



## **OFFICIAL GOALKEEPING BROCHURE 26/27 SEASON**



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HEAD OF GOALKEEPING

# FRANCISCO IRUARRIZAGA





HEAD OF GOALKEEPING

# ABOUT FRANCISCO



**UEFA B LICENSE | UEFA C GK LICENSE**  
**6+ YEARS EXPERIENCE**



WATCH  
OUR MEETING WITH  
**FRAN IRU**





# GOALKEEPING PHILOSOPHY

In my view, goalkeeper development is not limited to shot-stopping, but to the systematic development of the complete goalkeeper who is capable of influencing the game in all moments. At the highest level, a goalkeeper must be technically consistent, tactically intelligent, physically prepared, and psychologically resilient in order to perform reliably under pressure.

This process involves the integrated development of key areas: technical execution, including blocking, diving, recovery actions, and clean handling; tactical understanding, such as positioning in relation to the ball, the defensive line, and the collective structure of the team, as well as the ability to read and anticipate game situations; physical qualities, including agility, coordination, reaction speed, and explosive movement; and psychological attributes, such as sustained concentration, confidence, courage when leaving the goal line, leadership, and emotional control.

These components cannot be trained in isolation and must be developed together to produce a goalkeeper who is balanced, dependable, and prepared for the demands of professional football. One of the main areas I prioritise in my work is footwork, as it has become a decisive factor in the modern game.

The goalkeeper is now an active participant in the build-up phase and often the free player under high pressing conditions. However, this emphasis on modern requirements never compromises the fundamental principles of goalkeeping.

## “PHILOSOPHY INTO PRACTICE”



# GOALKEEPING PHILOSOPHY

Mastery of basic techniques remains non-negotiable, and I place significant importance on ensuring these actions can be executed efficiently, consistently, and instinctively. When these fundamentals are fully internalised, the goalkeeper is able to react automatically in match situations, without hesitation or conscious thought.

For this reason, my training methodology is based on realistic, game-related scenarios that replicate competitive demands, while continuously reinforcing core technical behaviours. The objective is to ensure that everything trained during the week translates directly into confident, effective performance on match day.

Lets develop, Francisco Iruarrizaga





# DREAM. BELIEVE. ACHIEVE





# MODERN GOALKEEPING

One of the areas that has evolved most significantly in modern goalkeeping is footwork and the ability to play with the ball. In today's game, the goalkeeper is no longer a passive figure limited to defensive actions, but an active member of the team who must contribute effectively in possession. As tactical pressing structures have become more aggressive and organised, the goalkeeper often becomes the free player during build-up phases, operating without direct opposition pressure.

This tactical reality places increased importance on the goalkeeper's ability to receive, control, and distribute the ball with confidence and precision. Effective footwork allows the goalkeeper to support positional play, break opposition lines, and provide numerical superiority during high-pressure situations. As a result, playing out from the back is no longer an added quality, but a fundamental requirement for the modern goalkeeper operating at elite level.





# WHAT SETS OUR GKS APART?

What sets our goalkeepers apart is their ability to perform with clarity, control, and consistency under pressure. Alongside high-level technical preparation, strong emphasis is placed on the psychological dimension of performance, which is often the defining factor at elite level. Our goalkeepers are trained to maintain sustained concentration for the full 90 minutes, manage long periods of inactivity, and respond effectively in decisive moments with confidence and emotional control.

They are developed to lead from the back, communicate clearly and assertively with the defensive unit, and maintain calmness and authority in high-pressure situations. This psychological robustness allows them to remain composed during difficult phases of the match and make correct decisions when it matters most, even when the margin for error is minimal.

In parallel with this mental framework, our goalkeepers are prepared to meet the most demanding technical situations of the modern game. Particular focus is placed on agility, short-distance reaction speed, and performance in 1v1 situations, where timing, positioning, and decision-making must be executed at maximum intensity.

These actions frequently occur in high-risk areas and often determine the outcome of matches. By repeatedly exposing our goalkeepers to these scenarios in training, we ensure they develop the confidence, speed of execution, and technical efficiency required to perform consistently at a high level under real match pressure.



# TRAINING METHODOLOGY

My training prioritises footwork, physical qualities such as agility and reaction speed, and the fundamental technical aspects of goalkeeping, including catching and diving. From a tactical point of view, I focus on positioning, controlling the game from the back, and constant communication with defenders.

Training sessions are structured according to the available time and the specific needs of the goalkeeper. Individual sessions focus more on technical details, such as different types of dives and handling techniques, while group sessions allow for greater integration of realistic match situations and decision-making.

To ensure training is game-realistic, I base exercises on situations that regularly occur in real matches. I analyse friendly and competitive games, identify common scenarios, and then adapt training exercises to replicate those moments as closely as possible.

Training is not the same as a match, but it should be a clear reflection of what happens during competition.

## Daily Training Focus

- Footwork & distr. under pressure
  - Agility, reaction speed, & explosive movements
  - Core technical foundations: catching, diving, handling
- Positioning in relation to the ball & defensive line
  - Communication & leadership from the back

## Structure & Match Preparation

- Position-spec. individual sessions
  - Integrated team training & decision-making
  - Scenario-based exercises drawn from real matches
- Repetition of high-risk situations
- Performance review & feedback
  - Ongoing individual development planning

## INDIVIDUAL DEVELOPMENT PLANS

Every player receives personalized weekly and monthly development plans, tailored to trimesterly assessments and **individual considerations**, encompassing their current **progress, objectives, and career aspirations**. This holistic approach ensures their ongoing **growth and success**.

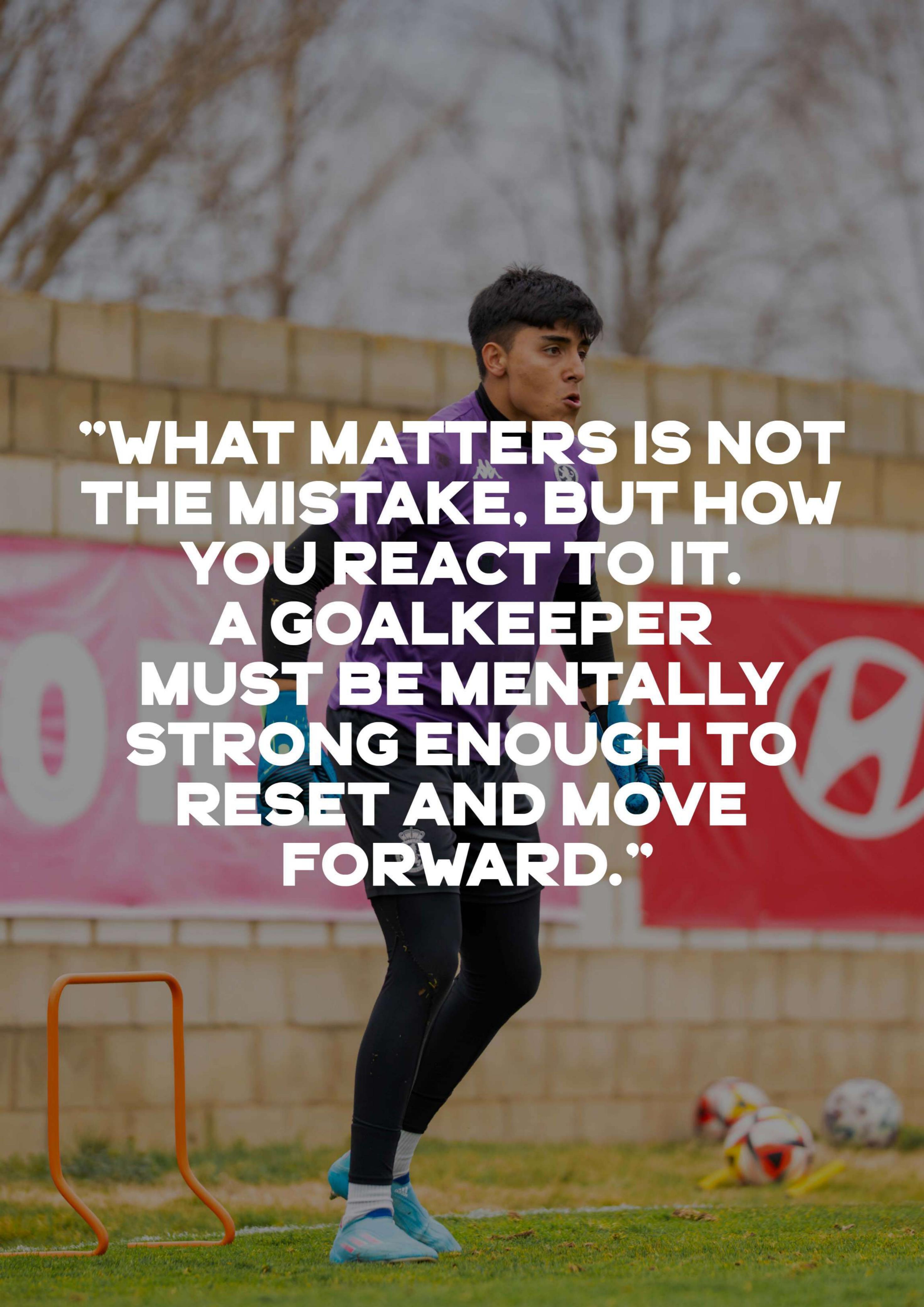
### Long Term Development Plan

- Remapped Monthly
- Specific to your Goals & Journey Plan

### 8 Weekly Individual Hours

- Individual Field Training
  - Specific Gym Work
  - Mentor & Analysis





**"WHAT MATTERS IS NOT  
THE MISTAKE, BUT HOW  
YOU REACT TO IT.  
A GOALKEEPER  
MUST BE MENTALLY  
STRONG ENOUGH TO  
RESET AND MOVE  
FORWARD."**



## MATCH & PERFORMANCE FOCUS

On match day, Francisco looks beyond individual actions and evaluates the goalkeeper's overall presence within the team. Leadership, authority, and clear, confident communication are essential, as the goalkeeper must organise the defensive unit, manage space, and influence the game from the back.

Calmness under pressure is a key indicator of performance, particularly in decisive moments, where composure and clarity often separate top-level goalkeepers from the rest. While shot-stopping remains important, it is control, confidence, and authority that truly define elite goalkeeping performance.

Match preparation places strong emphasis on mental readiness and clarity. Throughout the week, goalkeepers are supported through confidence-building work, mental relaxation strategies, and tactical preparation specific to the upcoming match.

The objective is to ensure goalkeepers arrive on match day focused, composed, and mentally prepared to perform without hesitation, regardless of pressure or match context.

Post-match feedback is delivered after a period of reflection, allowing time to process the game effectively. Where possible, video analysis is used to highlight both positive actions and areas for improvement, supporting learning, accountability, and continued development.



# TRIALS & OPPORTUNITIES

Our goalkeepers are regularly exposed to **professional and semi-professional** trial environments as part of their long-term development pathway. These experiences introduce them to the standards, intensity, and expectations of higher-level football, while challenging them to perform under observation and pressure. The full list can be found here:

<https://www.academiarealinternacional.com/success-stories>

**KADEN FREDERICK**

CyD Leonesa  
Primera RFEF



**JOSIAH NICOLET**

Burgos CF  
La Liga 2



**CARLOS VARGAS**

CP Villarrobledo  
Tercera RFEF





# WHAT IS INCLUDED?

## ACADEMY PROGRAM



**Potential Club Placement**  
**Top Flight Schedule (5-6 Days Per Week)**  
**Elite Games Program (50+ Games Per Season)**  
**1 Domestic Tour**

**Student Visa Plus Application Assistance**  
**Spanish Language Classes**  
**Private Health Care (For Full Season Only)**



**Individual Development Plans**  
**Personalized Strength & Conditioning Plans**  
**Pre-Season Training Program**  
**Weekly Analysis Sessions**



**Trimesterly Health Screenings**  
**Access to Physiotherapy**  
**Nutrition Guidance**

**Full Adidas Training Kit Provided**  
**Full Adidas Travel Kit**  
**Career Consultancy & Player Profile Development**



# WHAT IS INCLUDED?

## ACCOMMODATION

- ✓ 2-3 Individuals Per Bedroom
- ✓ 3 Meals Per Day (Breakfast, Lunch & Dinner)
- ✓ Laundry Units
- ✓ On-Site Residency Monitor

- ✓ Restaurant
- ✓ Study Area
- ✓ Entertainment Lounge

- ✓ Complete Domestic Transport
- ✓ Airport Transfers





# ACADEMY FEES

Empowering Dreams, Affordable Paths:  
Competitive Prices for Accessible Excellence

## 3 MONTHS

- ✓ 1 Academy Tour
- ✓ Short Term Career & Development Plan
- ✓ CV & Highlight Video
- ✓ Exit Plan

**€7,250**

## 9 MONTHS

- ✓ 1 Academy Tour
- ✓ Student Visa & Application Assistance
- ✓ Club Placement\*\*
- ✓ Long Term Development Plan
- ✓ Career Management

**€27,000**

### Flexible Payment Options Available

We offer various payment plans and options that, including their initial deposit and/or background check, are paid off in a more relaxed manner to allow the player to focus on their development and construct their future.



*For players and parents or legal guardians that are interested in our academy and wish to apply, please visit [academiarealinternacional.com/apply](http://academiarealinternacional.com/apply) and fill out the academy recruitment application form, alternatively get in contact with our recruitment staff via [marcus@academirealinternacional.com](mailto:marcus@academirealinternacional.com)*

