

Dynasty Goalkeeping

VIRTUAL COLLEGE CONSULTATION PACKAGE

Give your team the goalkeeping expert.

Offer your goalkeepers every opportunity to improve.

Augment your goalkeeping knowledge.

Lock in the extra edge for your team to excel this fall.



TRACY NOONAN

1999 World Cup Champion
3x NCAA National Champion
USSF "A" Coaching License

Our program offers weekly virtual sessions for both the coaching staff and goalkeepers featuring: video analysis, how to incorporate your goalkeeper into team training, guidance on goalkeeper-specific training to address the technical, tactical and physical needs of your goalkeepers, goalkeeper psychological support (i.e. starter versus reserve mindset) and nutritional advice from a fellow goalkeeper who has excelled at all levels of the game. Tracy has the expertise to design a virtual program that suits the specific needs of your program and goalkeepers. If you truly want to help your goalkeepers maximize their potential over their college career this is an opportunity you need to explore.



THE CONSULTANT

Tracy Noonan has an extensive goalkeeping background with more than two decades of a championship mentality. Winning three national titles at the University of North Carolina and the 1999 Women's World Cup at the Rose Bowl, Tracy's expertise developing competitive, disciplined, and confident goalkeepers is unparalleled.

As a coach Tracy has compiled an impressive resume over the past 30 years at the youth, collegiate, and National Team levels. She has first-hand experience and an unrivaled work ethic which will challenge and develop your goalkeepers. Her Dynasty Goalkeeping methodology will stretch your goalkeepers to reach their full potential while also paving the way for them to positively contribute towards team chemistry and ultimately the team's overall success. Tap into Tracy's wealth of knowledge to motivate your goalkeepers on a never-ending ascension of becoming their best selves.

Provide the edge your goalkeepers need to positively impact team results on game day.

THE STRUCTURE

12 x 1 hour virtual sessions via FaceTime and/or Zoom scheduled at a set time each week

Each session includes 20 minutes with coaching staff and 40 minutes with goalkeeper(s)

Provides structure and accountability for goalkeepers in programs without a goalkeeper specialist as well as a resource for ongoing development as a player and person

Offers support and mentorship to coaching staff with limited goalkeeper expertise and/or young goalkeeper coaches new to the college game

Program flexibility to adjust to specific program and goalkeeper needs

Ability to add additional stand-alone sessions at \$250/session

THE PROGRAM

Pre-season Topics (2 sessions)

Physical	Deepen fitness and improve vertical jump
Technical	Implement drills in GK sessions and/or team environment
Tactical	Video analysis homework
Mentality	Leadership training & developing a positive "GK Union" chemistry
Mentorship	Establish individual goals for each GK

Early Season Topics (4 sessions)

Physical	Nutrition and maintenance of strength & conditioning
Technical	Coordinate with coaches to address specific needs of GKs
Tactical	Video analysis of GKs edited footage
Mentality	Strengthen confidence and visualization
Mentorship	Manage individual roles within team and personal challenges

Mid-season Topics (4 sessions)

Physical	Managing proper rehab, rest, and recovery down the stretch
Technical	Utilize tailored drills in GK sessions and team sessions
Tactical	Video analysis of GKs edited footage
Mentality	Define, develop, and maintain consistency
Mentorship	Address individual challenges and motivation

Post-season Topics (2 sessions)

Physical	Continuation of fitness/injury mitigation as needed
Technical	Maintain GKs technical proficiency and consistency
Tactical	Video analysis of GK edited footage
Mentality	Manage post-season pressure and performance anxiety
Mentorship	Post-season review/establish off-season GK development plan



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