



New Zealand Football

OFC/NZF GK B LICENCE 2025

**Assessment Guide &
Distance Learning Tasks (DLTs)**

New Zealand Football Assessment Guide

GK B Licence 2025

OFC/NZF GK B Licence Assessment Guide 2025

This NZF Assessment Guide – GK B Licence 2025 came into effect April 2025. It supersedes GK B Licence Assessment Guide & DLTs from 2024. It has been reviewed and aligned with NZF Assessment Guide – B Licence 2024.

NZF Philosophy

New Zealand Football (NZF) have a philosophy for Coach Development which focuses on:

1. **“Discovering the needs, goals and motivations of each individual. Providing support and guidance that enables them to have, and provide others with, a positive experience in sport.”**
2. **“Empowering people to be the best version of themselves”**

Assessment Overview

The assessment process for OFC/NZF Advanced Coach Education courses is one which provides ongoing support and development to coaches. Guided by the OFC/NZF Competency Framework, assessments will provide constructive feedback to coaches.

The assessment process is based on the following principles:

- **Self-Determination** – this will be a coach led process. Coaches will be required to apply themselves in their own environment and be in control of their own self-improvement.
- **Comprehensive Evaluation** - coaches will receive constructive feedback on a body of work related to the role performed by a modern-day goalkeeper coach.
 - This will involve coaches demonstrating competencies across the following areas of the Four Corner Player Model:
 - Technical
 - Physical
 - Mental
 - Tactical
 - Coaches will also demonstrate competence in these three areas:
 - Role of the Goalkeeper Coach
 - Training Environment
 - The Match
- **Continued Personal Development** – the assessment process should be viewed as an ongoing relationship between coach and mentor, rather than a “one off” event.

- **Evidence Based Assessments** - these are linked to the OFC/NZF Competency Framework. The Competency Framework has been designed after researching:
 - Competencies required for a goalkeeper coach to positively affect the modern goalkeeper.
 - Countries advanced Goalkeeper Coach qualification frameworks, where those countries are producing excellent goalkeepers and goalkeeper coaches.

The assessment process for NZF Advanced Coach Education courses is one which looks to provide ongoing support to a coach and their development. Guided by the NZF Competency Framework for coaches, assessments will review and provide constructive feedback in many areas of the modern day coach.

Assessment Process and Qualification

The assessment will take place in the following stages:

1. Coach submission of completed Distance Learning Tasks to OFC/NZF via OFC Learn.
2. OFC/NZF informs coach that Distance Learning Tasks have been:
 - a. Completed or
 - b. Developing (this requires resubmission because the assessment has not yet met the required standard. Clear next steps will be provided to the coach in this instance).

The process above must be completed once by: **Wednesday 18th November 2026**
(One year after Part 2 of course is attended).

If a coach fails to keep this commitment to their personal development, they will be officially removed from the OFC/NZF GK B Licence course.

If achieved, coaches will be awarded with the OFC/NZF GK B Licence qualification.

The qualification will be valid for 3 years from the date it was awarded and awarded 100 CPD points.

If assessed as Developing, coaches will need to complete either a complete resubmission of a specific component of the task as detailed in their feedback or be requested to complete a reassessment in full. Coaches have six months to complete a resubmission or reassessment. If a coach fails to keep this commitment to their personal development, they will be removed from the course.

Distance Learning Tasks (DLTs)

1. Candidate submission of Distance Learning Tasks

The following Distance Learning Tasks (DLTs) are to be submitted for review. These must be submitted via OFC Learn before a practical session submission. New Zealand Football will not assess a practical session submission for assessment if the Distance Learning Tasks have not been completed to an adequate standard:

Post Part 1

Distance Learning Tasks (DLTs)

GK B Licence DLT 1 – Laws of the Game

Due Friday 2nd May 2025

The Task

Complete the online quiz [Laws of the Game](#) via OFC Learn and upload your certificate of completion in the box below.

Coaches are required to complete the following:

1. [Laws of the Game Quiz](#).

Purpose:

- Coaches are required to have detailed knowledge of the Laws of Football. This online quiz gives them the opportunity to test their knowledge as well as providing a learning opportunity to fill any gaps in that knowledge.
- This is also a distance learning task for the outfield B Licence so it provides coaches the opportunity to be credited with their learning if they every undertake the outfield B Licence.

Prior Learning:

- Coaches may have completed a law of the game module in earlier versions of the GK C Licence.

Resources:

- [Laws of the Game Quiz](#) is available on OFC Learn

Marking Criteria:

1. This task is marked based on the 'effort' the coach has put into it.
2. [Laws of the Game Quiz](#)
3. Certificate of completion must be submitted by uploading to OFC Learn

Further Instructions cut & paste from OFC Learn:

GK B Licence Task 1 Due Friday 2nd May 2025: Laws of the Game

***Distance Learning Tasks 1 – 5 need to be completed in full, submitted via OFC Learn & approved by an Assessor by Friday 17th October 2025. This needs to happen prior to Part 2 for Coaches to be eligible to attend Part 2 of the course. This is a hard cut off & not negotiable.**

Go to OFC Learn > Courses > OFC/NZF GK B Licence > GK B Licence Task 1 – Laws of the Game

Please complete the online quiz [Laws of the Game](#) via OFC Learn & upload your certificate of completion in the box below.

**GK B Licence DLT 2 – GK Coaching Philosophy
Due Friday 13th June**

The Task

Coaches are to produce their personal GK Coaching Philosophy.

The document can be produced in any format but must be at least 1,000 words.

Coaches are required to produce the following:

1. Produce their personal **GK Coaching Philosophy** by answering these questions:
 - a. Why do you coach?
 - b. Why do you coach GKs?
 - c. What type of GK coach are you?
 - d. What is the role & responsibilities of the GK? Use these headings:
 - i. In Possession (attacking)
 - ii. Transition to Defence
 - iii. Out of Possession (defending)
 - iv. Transition to Attack
 - v. Set Pieces
 - e. What GK attributes are required?
2. Document their **Head Coaches Ideal GK Profile**
 - a. What qualities is the Head Coach looking for in their GKs?
 - b. Use Four Corner Player Development model as headings:
 - i. Technical
 - ii. Tactical
 - iii. Physical
 - iv. Mental
3. Document their own **Ideal GK Profile**
 - a. What qualities are the coaches looking for in their GKs?
 - b. Use Four Corner Player Development Model as headings:
 - i. Technical
 - ii. Tactical
 - iii. Physical
 - iv. Mental



Purpose:

- Coaches are required to be able to understand who they are as a coach and be able to clearly articulate this to others.

Prior Learning:

- Modules delivered in Part 1 will help coaches with this task.
- Building on knowledge acquired in the Knowing Self module from the GK C Licence

Marking Criteria:

1. This task is marked based on the 'effort' the coach has put into it.
2. All questions in task answered in detail.
3. Minimum word count 1,000 words.
4. Head Coach's ideal GK Profile included. Must include the Four Corner Development Model (e.g. Technical, Physical, Tactical, Mental).
5. Coaches ideal GK Profile included. Must include the Four Corner Development Model (e.g. Technical, Physical, Tactical, Mental)

Further Instructions cut & paste from OFC Learn:

GK B Licence Task 2 Due Friday 13th June 2025: GK Coaching Philosophy

***Distance Learning Tasks 1 – 5 need to be completed in full, submitted via OFC Learn & approved by an Assessor by Friday 17th October 2025. This needs to happen prior to Part 2 for Coaches to be eligible to attend Part 2 of the course. This is a hard cut off & not negotiable.**

Go to OFC Learn > Courses > OFC/NZF GK B Licence > GK B Licence Task 2 – Coaching Philosophy

Coaches are to produce their own personal GK Coaching Philosophy.
The document can be produced in any format but must be at least 1,000 words.

As a guide, consider the following:

Produce your own personal **GK Coaching Philosophy** by answering these questions:

- Why do you coach?
- Why do you coach GKs?
- What type of GK coach are you?
- What is the role & responsibilities of the GK? Use these headings:
 - In Possession (attacking)
 - Transition to Defence
 - Out of Possession (defending)
 - Transition to Attack
 - Set Pieces
- What GK attributes are required?
- Document your **Head Coaches Ideal GK Profile** (this is your Head Coaches opinion/what they are looking for). Use these headings:
 - What qualities is the Head Coach looking for in their GKs?
 - Four Corner Player Development Model:
 - Technical
 - Tactical
 - Physical
 - Mental
- Document your own **Ideal GK Profile** (this is your opinion/what you are looking for). Use these headings:
 - What qualities are you looking for in your GKs?
 - Four Corner Player Development Model:
 - Technical
 - Tactical
 - Physical
 - Mental

Upload your completed philosophy below.

GK B Licence DLT 3 – Match Day Management Plan

Due Friday 25th July 2025

The Task

Coaches are to produce:

1. Match Day Management Plan and Match Day Reflection
2. Warm Up Session Plan (including a filmed match day warm up)

Coaches are required to produce the following:

Two files:

1. Match Day Management Plan and Match Day Reflection
(this document can be in any format but must be at least 1,00 words).
2. Warm Up Session Plan
(download OFC NZF GK B Licence – Warm Up Planner Template power point file from the materials tab).

Match Day Management Plan

Coaches should consider the following:

- Create an overall Match Day Management Plan for the day. Start with travel to the ground right through until leaving the ground post-match. Document your planning for each activity including timings.
- Pre-Match
 - **Warm Up Session Plan** (Use OFC NZF GK B Licence – Warm Up Planner Template - available in materials tab).
 - Filmed Pre-Match GK talk. (Include this as part of your filmed warm up).
 - Filmed Warm Up. **The Warm Up should be a minimum of 30 minutes.** (You need to deliver and record (film) your Warm Up (including audio)).
 - **Upload your completed video to YouTube & to our GK B Licence Hudl group.**
- Communication during the match
- Half-time GK talk (positives & development areas)
- Warm Down
- Post match review
 - GK's
 - Staff

Once you have your plan, you should use it to carry out a match day and produce a Match Day Reflection.

Match Day Reflection

Coaches should use these questions as headings & answer them in detail:

- How well did you execute your plan?
- How did you help your GK's:
 - Before the match
 - During the match
 - At halftime
 - After the match
- What were the positives from the Match Day?
- What areas/elements would you change next time?

Purpose:

- For coaches to plan, deliver and reflect on a Match Day.

Prior Learning:

- Modules delivered in Part 1 will help coaches with this task.

Resources:

- [OFC/NZF GK B Licence - Session Planner Match Day Template](#)

Marking Criteria:

1. This task is marked based on the 'effort' the coach has put into it.
2. All questions in task answered in detail.
3. All tasks need to be completed:
 - a. Match Day Management Plan and Match Day Reflection document needs a minimum word count of 1,000 words.
 - b. Warm Up Session Planner Template completed in full:
 - i. All planning slides completed & able to be read & understood.
 - ii. All reflection slides completed with minimum sentence requirements met (as per template).
 - iii. Filmed warm up video link works, warm up is visible, audio is clear.
 - c. Video is uploaded to both YouTube & Hudl

Further Instructions cut & paste from OFC Learn:

GK B Licence Task 3 Due Friday 25th July 2025: Match Day Management Plan

***Distance Learning Tasks 1 – 5 need to be completed in full, submitted via OFC Learn & approved by an Assessor by Friday 17th October 2025. This needs to happen prior to Part 2 for Coaches to be eligible to attend Part 2 of the course. This is a hard cut off & not negotiable.**

Go to OFC Learn > Courses > OFC/NZF GK B Licence > GK B Licence Task 3 – Match Day Management Plan

Coaches need to produce two files:

1. Match Day Management Plan and Match Day Reflection (this document can be in any format but must be at least 1,00 words).
2. Warm Up Session Plan (download [OFC NZF GK B Licence – Warm Up Planner Template](#) power point file from the materials tab).

Match Day Management Plan

Coaches should consider the following:

- Create an overall [Match Day Management Plan](#) for the day. Start with travel to the ground right through until leaving the ground post-match. Document your planning for each activity including timings.
- Pre-Match
 - **Warm Up Session Plan** (Use [OFC NZF GK B Licence – Warm Up Planner Template](#) - available in materials tab).
 - Filmed Pre-Match GK talk. (Include this as part of your filmed warm up).
 - Filmed Warm Up. **The Warm Up should be a minimum of 30 minutes.** (You need to deliver and record (film) your Warm Up (including audio)).
 - **Upload your completed video to YouTube & to our GK B Licence Hudl group.**
- Communication during the match
- Half-time GK talk (positives & development areas)
- Warm Down
- Post match review
 - GK's
 - Staff

Once you have your plan, you should use it to carry out a match day and produce a [Match Day Reflection](#).

Match Day Reflection

Coaches should use these questions as headings & answer them in detail:

- How well did you execute your plan?
- How did you help your GK's:
 - Before the match
 - During the match
 - At halftime
 - After the match
- What were the positives from the Match Day?
- What areas/elements would you change next time?

Upload your two files below:

1. [Match Day Management Plan and Match Day Reflection](#) document.
2. [Warm Up Session Plan](#) power point file.

Any videos should be hosted on YouTube and the links included in these files. DO NOT UPLOAD YOUR VIDEOS HERE.

GK B Licence DLT 4 – Match Analysis

Due Friday 5th September 2025

The Task

Coaches are required to complete a Match Analysis using the Match Analysis Template provided.

Coaches are required to produce the following:

1. Completed Match Analysis.

Purpose:

- Coaches are given another opportunity to use the GK B Licence version of the Match Analysis Template.
- The template is similar to the GK C Licence version with the addition of:
 - Your team's & opposition team's playing styles.
 - Main attacking threat.
 - Your team's & opposition team's formation/shape in & out of possession.
 - Team possession from Attacking Game actions.
- This task will prepare coaches for Task 6.
(Requiring them to do a Match Analysis in their own environment).
- It will support coaches who have not yet achieved their outfield C Licence
(Which introduces coaches to key concepts like formation/shape in and out of possession).

Prior Learning:

- Coaches would have completed a Match Analysis using the GK B Licence - Match Analysis Template as part of Part 1 of the GK B Licence course.
- Coaches would also have already completed a Match Analysis using the GK C Licence Match Analysis Template as part of achieving their GK C Licence.

Resources:

- OFC/NZF GK B Licence - Match Analysis Template

Marking Criteria:

1. This task is marked based on the 'effort' the coach has put into it.
2. All cells completed.
3. Match analysed for full 90+ mins.
4. Minimum sentence requirements met (as per template).
5. Coach uses sentences for comments (not one word answers).
6. Proposed training focus:
7. Uses the language of the GK Framework.
8. Includes either Goal Defence or Space Defence with transition to Attacking Game.
9. Is written in a frame (includes the past, present & future).

Further Instructions cut & paste from OFC Learn.

GK B Licence Task 4 Due Friday 5th September 2025: Match Analysis

***Distance Learning Tasks 1 – 5 need to be completed in full, submitted via OFC Learn & approved by an Assessor by Friday 17th October 2025. This needs to happen prior to Part 2 for Coaches to be eligible to attend Part 2 of the course. This is a hard cut off & not negotiable.**

Go to OFC Learn > Courses > OFC/NZF GK B Licence > GK B Licence Task 4 – Match Analysis

- Complete a match analysis using the Match Analysis template available in the Materials tab. Upload your completed analysis below.
- Ideally you will complete your match analysis on GK(s) you coach & plan to use in your Filmed Training Sessions (DLT 5 & 7)
- Analyse your GK(s) over a 90-minute match, noting all GK Tasks & Actions.
- Ensure you complete all cells in the template in full.
- Use detailed sentences or bullet points when making comments.

Upload your [Match Analysis](#) below.

GK B Licence DLT 5 – Filmed Training Session #1 (60mins)

Due Friday 17th October 2025

The Task

Coaches are required to plan, deliver and reflect on a training session using the OFC/NZF GK B Licence - Session Planner Template provided.

Coaches are required to complete the following:

1. Use their Match Analysis from DLT 4 – Match Analysis.
2. Choose a GK Training Objective from their Match Analysis.
3. Use Coach Practical Session Guidelines to guide your planning & delivery.
4. Create a **Session Plan** using:
 - a. GK Training Session Components.
 - b. Include a Game Simulation using the defensive and attacking lines realistic from the Match Analysis (min 5 outfielders e.g., defensive back 3 and attacking front 2).
5. Deliver the Session Plan in a 60-minute **Filmed Training Session**.
6. Complete a **Training Session Reflection** (included in the session plan template)

Candidates must plan and deliver their session using the GK Training Session Framework as a guide to their session structure:



THE TRAINING SESSION PLAN		
PART 1 FOUNDATION TRAINING (10-20 min)	1A. WARM UP	<ul style="list-style-type: none"> Framing of the session (verbally & visually) Ball mastery - ball each, lots of touches, left and right with both hands and feet Game related - goalkeeper movement patterns Prepare physically and mentally for the session Where possible provide direct link to session objective
	1B TECHNICAL PRACTICE	<ul style="list-style-type: none"> Technical practice/announced balls. The goalkeeper is aware of the direction of the shot/service. Limited external influence so technical detail can be mastered.
PART 2 SKILL ACQUISITION TRAINING (20-30 min)	2A. SKILL PRACTICE	<ul style="list-style-type: none"> Game-related activity designed to re-create game like conditions linked to the session objective Introduction of random/un-announced balls - the goalkeeper is not aware of the direction of the service We introduce opposition, represent game specific situations and ensure pitch geography/markings is relevant to the match Controlled number of skills/techniques needed to solve game-realistic problem
	2B. GAME SIMULATION	<ul style="list-style-type: none"> 'Random practice' designed to consolidate technical theme in complex and game-realistic environment - according to the goalkeepers' level, technique Open number of skills/techniques needed to solve game-realistic problems (extension of complexity introduced in 2a) Game-related activity designed to re-create match like conditions linked to the session objective.
PART 3 PERFORMANCE TRAINING (20-30 min)	4. GOALKEEPER GAMES/FINAL GAME	<ul style="list-style-type: none"> Specific goalkeeper game amongst goalkeepers and/or added field players. goalkeeper games including goalkeeper tasks/actions linked directly to session objective. Goalkeeper with team/squad as part of main session.
	5. COOL DOWN	<ul style="list-style-type: none"> Cool-down, de-brief, regeneration – initiate physical recovery of players through movement sets and stretching routines. Review the key points from practice – ask open questions. Provide goalkeepers with positive feedback and work ons where appropriate

Purpose:

- Provides coaches with the opportunity to plan, deliver a training session and reflect on it with a critical lens.
- The time limit of a 60-minute session allows time for coaches to bring their planning and time management to life to effectively deliver each component of the GK Training Session Components.
- Acts as a checkpoint for Coaches and Coach Developers to assess where coaches are in their progress towards achieving DLT 7 - Final assessment Filmed Session #2.

Prior Learning:

- GK C Licence – Final Assessment.

Resources:

- OFC/NZF GK B Licence - Match Analysis Template
- OFC/NZF GK B Licence - Session Planner Template

Marking Criteria:

1. This task is marked based on the 'effort' the coach has put into it.
2. All slides of Session Planner Template complete. This includes:
 - a. All requirements of planning and reflection slides completed in detail, in full.
 - b. Minimum sentence requirements met.
3. In addition to 1. And 2. all requirements of NZF Practical GK B Licence Assessment Form must be met.
4. This includes a minimum of three (3) In the Session Coaching Interventions in Skill Acquisition and/or Game Simulation practices following the SHREWD Process:
 - a. S – See it (Coaching Point → Coaching Cue).
 - b. H – Halt it (Stop the ball!)
 - c. R – Recreate (Recreate the picture realistically).
 - d. E – Educate (Bring to life coaching point(s)).
 - i. Coach demo
 - ii. GK practice
 - e. W – Wind back (Go 1 pass/phase back).
 - f. D – Do it live (Play live from there).
5. Filmed session is a duration of no less than 60mins

Further Instructions cut & paste from OFC Learn.

GK B Licence Task 5 Due Friday 17th October 2025: Filmed Training Session #1

***Distance Learning Tasks 1 – 5 need to be completed in full, submitted via OFC Learn & approved by an Assessor by Friday 17th October 2025. This needs to happen prior to Part 2 for Coaches to be eligible to attend Part 2 of the course. This is a hard cut off & not negotiable.**

Go to OFC Learn > Courses > OFC/NZF GK B Licence > GK B Licence Task 5 – Filmed Training Session #1

Using your Match Analysis from Task 4, choose a GK Training Objective and create a session plan using the GK Training session components. **The session should be 60 minutes in total.**

- You should include a game simulation using the defensive and attacking lines identified in the Match Analysis. There should be a minimum of 5 outfielders e.g., defensive back 3 and attacking front 2.
- You need to deliver and record (film) your session (including audio). **Upload your completed video to YouTube.** In the box below, you should **upload your session plan (which includes the link to your video on YouTube) AND your training session reflection.**
DO NOT UPLOAD THE VIDEO OF YOUR SESSION BELOW.

2. **NZF informs candidate that Distance Learning tasks have been completed, or they require further work to be completed.**

After submission of the Distance Learning Tasks, New Zealand Football will inform the candidate of the outcome and their next steps:

- **Completed:**
 - Candidates have completed Distance Learning Tasks 1 - 5 and are able to attend Part 2 of the GK B Licence Course.
 - **Not Yet Completed:**
 - Candidates are required to refine and improve one or more of the Distance Learning Tasks. Once completed this can be resubmitted to NZF. If DLTs 1 - 5 are not completed in full, submitted via OFC Learn and approved by an assessor by **Friday 17th October 2025** candidates will not be eligible to attend Part 2 of the course. This is a hard cut off and not negotiable.
-
3. **Candidate submission of completed Final Assessment, including match analysis, detailed session plan and self-reflection.**

Post Part 2

Distance Learning Tasks (DLTs)

GK B Licence DLT 6 – Final Assessment – Match Analysis
Due Friday 22nd May 2026

***Please note you need to submit DLT 6 Final Assessment - Match Analysis & have it approved prior to submitting DLT 7 Final Assessment – Filmed Training Session #2**

The Task

Coaches are required to complete a Match Analysis using the [Match Analysis Template](#) provided.

Coaches are required to produce the following:

1. Completed [Match Analysis](#).

Purpose:

- Coaches are given another opportunity to use the GK B Licence version of the [Match Analysis Template](#).
- The template is similar to the GK C Licence version with the addition of:
 - Your team's & opposition team's playing styles.
 - Main attacking threat.
 - Your team's & opposition team's formation/shape in & out of possession.
 - Team possession from Attacking Game actions.
- This task is a prerequisite for Task 7.
- It will support coaches who have not yet achieved their outfield C Licence (Which introduces coaches to key concepts like formation/shape in and out of possession).

Prior Learning:

- Coaches would have completed a Match Analysis using the [GK B Licence - Match Analysis Template](#) for DLT 4.

Resources:

- [OFC/NZF GK B Licence - Match Analysis Template](#)

Marking Criteria:

1. This task is marked based on the 'effort' the coach has put into it.
2. All cells completed.
3. Match analysed for full 90+ mins.
4. Minimum sentence requirements met (as per template).
5. Coach uses sentences for comments (not one word answers).
6. Proposed training focus:
7. Uses the language of the GK Framework.
8. Includes either Goal Defence or Space Defence with transition to Attacking Game.
9. Is written in a frame (includes the past, present & future).

Further Instructions cut & paste from OFC Learn.

GK B Licence Task 6 Due Friday 22nd May 2026: Final Assessment – Match Analysis

***Please note you need to submit DLT 6 Final Assessment - Match Analysis & have it approved prior to submitting DLT 7 Final Assessment – Filmed Training Session #2**

Go to OFC Learn > Courses > OFC/NZF GK B Licence > GK B Licence Task 6 - Final Assessment – Match Analysis

For your final assessment, match analysis you need to:

- Complete a match analysis using the Match Analysis template available in the Materials tab. Upload your completed analysis below.
- Ideally you will complete your match analysis on GK(s) you coach & plan to use in your Filmed Training Session #2 (DLT 7)
- Analyse your GK(s) over a 90-minute match, noting all GK Tasks & Actions.
- Ensure you complete all cells in the template in full.
- Use detailed sentences or bullet points when making comments.

Upload your [Match Analysis](#) below.

GK B Licence DLT 7 – Final Assessment – Filmed Training Session #2 (45mins)
Due twelve (12) months after Part 2 (Wednesday 18th November 2026)

***DLT7 – Final Assessment – Filmed Training Session #2 (and all other DLTs) need to be completed by Wednesday 18th November 2026 in order to achieve your OFC/NZF GK B Licence**

***Please note you need to submit DLT 6 Final Assessment - Match Analysis & have it approved prior to submitting DLT 7 Final Assessment – Filmed Training Session #2**

The Task

Coaches are required to plan, deliver and reflect on a training session using the OFC/NZF GK B Licence - Session Planner Template provided.

Coaches are required to complete the following:

1. Use their Match Analysis from DLT 6 – Final Assessment Match Analysis.
2. Choose a GK Training Objective from their Match Analysis.
3. Use Coach Practical Session Guidelines to guide your planning & delivery.
4. Create a **Session Plan** using:
 - a. GK Training Session Components.
 - b. Including a Game Training using the defensive and attacking lines realistic from the Match Analysis (min 5 outfielders e.g., defensive back 3 and attacking front 2).
5. Deliver the Session Plan in a 45-minute **Filmed Training Session**.
6. Complete a **Training Session Reflection** (included in the session plan template).

Candidates must plan and deliver their session using the GK Training Session Framework as a guide to their session structure:



THE TRAINING SESSION PLAN		
PART 1 FOUNDATION TRAINING (10-20 min)	1A. WARM UP <ul style="list-style-type: none"> Framing of the session (verbally & visually) Ball mastery - ball each, lots of touches, left and right with both hands and feet Game related - goalkeeper movement patterns Prepare physically and mentally for the session Where possible provide direct link to session objective 	
	1B TECHNICAL PRACTICE <ul style="list-style-type: none"> Technical practice/announced balls. The goalkeeper is aware of the direction of the shot/service. Limited external influence so technical detail can be mastered. 	
PART 2 SKILL ACQUISITION TRAINING (20-30 min)	2A. SKILL PRACTICE <ul style="list-style-type: none"> Game-related activity designed to re-create game like conditions linked to the session objective Introduction of random/un-announced balls - the goalkeeper is not aware of the direction of the service We introduce opposition, represent game specific situations and ensure pitch geography/markings is relevant to the match Controlled number of skills/techniques needed to solve game-realistic problem 	
	2B. GAME SIMULATION <ul style="list-style-type: none"> 'Random practice' designed to consolidate technical theme in complex and game-realistic environment - according to the goalkeepers' level, technique Open number of skills/techniques needed to solve game-realistic problems (extension of complexity introduced in 2a) Game-related activity designed to re-create match like conditions linked to the session objective. 	
PART 3 PERFORMANCE TRAINING (20-30 min)	4. GOALKEEPER GAMES/FINAL GAME <ul style="list-style-type: none"> Specific goalkeeper game amongst goalkeepers and/or added field players. goalkeeper games including goalkeeper tasks/actions linked directly to session objective. Goalkeeper with team/squad as part of main session. 	
	5. COOL DOWN <ul style="list-style-type: none"> Cool-down, de-brief, regeneration – initiate physical recovery of players through movement sets and stretching routines. Review the key points from practice – ask open questions. Provide goalkeepers with positive feedback and work ons where appropriate 	

Purpose:

- Provides coaches with the opportunity to plan, deliver a training session and reflect on it with a critical lens.
- The time limit of a 45-minute session is 15 minutes shorter than Task 5, adding time pressure when planning & delivering the different components of the training session.

Prior Learning:

- Modules delivered in Part 1 & 2 will help coaches with this task.
- This task builds on prior learning from DLT 5. Except coaches are expected to deliver their training session in a shorter time frame (45-minutes in total).

Resources:

- [OFC/NZF GK B Licence - Match Analysis Template](#)
- [OFC/NZF GK B Licence - Session Planner Template](#)

Further Task Information:

DESIGN

Planning

Use the 5W approach:

- **WHAT:** What have you identified as the focus?
WHO: Who are the key players involved? (both teams).
WHEN: Think here about the 4 Main Moments (Attacking, Transition to defence, Defending, Transition to Attack), and have a clear picture of what you are looking at (Who has the ball?).
 - How does the ball get to the focus area?
 - Is the opposition doing something that causes the problem?
 - What are the reasons behind the issue?
- **WHERE:** Exactly where on the field is it happening?
- **WHY:** Why is it happening?

See below for an example:

- **WHAT:** Opposition wide forwards (#7 & #11) are beating our fullbacks (#2 & #3) 1v1 and dribbling into the near post area, cutting the ball back to the second 6 yard box for the striker (#9) & other wide forward (#7 / #11) to attack.
WHO:
 - Our GK (#1), FBs (#2 & #3), CBs (#4 & #5). Supported by defensive midfielder (#6).
 - The opponents wide forwards (#7 & #11) & striker (#9). Supported by the attacking midfielder (#10).
- **WHEN:** When we are defending in the final third and they have possession of the ball in wide areas. Their wide forwards are fast and good in 1v1 situations, they are able to get past our FBs and dribble into the near post area.
- **WHERE:** In the final third. The near post area from the goal line to the penalty spot, the width of the edge of the 6 yard box to the edge of the 18 yard box.
- **WHY:** Because cutbacks to the 2nd 6 yard box are challenging to defend. The GK is unsure whether to try to intercept the cross or transition into a set position to defend the goal. This situation is a Space Defence and Goal Defence task.

Your focus should run through the whole session. Be sure to illustrate each component in your session plan. The plan also needs to detail how each component will be organised with a brief explanation of any progressions.

CONDUCT

Framing

Candidates must demonstrate an ability to use pictures and words to concisely Frame the session accordingly. Information could include:

- Session objective / focus.
- Use the language of the GK Framework:
 - What is the GK Task(s) & GK Action(s)
 - Is there a transition to Attacking Game?
- Organisation of practice.
- Roles and responsibilities of players.
- Key information about opposition.
- “Why” we are looking to focus on this area – what are the benefits for us as a team.

Checklist (Radar)

Candidates will be required to demonstrate your ability to implement the Checklist (Radar), consisting of:

Start

Are the starting points for the practice:

- Increasing the chances of the session focus repeatedly occurring?
- Realistic, with players and ball in positions that replicate the game?
- Engaging, keeping the players enthused and involved?

Organisation

- Do the rules and conditions enhance the opportunities of the focus repeatedly occurring whilst maintaining realism to the game?

Understanding

- Are the players clear on the rules of practice, their roles within it and what they are trying to achieve?

Attitude

- Are the players committed and enthused to learning and partaking in the practice?

Ability

- Is the challenge point for the practice appropriate?
- Does the practice stretch players, and encourage them to find solutions to a problem faced, to help support learning?

Shape

- Does the shape of the opposition replicate the observations from the opposition analysis?
- Are key opposition players performing traits that observations from the opposition analysis?
- Is the shape of your team consistent with your playing philosophy and session plan design?

Self

- Are you prepared to support player learning?
- Are you in a position to make observations that support player learning?

Coaching Process

Candidates are required to demonstrate a coaching process (SHREWD) to support player learning, consisting of:

SHREWD:

- S – See it (Coaching Point → Coaching Cue).
- H – Halt it (Stop the ball!)
- R – Recreate (Recreate the picture realistically).
- E – Educate (Bring to life coaching point(s)).
- W – Wind back (Go 1 pass/phase back).
- D – Do it live (Play live from there).

Observe

- Positioning themselves accordingly to observe player's attempts to achieve focus of session.
- Assessing team, unit, and player ability to perform the required actions.
- Deciding at which point to intervene & support player learning.

SHREWD Explained

- **See it (spot your moment based on your observations)**
- **Halt (stop) play immediately**
- **Recreate the picture (accurately)**
 - Once intervened, recreate the picture that you would like players to view.
 - Place players and ball in positions that recreate a moment that you have recently observed.

Educate (support player learning)

- Apply teaching methods (listed below) to help players find solutions to a challenge faced.

Teaching Methods (choose how to educate)

Candidates will be required to demonstrate their ability to use the following teaching methods when intervening:

- Question & Answer
- Demonstration:
 - Coach demonstration
 - GK practice
- Command

Wind Back (Rewind)

- Rewind the play at least one pass/phase before the moment you recreated.

Do it Live (go live from that moment)

Observe . . .

Wrap Up

Candidates must demonstrate an ability to use pictures and words to concisely wrap up the session. Information could include:

- Key learnings from the practice
- Key information about opposition

REVIEW

Candidates must comprehensively review their session using the Self Reflection slides in the [Session Planner Template](#).

Reflection

Once this process is completed, candidates are required to submit the video of your training session. It is very important that your video is:

- Synced with audio.
- Filmed from a height to allow assessor to see relative spaces between players.
- Filmed so that all players can be seen at one time.
- Clear and in focus.

Marking Criteria:

1. This task is marked based on the 'effort' the coach has put into it.
2. All slides of Session Planner Template complete. This includes:
 - a. All requirements of planning and reflection slides completed in detail, in full.
 - b. Minimum sentence requirements met.
3. In addition to 1. And 2. all requirements of NZF Practical GK B Licence Assessment Form must be met.
4. This includes a minimum of three (3) In the Session Coaching Interventions in Skill Acquisition and/or Game Simulation practices following the SHREWD Process:
 - a. S – See it (Coaching Point → Coaching Cue).
 - b. H – Halt it (Stop the ball!)
 - c. R – Recreate (Recreate the picture realistically).
 - d. E – Educate (Bring to life coaching point(s)).
 - i. Coach demo
 - ii. GK practice
 - e. W – Wind back (Go 1 pass/phase back).
 - f. D – Do it live (Play live from there).
5. Filmed session is a duration of no less than 45mins

Further Instructions cut & paste from OFC Learn.

GK B Licence Task 7 Due Wednesday 18th November 2026: Filmed Training Session #2

***DLT7 – Final Assessment – Filmed Training Session #2 (and all other DLTs) need to be completed by Wednesday 18th November 2026 in order to achieve your OFC/NZF GK B Licence**

***Please note you need to submit DLT 6 Final Assessment - Match Analysis & have it approved prior to submitting DLT 7 Final Assessment – Filmed Training Session #2**

Go to OFC Learn > Courses > OFC/NZF GK B Licence > GK B Licence Task 7 - Final Assessment – Filmed Session #2

For your final assessment, filmed training session #2 you need to:

- Using your analysis from DLT 6 Final Assessment Match Analysis
- Create a **45 minute** session plan (based on your analysis) using the GK Training Session components, including a game training component that has a **minimum** of 5 outfielders e.g. defensive back 3 and attacking front 2.
- Deliver and film your session (**45 minutes**).
- Complete a reflection on your training session (included in the session plan template).

Upload your match analysis, session plan and reflection documents below. Please **upload your filmed session to YouTube and provide the link**. DO NOT UPLOAD YOUR VIDEO BELOW.

4. **Assessment feedback from a Coach Mentor with outcome of “Competent” or “Developing”.**

On completion and review of the Final Assessment the candidate will be informed of the outcome and their next steps:

- **Competent.**
- Candidates have demonstrated the required level of competency across the Final Assessment. This means that they have completed all aspects of the course and will be awarded the OFC / NZF GK B Licence qualification.
- **Developing.**
- If still developing, candidates will need to complete the Final Assessment component at least once for every 6 months thereafter. If a coach fails to keep this commitment to their personal development, they will be removed from the course.

Assessment Costs

There is no cost for Assessment.

Assessment Decision Appeal

If a candidate is unhappy with their assessment decision they may request a NZF appeal form. All appeals must be completed using this. The Technical Director will review the appeal and provide a decision within 14 days of receiving the appeal. There will be no ability to challenge the appeal decision.