



International Goalkeepers Academy

Technical Tip # 23

A GREAT ROLE MODEL



Pictured: Aaron Liddell

Disappointment comes in many forms and it is a fact of life that we will all suffer disappointment from time to time in our lives. This is experienced more regularly by goalkeepers than any other player within a football team due to the limited number of goalkeeping positions in a team.

One of our young IGA keepers, Aaron Liddell, has had more than his fair share of disappointments. Nonetheless he has overcome these disappointments by training hard and staying focused. As a result of his hard work, Aaron has recently signed with the newly formed Western Sydney Wanderers A-League team.

Aaron started his career in the Southern Districts competition where he went on to be selected in the Joeys under 17's Australian team. In the same year, he suffered what many of us would call a career threatening injury where he dislocated his shoulder.

Nevertheless, Aaron didn't let his injury deter him from his career goals. Once Aaron recovered from his injury he returned to the Academy where he participated in our KEEPER-FIT program. Aaron's dedication to the program saw him develop his skills and gain the ideal goalkeeping physique.

Aaron was rewarded for his dedication to the program when he was signed for the Sydney FC Youth Team by me (Jim Fraser) when I was the Goalkeeper Coach for the club. At this point in time, Aaron looked to have a big future in the game.

Aaron committed himself well as a developing goalkeeper throughout the Sydney FC Youth League season but was not signed by the new goalkeeping staff for the following season. Still determined to achieve his goals he set about working on the weaker areas of his game which IGA Coaching Staff helped Aaron to identify which then gave him the confidence and skill to trial successfully for the next season.

Throughout the recent Premier League season, Aaron played at Rockdale Suns FC mainly in the under 20's with an occasional game in the first grade team. During this time he has worked on his goal kicks and first touch skills which the Sydney FC coaching staff had perceived as his weak areas.

Between working on his fitness, training for countless hours kicking balls at our fence and working with the Drillmaster rebounder to improve his first touch and passing skills, Aaron now has the ability and confidence to participate in the West Sydney Wanderers practice sessions on a daily basis and has already made a brief appearance in first team.

Early on, Aaron was not blessed with the desired athletic build or the physical development that some players are blessed with. He did not have outstanding ball skills and did not get the breaks that many players get early in their career.

He does however have the determination and self-belief that many players blessed in other areas do not have and he is a great role model for other up and coming young keepers who are attending our Academy.

IGA keepers and parents should take the time to watch Aaron when he trains at the Academy or at his games and note his dedication in every area of his game.

We are pleased to announce that Aaron has now joined the IGA Coaching Staff where he can now pass on his ideals and experiences to other IGA goalkeepers.

Jim Fraser
Director of Coaching
International Goalkeepers Academy