkshire to Huddersfield Town.

Having failed to agree terms with Darryl Flahavan, who signed for Portsmouth on a short term basis as competition for Jamie Ashdown, Crystal Palace opted to recruit ex-Ipswich and Derby stopper Lewis Price and former Fulham and England Under-19 keeper Wesley Foderingham, both on 2 year contracts. The latter was immediately snapped up by Bromley FC on a season’s loan.

With uncertainty over the future of David Lonergan, a summer target of West Bromwich Albion, Preston brought in Greek stopper Andreas Arstdioudi on a 1 year deal following a trial period. Newly promoted Leeds United signed up League 2 Keeper of the season Kasper Schmeichel from Notts County, who despite their promotion to League 1, could not afford to hold on to their star performer. Schmeichel’s arrival saw the departure of Casper Ankergren to Brighton, and Alan Martin to Barrow on loan, whilst Notts County also released veteran stopper Russell Hoult. The magpies filled the ‘keeping vacuum with former Aberdeen goalkeeper Stuart Nelson and Lincoln’s former Spurs ‘keeper Rob Burch. Injuries to Schmeichel early in the season saw the Yorkshire outfit turn to Blackburn Rovers’ Welsh international Jason Brown on an initial month’s loan, which has subsequently been extended, and by recruiting former Fulham and Hull City keeper Tony Warner on a 3 month contract. Warner had been training with Liverpool having rejected longer term offers from Championship and SPL clubs during the summer window.

Kenny Jackett reinforced his ‘goalkeeping options by recruiting Steve Mildenhall from Southend United, whilst Richard Lee opted to reject a contract and leave Watford after 17 years’ service for regular football at Brentford, and he was replaced at Vicarage Road by Walsall’s Rene Gilmartin. Lee’s arrival at Griffin Park saw the departure of Nikki Bull to Wycombe. Bristol Rovers remarkably released 4 (f-o-u-r!) goalkeepers, with Steve Phillips joining Crewe, Rhys Evans ending up at Southend United, 21 year old Mike Green signed a season long loan with Blue Square North outfit...
Gloucester City, whilst Rob Holmes remains unattached. In their place manager Paul Trollope brought in Mikkel Andersen on loan from and Luke Daniels from Premier League side West Bromwich Albion. Unfortunately for Daniels he sustained a back injury in the warm-up prior to the pre-season friendly against his parent club and had to return to the Hawthorns for treatment!

With Glenn Morris departing for Southend United, Orient manager Russell Slade opted for another youngster in the shape of Tottenham’s Lee Butcher to provide back-up for first choice Jamie Jones. Charlton, Colchester, Brighton and MK Dons also all opted to go down the loan route of youth by signing Ross Warner, Carl Pentney and Simon Trollope brought in 19 year old Simon Eastwood made the switch from Huddersfield to newly promoted Oxford United, whilst 18 year old Daniel Lloyd-Williams joined Cheltenham Town from Port Vale. At 23 Adam Legzdinis was a relative veteran, moving from Crewe to Burton Albion. In one of the more remarkable deals concerning lower league players, former Chester City and Hereford United goalkeeper Wayne Brown departed Bury for Super Sport United in South Africa, signing a one year contract with an option for a further 2 years.

SPL

Celtic’s controversial Polish international Artur Boruc ended months of transfer speculation by finally leaving Parkhead in a £1.5 million switch to Serie A outfit Fiorentina, where he would face a fierce battle for the number 1 shirt with highly rated Frenchman Sebastien Frey. The Celts then faced a prolonged and frustrating search for a replacement, failing to lure David James, Coventry City’s EIRE international Keiren Westwood and Crystal Palaces Julian Speroni, well-known to the SPL following a successful spell with Dundee. Eventually, Fraser Forster joined from Newcastle on a season-long loan.

Old firm rivals Rangers tied down Neil Alexander to an extended 3 year contract, to continue a reliable and successful duel for the number 1 shirt with Allan McGregor, who is also in talks with the Ibrox club over a 5 year contract.

Abderdeen signed Mark Howard on a free transfer from St Mirren, who replaced the 23 year old with Craig Samson, signing for an undisclosed sum from Ayr United. Having lost the outstanding John Ruddy to Championship Norwich City, Motherwell swooped for Charlton’s Darren Randolph on a free transfer, and also signed Lee Holmes from Airdrieonians. Airdrie turned to Hearts keeper Mark Ridgers who left the Edinburgh outfit on loan. Having recruited Mark Brown from Celtic in the January transfer window, Hibernian sanctioned the release of Yves Ma-Kalambay.

St Johnstone paved the way for the signing of former Cardiff City FA Cup Final goalkeeper Peter Enckelman by allowing Euan Mcelane to move to Forfar Athletic, and in a switch from one ‘thistle’ to another, Jonathan Tuffey left Partick to join SPL newcomers Inverness.

Kilmarnock brought in Kyle Letheren, formerly of Plymouth Argyle, to provide back up for Cameron Bell whilst Alan Combe recovers from injury. Dundee Utd recruited Filip Montel from Manchester City to fight it out for the goalkeeping jersey with fellow Slovakian Dusan Pernis.

Arsenal prodigy Wojciech Szczesny has signed a new five year contract with the Gunners. The highly-rated Polish stopper – who impressed during a loan spell with Brentford last season – called the decision ‘easy’. Szczesny made his first start of the season in the League Cup win at Newcastle in November.

Happy birthday to Edwin van der Sar, who turned 40 last month. Van der Sar, who has 130 international caps, is yet to decide whether to continue his career into next season.

Fabio Capello was forced to turn to Arsenal’s fifth-choice goalkeeper, James Shea, to make up the numbers for England’s first training session ahead of the Euro 2012 qualifiers against Bulgaria and Switzerland in September. Shea, 19, was asked to swap training with the club’s reserve side on a neighbouring pitch to join Joe Hart with the full England squad after injuries to Ben Foster and Scott Carson.

In what has been dubbed the most bizarre penalty of all time, Moroccan goalkeeper Khalid Askri was out of luck on his side FAR Rabat’s quarter-final against Moghreb Fes in September. In a nail-biting penalty shoot-out, Askri saved a spot kick low to his left before leaping to his feet, turning to the crowd and celebrating with an emphatic fist-pump and badge kiss. However, while Askri was celebrating, the spinning ball hit the turf and rolled back into the empty unguarded net. The goal was awarded and Moghreb Fes went on to win the shoot-out. See the clip here: http://www.youtube.com/watch?v=frayzEwpQeY

– Ex-Flamengo number 1 Bruno has done little to dispel the stereotype that all goalkeepers are mad. Bruno is currently being held in prison on charges of murder, allegedly kidnapping and murdering ex-girlfriend Eliza Samudio. Police say Ms Samudio was strangled before her body was cut up and fed to dogs, with the remains buried under concrete. Bruno denies any wrongdoing and claims to have “a clear conscience”. The case continues.

AS Roma’s goalkeeper Julio Sergio endured a torrid time during his side’s recent 2-1 defeat at Brescia. After receiving five minutes of treatment for a nasty looking ankle injury, Sergio was forced to play on for a lengthy injury time period as Claudio Ranieri had already made three substitutions. The pain was all a bit much for the Brazilian stopper, who broke down into fits of hysterical tears. See the incident here: http://www.youtube.com/watch?v=YMamSTOCPtg&feature=related

Barcelona goalkeeper Jose Pinto has been handed a two-match European ban by UEFA after being found guilty of gross unsporting conduct against Copenhagen. The Danish club reported the 34-year-old to UEFA after he successfully resisted referee Stephane Lannoy’s whistle in a bid to trick striker Cesar Santin into thinking he was offside during Barca’s 2-0 UEFA Champions League win at Camp Nou in October. Santin was bearing down on goal before hearing the whistle and turning his back. Barcelona has since seen an appeal against the suspension rejected by UEFA.

Tottenham’s ‘keeper Heurelho Gomes is a huge fan favourite at White Hart Lane, but he is yet to encounter quite the level of stardom he experienced at PSV Eindhoven, where he was known to put up a sign outside his house whenever he was not available to greet fans: “I lived near a school and the students were constantly coming and ringing the doorbell to ask for autographs. But there were times when I was sleeping or needed some rest so I put up a sign saying ‘come back later’. I like to warm to the public.”
‘Crying Game’
Over For High-Flying Bluebird

It’s the most painful walk in football. The final whistle blows and relegation is confirmed. A nine-month struggle through blood, sweat and now tears is over. Desperate to control your emotions, you head towards the terraces and your grief is confirmed. A nine-month struggle through blood, sweat and now tears is over.

“It’s the most painful walk in football. The final whistle blows and relegation is confirmed. A nine-month struggle through blood, sweat and now tears is over. Desperate to control your emotions, you head towards the terraces and your grief is confirmed. A nine-month struggle through blood, sweat and now tears is over.”

Putting pen to paper ends 13 years as a Manchester United player for Tom as well as an extraordinary 12 months, taking in loan spells at QPR, then Rochdale and finally fighting in the trenches to avoid relegation with League One strugglers, Wycombe Wanderers.

“I suppose I witnessed it all really; the joys, the tension, the tears - everything that football can throw at you, all in one season,” recalls the ambitious 24-year-old goalkeeper. “It’s never easy to leave Old Trafford and I’d been there since I was 11. But I had a series of one-to-ones with the gaffer about a new contract. Whilst he was great with me, my chances of breaking into the first team looked limited.”

The season before, Tom was part of the 24-man squad which travelled to Moscow and came home with the Champions League trophy. On the last day of the season, a million miles from the Russian capital, Tom and his Wycombe teammates were fighting for survival not at the Luzhniki Stadium, but at Orient’s Brisbane Road. For the 2,000 or so Wanderers fans there that day, the stakes were every bit as high as those that night in Moscow.

Great Escape

“With 6 or 7 games to go, we were dead in the water, a long way from safety,” remembers Tom who played the last 16 games of the Chairboys’ campaign. “But the belief throughout the club never wavered. There was a culture and it was whipping through the squad; we really believed we could pull it off,” remembers the 6’1” stopper.

Ten league points in eight days had made the Great Escape possible. But despite dominating much of the game, Wycombe conceded two ‘sucker punch’ goals against the run of play and they were down.

“The team performed in such a way that the fans and everyone associated with Wycombe got behind us. It’s funny but a lot of people said there was a better atmosphere at the club when Wycombe went down this year than there was last year when they struggled across the finishing line for promotion.

“It was very emotional. I felt fully committed to all the clubs I’ve been to. But Wycombe was special. There were lots of tears about. But as we walked over to the fans, we got a standing ovation. They’re great fans and they recognised we’d given it a real go.

“It was weird because you’d expect a relegated side to be an unhappy place. But the type of football we played gave the club a real buzz. There was a world of difference the week after when we went to Gillingham who were relegated that day and their fans were very sweet, very hostile towards the players. Just shows you in football how quickly things can change.”

England Honours

Whilst still young in keeper terms, Tom has already travelled the world representing club and country. Representative honours for England at every level from U16 through to U21’s have left him hungry for success at the highest level.

However, that success seemed a long way off in November, when after a brief spell at QPR, Tom returned to Manchester United’s Carrington training complex to be told another club was in for him.

“I must be honest, I didn’t jump for joy when I heard it was Rochdale!” remembers Tom. “But I knew I wanted to get as much experience as I could so I said yes.”

Having never been out of League Two, Rochdale, under Keith Hill were performing well and the addition of Tom’s name to the team sheet began a special time for the Spotland faithful.

In 12 games there, Tom conceded only 10 goals - including four clean sheets – and finished on the losing side just once. By the time he left, they were flying high on top of the table.

“From the moment I got there, it was a massive surprise. I was amazed at how professional they were; the management, the staff and more importantly the style of football they played, everything was first class. The only thing that wasn’t a surprise was how well they were doing.”

At the end of the three-month loan, a few eyebrows were raised when Tom chose to swap the Brandy Lane for London Road.

“The easy thing would have been to stay. But the whole point of getting away from United was to experience as many coaches, clubs and training methods as I could. It’s no surprise to me that Rochdale were promoted. Keith Hill and Dave Fitzcroft along with the keeper coach Ian Wilcock did a brilliant job.

“But if I’d stayed at Spotland, I wouldn’t have learnt as much as I have.”

Brave New World

The experience at Old Trafford has only whetted Tom’s appetite for life at the top of the footballing tree.

“That’s why I’ve come to Cardiff. They’ve been knocking on the door of the Premier League for the past two years. Now with a new stadium and new owners, there’s a strong feeling that we have what it takes to get there,” said Tom, who enjoyed a loan spell at Ninian Park at the end of the 2008-2009 season.

“The end of that season was heart-breaking. I’d played 25 games for Cardiff but suffered a grade two tear of my thigh, keeping me out for six weeks. “I managed to get back in the team for the run-in, but we missed out on the play-offs on the last day of the season at Hillsborough, by a single goal.”

“This season I think we’ve got what it takes to go one better.”

Manager Dave Jones is equally excited by Tom’s arrival. “United had offered him a new contract, but Tom’s attitude was that he wanted to play, which says a lot about him as a player and a professional. He will certainly be a welcome addition to our ranks.

“We know all about the lad from his time on loan here and know that we have signed a very talented young player.”
David Cornell
It’s a moment Swansea’s David Cornell is unlikely to forget. Having just played for the Wales Under-19s, he was then told to join the senior squad for the game against Scotland. To describe it as a shock call-up is an understatement. “I just couldn’t believe it and couldn’t wait to tell everyone,” reveals Cornell. “I’d been part of the Under-21 squad a few times but it wasn’t played so it was a big step up and a complete surprise to suddenly join the senior squad.” Cornell’s chance came about because of an injury to HuII’s Boaz Myhill. While he knew he wasn’t going to be involved on match day, the chance to work with the senior players was a rare opportunity and one he made the most of, he said: “I obviously didn’t make the squad for the game but the week training with Wayne Hennessey and Jason Brown was a fantastic experience, working with Premier League keepers and seeing how far you need to go and the standards I need to achieve to make it at the highest level.” Unfortunately for Cornell he could be waiting some time to get his chance at the highest level. Currently number 2 to Dorus de Vries, he knows he’ll have to be patient. “Obviously every keeper sitting on the bench wants to play,” says Cornell. “It’s great being part of the first team squad but come Saturday afternoon you just want to play. It’s going to be frustrating and I know I’m not going to play for a while, hopefully if I keep working hard I’ll get an opportunity. Dorus was in great form last season and he hardly picked up an injury, so I didn’t really get a chance.” While de Vries is currently the player he really helps me out a lot, I pick up everything from him - hopefully I can learn as much as I can and continue to improve my own game.”

Jason Steele
At the start of the season it looked like the only way Middlesbrough’s Jason Steele would see any first team football was with another loan spell away from the Riverside. But following Brad Jones’ surprise transfer to Liverpool, Steele was given his first team debut at Chesterfield in the Carling Cup, and he hasn’t looked back.

“It was absolutely brilliant, the fans were chanting my name and singing songs about me, I’ll remember that night forever,” says Steele. “I’ve been at the club since I was 12 and to make my debut at 19 - which is just a baby in goalkeeping terms – was incredible. For my family too, everyone was delighted. After an experience like that I want more, it’s all gone so quick.”

Having gone on the initial week’s trial it was a month before Liverpool made an official offer and it was an understandably difficult time for the 17-year-old.

“They did tell me while I was up there that they were looking to make an offer but they were still looking into a lot of things,” reveals Stephens. “It wasn’t affecting my game but I was thinking about it constantly. All the time it was on my mind, will I sign, when will I go up again, will they call back, was it quite a nerve-wracking time?”

Moving to a club like Liverpool is every young player’s dream but when the offer finally came, it was still a difficult decision to make. “I was a little bit nervous about going there,” says Stephens. “I loved Swindon as a club because they gave me a lot - I was there for 3 years from a young age. It was quite hard for me to leave the lads and the coaches. There was also the chance I would get to play first team football a lot sooner if I had stayed. But I spoke to Danny Wilson and he said he likes to get his keepers from bigger clubs and he thought it was a great move for my career.”

So far it would appear to be the right decision. He’s settled in well playing regularly for the Under-18s and already producing some impressive displays.

“It’s quite hard, each week you have 4 or 5 gym sessions, a lot of time out on the field and there’s a lot information to take in especially from the keeper coaches about posting and set pieces – you’ve always got to be switched on,” admits Stephens. “The intensity of the training here is a lot higher, it’s all very scheduled and they’re always monitoring you, they really push you to your limits.”

And it’s not just adapting to a new club. He’s left his family for the first time, a daunting prospect for any teenager but he feels comfortable in his new home from home: “I’m currently with a family in digs for 2 years,” says Stephens. “When I came up here on trial I had to stay in the family for the week and got on with them really well. When Liverpool made the offer the family were happy to have me for 2 years, they don’t normally do that. It’s great because you feel part of a family, you don’t get lonely, there’s always someone you can talk to and with everything taken care of it means I can concentrate on the football side of things.”

Jamie Stephens
It’s been an incredible 6 months for Jamie Stephens. In the last edition of GK1 we reported how Jamie, a Swindon player at the time, had been invited to spend a week with the Liverpool academy. His there obviously went well.

In August he signed his first professional contract as a Liverpool player. “It’s all been a bit unreal,” says Stephens. “Only a few years ago I was playing at a local standard, I then got offered an apprenticeship at Swindon and I couldn’t believe it. I even had to consider whether to take it, I could have continued with my education and I was asking myself, am I good enough? And then all of a sudden I’m a Liverpool player – it’s all gone so quick.”

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It was a difficult decision for Nottingham Forest’s Lee Camp but a chance he felt was too good to turn down. After being overlooked by Fabio Capello for the friendly against Hungary, he decided to make himself available to play for Northern Ireland instead. “I qualify through my grandfather, who was born in Belfast,” reveals Camp. “The process has started, I have produced a birth certificate and things are moving along. With respect, they are not overloaded with goalkeepers. They have Maik Taylor, but he’s 39 and isn’t playing regularly. Perhaps there is a window of opportunity there for me. The chance came along and I thought to myself, why not? Because I don’t think England is going to happen.”

Camp may have been ignored by England but to those who know him best there’s no question about his ability. A string of impressive performances last season saw him included in the PFA team of the season. “It was a great feeling to get the award, obviously to be nominated by your fellow professionals is a great honour,” says Camp. “I think it’s the highest award you can get as a player, being recognised by the players you play with and against every week. It means a lot - particularly last year as the level of goalkeeping in the Championship was so high.”

While on a personal level it was a great season for Camp, ultimately he’ll always look back on it with disappointment. Forest finished the campaign in 3rd and were drawn against Blackpool in the play-off semi-finals. Despite taking the lead in both legs Forest eventually went out 6-4 on aggregate. “A lot of credit has to go to Blackpool, they beat us four times over the course of the season so you can’t complain,” admits Camp. “Obviously disappointing but it was a great experience and achievement for the club. A lot of credit has to go to the manager and the staff. It took a lot of hard work and although we missed out of promotion we can be proud of what we achieved. People forget we finished 3rd and at one point were 5 points clear in 2nd. West Brom strengthened really well in January, they made some good signings and added pace and power, they got a lot of results in the second half of the season that they didn’t get in the first half. I think their investment in January took them up.”

So can Forest go one better this season? Many believe their failure to add new signings over the summer means they will struggle to make the play-offs, let alone finish in the automatic positions. The squad may not have the depth but Camp believes the players are fully focussed on promotion. “Everyone was a little bit hurt by what happened last year and there are a few wrongs we want to put right,” says the 26-year-old. “When you look around the squad you can sense that people have got the bit between their teeth. The year before when we had the relegation battle we were getting a bit of stick and the fans were on our backs, nobody enjoys that, but then we finished up there last year and everyone gets a pat on the back we all enjoyed it and that’s made us very determined.”

If they do prove the doubters wrong and manage to win promotion to the Premier League, it’ll be nothing less than the club deserves according to Camp. It’s been 12 seasons since Forest last played top flight football and a return is long overdue. “You can’t get away from what the club has achieved and what people have done for the club but I think that time has moved on,” says Camp. “Football has moved on, it’s time to make our own history. I think the club has got everything in place to write the next chapter and bring the glory days back. When you walk around the stadium and you see all the trophies and the European Cup you realise what a massive club this is. But the club has got to go there again, it’s got the support, the right people in charge, it would be great to be part of seeing Forest back in the Premier League.”
The 1950s saw the finest performers from stage and screen flock to entertain packed auditoriums along the seafront. And the town's halcyon days coincided with the glory years of its Tangerine football team, with the likes of Stanley Matthews and Stan Mortensen entertaining worshippers packed into Bloomfield Road.

Now, after 39 years in the wilderness, the Seasiders are back in the top tier of English football once again. Why now? Well the reasons are plentiful. But most believe the thanks go to an astute manager and a 'Dirty Dozen' group of 'misfit' players, all of whom have something to prove.

"When I arrived I realised all the players were similar to me, coming towards their peak, mid twenties, and hungry to prove something," admits one of those misfits, goalkeeper Paul Rachubka.

"There was a bit of a joke doing the rounds, that we were all free transfers, just a bunch of rejects out to show people we were good enough to play at the highest level. "It's true that we've had to clean our own kit and carry our own stuff. We do things that players at lots of League One clubs don't have to do, and we were in the Championship. But we've developed a great spirit here, only helped by the success we've had. Each and every player has a great story to tell. For one reason or another, they've ended up at Blackpool and we've gone on this amazing journey."

Having arrived in January 2007, Paul played a vital role in the team that won the last ten games of the season, finishing with promotion in front of 60,000 at the new Wembley.

"I can honestly say we stood in the tunnel at Wembley before we went out onto the pitch and we knew we were going to win. It was an amazing feeling and something very special to be part of," remembers Paul, who has represented England at Under 16, Under 18 and Under 20s levels.

But this Tangerine Phoenix from the Flames was only warming up. Promotion saw the departure of Simon Grayson to Leeds and the arrival of one of the biggest characters in the game, Ian Holloway.

"Three years on, 'Ollie' has built on those foundations and galvanised his troops further still.

Off His Ollie
"It's difficult to pinpoint just one thing that he's brought to the team. He's got so much enthusiasm for the game, he's such a good orator, he's a terrific motivator and he's communicated his ideas to each and every one of us brilliantly.

"The manager is a genuinely likeable guy. He's all about honesty and being truthful with you," admits Paul, who played 21 games for the Seasiders last term.

"He's given us so many different ways to look at the game, he's changed the way a lot of the players think about the game. And importantly he's also taught us how to score goals.

"When we concede a goal, you'll never see any of the lads' heads go down. He teaches us how to react to all situations during a game. "If we get beat, he tells us we just ran out of time to score more goals. It's a great way to see things."

But praise is also due to Paul's teammates, who have grown game-by-game into a squad which appears to fear no-one in the Premier League.

"The lads are hungry to develop his ideas. They're a good bunch to work with because they're so keen to improve. It's a great feeling to know you're all pulling in the same direction towards something so worthwhile."

Right Charlie
"It's been a team effort over the past 12 months, but one player to grab the headlines has been Charlie Adam - a £500,000 signing from Rangers, which has paid real dividends.

"We ran through a few things on the Friday and he banged the same free kick in the same spot. So when he did the same on the Saturday, it was no surprise. "You just had to see the job he did at Wembley to know how good he is. He had just one chance on the biggest of stages and delivered. He knew he was going to do it. That goal changed the whole game and he deserves all the headlines.

Gladd All Over
Paul watched from the bench as twice Blackpool were behind. Twice they came back. And then went in front. And all that before half time.

"Strangely enough I managed to enjoy this one a lot more than the first one. I could take it all in; I knew where my friends and family were sat and the celebrations at the end I'll never forget."

"The fans are fantastic. When we got promoted, more than 40,000 of them turned out and covered the Promenade in Tangerine. It was quite a feeling. It's a great seaside town and I love going to work there. It's a shame the super casino didn't get the go ahead because it would be ready about now. It would have been quite a transformation for the town."

Blackpool have now, uniquely, been promoted through all three tiers of the Football League via the play-offs. Furthermore, they have won the last nine play-off games they have been involved in during the ten seasons between 2001 and 2010.

"You look at clubs like Chelsea and Arsenal. They're so close yet so far away. Well now we'll find out what it's like to play them and frankly we can't wait!"

"We had a 12,000 capacity last season. But as I keep mentioning, the whole club has that momentum. When I came here there were only two stands. Now there's three and soon we'll have four. The pitch is improving. It's all happening so quickly and the fans are loving watching the club strengthen," says the stopper who'll be battling it out with Matt Gilks for the No1 jersey.

Lofty Ambitions
"It's an ambition of mine to play at every league ground in the country before I pack in."

But having been with Man Utd for three years, there's one ground he's especially looking forward to.

"I was definitely given a fair crack of the whip at United. They have their choice of any keeper in the world, so I was delighted to be given the chance to prove myself. "Of course I think I have a point to prove to Man Utd. As a pro, you want to go back to your old clubs and prove you're capable of playing at their level.

"I've been working hard to do that every day since I left. Most keeps these days in the PL are mid thirties, and they're benefiting from their experience. You've either got to have that experience or be very lucky and be in the right place at the right time. I'm working as hard as I can to make sure our momentum continues. How far can this Tangerine Dream go? Well four promotions in nine years pays tribute to the club's motto ‘Progress’. Stanley Matthews would have been proud of the way these ‘misfits’ played their way into the big time. But unsurprisingly, the bookies fear the worst. Any one of the Premier League's elite performers will earn the same as Blackpool's whole squad next term and there'll be times when they'll need all of their manager's motivational skills to keep the dream alive.

Ollie’s ‘Misfits’ Shine Bright on Golden Mile.
To the goalkeeper, both mental and physical speed are important to be in the right place at the right time. As far as football boots were concerned, what is probably the most difficult position on the field was for the most part ignored until the Uhlsport product development team had the brilliant idea of developing special goalkeeper boots. These boots have additional claws in the forefoot region to ensure that you can leap, jump and run without the risk of losing touch with the ground. Because, during play, the lateral forces on a goalkeeper’s feet often exceed his total body weight, there is an increased slip risk. With this new gripping element these slips are reduced. The result? Improved confidence and perhaps even the last missing percentage points that decide the difference between getting to the ball or not. RRP £99.99

For more information visit www.uhlsport.com

**UHLSPORT Torkralle Goalkeepers boot**

**MITRE Anza Schwarzer glove**

Developed in conjunction with Australian No 1 Goalkeeper Mark Schwarzer, this glove has been designed with professional goalkeepers in mind. The negative cut glove uses top quality 3x3 latex on the palm and backhand with a fully elasticated cuff and a lightweight full length EVA wrap strap making the glove totally secure when fastened. The embossed backhand and anatomical flex zone improve flexibility.

Available March 2011. For more information visit www.mitre.com

**REUSCH Mango Deluxe G1 & Keon Deluxe G1 gloves**

To improve the gloves of the UEFA Goalkeeper of the Year and Champions League Winner, may be a hard job, but it is one the product designers at Reusch relish! Working closely with the game’s top keepers means there is a regular supply of feedback to constantly make subtle changes to the fit, comfort and performance of gloves across the whole Reusch range. Cesar kept an impressive 25 clean sheets and won a hat-trick of titles in the 2009/10 season wearing the Reusch Magno Deluxe M1 gloves and will continue to wear them until December when the new design Keon range becomes available.

The Keon Deluxe G1 includes some refinements which will hopefully enhance a keeper’s performance. New visible design, softer latex for a better grip, and the new Flexion Wave to make the gloves more flexible will all enhance the features carrying on from the Magno design.

The full Reusch range features a range of gloves to suit any ‘keeper offering different cuts, different latexes for a variety of weather conditions and playing surfaces and gloves with or without finger protection.

Keon Deluxe G1 available December 2010. For more information visit www.reusch.com

**REUSCH Mango Deluxe G1 & Keon Deluxe G1 gloves**

**Sells Goalkeeper Products original Wrap glove**

Rumour has it that Sells Goalkeeper Products goalkeeper equipment supplier are relaunching their original Wrap glove model to celebrate the company’s 10th birthday. To be launched under the slogan A legend is born - the original Wrap glove this limited edition model will be available from Spring 2011. Sells are at the leading edge in goalkeeping technology and many new products are due to be released for season 2011/12.

Available Spring 2011.

For more information visit www.sellsgoalkeeperproducts.com

**Sells Goalkeeper Products original Wrap glove**
What’s a man to do?

Next year when England’s rugby players look to succeed where the footballers failed so miserably, one man hoping to be involved is Jordan Crane. He’s one of the bright young England hopefuls currently making a name for himself at Leicester Tigers, but it could have all been so different.

As a 14-year-old Crane was a promising goalkeeper in the academy at West Brom. “Me and my brother were there at the same time – me in the under-14s, him in the under-16s,” says Crane “When you’re in one of those academies you think you’re the best thing in the world but it doesn’t always work out, only a handful of lads ever go on to make a living at it.”

While his brother has stuck with it, Dan currently plays for Hednesford Town in the Southern League Premier Division, Jordan, frustrated with a lack of match action decided to give rugby a go. “I just ended up playing half a game per week because there were two keepers in the academy and they wanted us both to play regularly,” reveals Crane. “Being a goalkeeper also meant I was less involved with the game and I was getting bored and just wasn’t enjoying it. I just had enough and a lot of my friends were playing rugby at the time so I thought I would try it.”

That wasn’t the end of his football career but when decision time came, he’d seen enough to know which way he wanted to go. “I was still playing football after I left West Brom, playing for the county under 18s,” says Crane. “Then when I was 16 I got asked to go to Crewe and it was at that point I had to decide what I wanted to do. I decided to carry on with my rugby career and luckily it paid off.”

Despite being late to the game, Crane made his professional debut with Leeds Tykes aged just 18. After two seasons in Yorkshire he then moved to the biggest club in English rugby. “Leicester is a massive club known throughout Europe and a team who consistently win silverware,” says the 22-year-old. “In football there’s the big four. In rugby the top four changes all the time but Leicester are always there. Since I’ve been with them we’ve competed in four Premiership finals in a row, two Heineken Cup finals – the record speaks for itself. A couple of seasons ago we got to two finals and lost them both and the coach got the sack. That just shows you what sort of club Leicester is – any other club in the Premiership would have just been happy making two finals. That just shows the pressure the players and coaches are under at Leicester.”

Crane has absolutely no regrets about his career choice. His impressive displays at club level have also led to an England call-up – he made his debut against South Africa in 2008. However, he does admit that there’ll always be the ‘what if’ question. “When you’re winning trophies and you’re at the top end of the game it’s exactly what you want to be doing,” says Crane. “Obviously I played football a long time ago and in some ways it would’ve been nice to see how far I could’ve got but what I’m doing now – I would never swap it.”

And that includes the lifestyle. While Crane is acutely aware of rewards on offer to footballers he feels more comfortable in the world of rugby. “With rugby it’s a massive team sport and that’s what I enjoy about it so much,” admits Crane. “In rugby you do a lot of stuff together off the pitch and if you’re at a good club there aren’t too many egos. For footballers it’s different because of the media spotlight. They can’t go out and have a big jolly up like us rugby lads do because the press would be all over it, it’s difficult for them.”

Despite being firmly committed to rugby now, football will remain his first love. “I never really watched a rugby game until I started playing – I didn’t really grow up with it. I love football and as a youngster that was all I wanted to do then obviously my priorities changed. Liverpool were my team and John Barnes was a massive hero of mine, I’ve got a signed shirt of his on the wall now. Of all the great players in that Liverpool team he was the one that really stood out.”

It’s a crucial time now for Crane. Not just the start of the domestic season but with the World Cup in New Zealand less than 6 months away he knows the pressure is on if he’s to establish himself as regular England player.

“Everyone’s thinking about it and everyone wants to be involved but the only way you’re going to get there is by playing well,” says Crane. “Somewhere you’ve got to put it to the back of your mind. If you think you’re going to get there comfortably then someone is going to come and take your spot. It’s definitely on my mind and I want to be on that plane to New Zealand.”

Leicester and England rugby union back row forward Jordan Crane talks to GK1 about a life changing decision that saw him turn his back on a career in football

I love football and as a youngster that was all I wanted to do then obviously my priorities changed.

What’s a man to do?
Pilates as practiced by Robert Green

A well kept secret since the 1940’s, Pilates has evolved into a unique “workout” method which has been used by dancers in the past but is now playing a key role in many injury rehabilitation programmes in sport and general fitness.

Pilates, as an exercise approach, places a specific emphasis on movement control targeting the deep stabilising muscles of the trunk which support the spine. Research has suggested that the deep muscle system is preferentially inhibited in people with low back pain (LBP) and management strategies have been effective in addressing these problems and in reducing LBP.

A goalkeeper’s role is unique and his physical and athletic qualities are different from other members of his team and require specific training. A key requirement is directional movement change within a small area, therefore he must be agile in his movements with quick reflexes. In short, a goalkeeper must be a complete athlete.

A goalkeeper needs to co-ordinate movements of the upper limbs with excellent handling skills, combining this with strength, movement control and proprioception.

Many athletes develop the body asymmetrically, as when a tennis or golf player develop a strong “forward” arm, a goalkeeper will sometimes develop a stronger stance leg for the kicking and take-off. Pilates balances the body’s development by addressing such asymmetries.

Initially movements are slow and precise, with the focus on correct breathing patterns and realigning the body with good movement control so that the client leaves feeling rejuvenated and relaxed rather than exhausted and with an enhanced awareness of their own unique movement signature.

Pilates is becoming very popular with athletes and for many good reasons. It compliments other aspects of their strength and conditioning and it is very capable of challenging even professional football players.

Initially the Pilates instructor will address the specific needs and capabilities of the individual client, targeting the muscle imbalances and realigning the body to improve efficient movement patterns. Intrinsic to this approach is the instructor’s knowledge of the specific demands imposed on the movement control of the individual client.

A goalkeeper’s personal perspective on pilates

After rupturing my groin in 2006, it was recommended that I do pilates as a supplementary session to my regular training. As, like most goalkeepers, I had always been trained in using the larger muscle groups needed for explosive movements, but never the smaller and supporting muscles.

I find the sessions intense, focusing on small movements that are relevant but also completely different from, and more detailed than my daily routines. I also feel the workout gives me a stretch that I wouldn’t gain from any post session exercises.

Since starting pilates I have found that I have retained my original strength, whilst cutting down on mass and improving my core. I have also experienced movement in parts of my lumbar spine for the first time in over fifteen years! Most importantly, I have stayed injury free since rupturing my groin nearly four years ago."

Written by Karen Cowell - Body Control Pilates Teacher

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