



ROSS BALLANTYNE

UEFA LICENCED GOALKEEPER COACH

An ambitious, innovative, self-motivated and meticulous goalkeeper coach who has extensive experience coaching elite goalkeepers within the SPFL, providing innovative structured training sessions to advance their overall capabilities within the game.

A forward thinking coach who combines coaching qualifications with experience in the field to provide a professional approach to all coaching roles, ensuring that there is always a positive training environment from which both youth and senior goalkeepers can train and develop.

Possesses demonstrable success across all areas of the game - whether it be coaching elite players, establishing own independent goalkeeping business, delivering coach education for National Associations, UEFA GK A Licence or working alongside some of the game's top coaches as part of the backroom staff.

A well-rounded professional coach who is passionate about football and committed to enhancing both career and coaching capabilities through industry qualifications as well as attending / presenting conferences.



"I have worked alongside Ross for over two years in total both at Heart of Midlothian and Livingston FC. He is a very enthusiastic, hard working goalkeeping coach who brings new ideas to training and is always looking to broaden his knowledge of the position. The relationship between a goalkeeper and his coach is so important. Ross and I have a great relationship as he is a very approachable and friendly person. He understands the needs and training demands of every individual and every age group. This was important to me at this stage in my career which I appreciated a lot."

Neil Alexander - Goalkeeper, Livingston FC



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www.savehandsgk.com

KEY QUALIFICATIONS

- UEFA GK A Licence (2018)
- UEFA B Licence (2015)
- UEFA GK Licence Intro (2016)
- SFA GK Licence Diploma (2014)
- SFA Children's Wellbeing (2017)
- SFA Scouting Licence (2015)
- First Aid (2018)



AREAS OF EXPERTISE

- ✓ Elite Goalkeeper Coaching
- ✓ Goalkeeper Development
- ✓ Presentations & Conferences
- ✓ Video Analysis
- ✓ Talent ID & Scouting
- ✓ Media Publications

CAREER SUMMARY & ACHIEVEMENTS

Queen of the South FC
Heart of Midlothian FC
Savehands Goalkeeping Academy
Scottish FA
Scottish FA
Livingston FC
Albion Rovers FC
Falkirk FC
Queens Park FC
Clyde FC

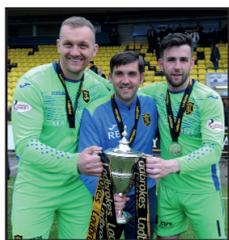
First Team Coach
Lead Academy Coach
Owner & Director of Coaching
Coach Education Tutor
Performance School Goalkeeping Coach
First Team Goalkeeping Coach
First Team Goalkeeping Coach
Head of Academy Goalkeeping
Head of Youth Goalkeeping Development
First Team Goalkeeper Coach

Feb 2018 - Present
Oct 2015 - Present
Feb 2009 - Present
Mar 2016 - Present
Aug 2014 - Present
Jun 2016 - Jan 2018
Jun 2013 - Jun 2016
Jul 2015 - Oct 2015
May 2011 - May 2015
Jul 2010 - Mar 2011



KEY ACHIEVEMENTS

- o Won League One with Livingston in 2016/17, gaining promotion to the Scottish Championship
- o Won the SPFL League Two with Albion Rovers in the 2014/15 season
- o Finished fifth in the SPFL League One in 2015/16 with Albion Rovers, their highest league position ever achieved
- o Part of the backroom team at Albion Rovers which reached the Scottish Cup Quarter finals for the first time in 80 years, including the goalkeeper achieving a club record in the Scottish Cup for four clean sheets in the season 2013/14
- o Part of the coaching team which helped Queens Park U19s win the SFL U19s league in the season 2012/13
- o Liam Kelly has earned his Scotland U21 caps while working whilst working with Ross at Livingston
- o Ross Stewart has been called up to the U21's national side whilst playing at Albion Rovers
- o Neil Parry achieved an Albion Rovers record for League clean sheets in the season 2014/15
- o Neil Parry was named PFA Goalkeeper of the Year for the SPFL League 2 in the season 2014/15
- o Established and grew own business, Savehands GK, into one of Scotland's largest and most successful goalkeeping academies
- o Designed Queens Park, Falkirk and Heart of Midlothian academy's first goalkeeping development plan and curriculum
- o Over 150 goalkeepers from Savehands GK academy have signed on as Full Time, Part time, Pro Youth, Semi Pro
- o Three of Savehands GK Goalkeeper currently represent Scotland Girls at National Level



FIRST TEAM COACHING EXPERIENCE



Queen of the South FC
Livingston FC

First Team Coach
First Team Goalkeeping Coach

Feb 2018 - Present
Jun 2016 - Jan 2018

- Coach, analyse and prepare the goalkeepers physical and mentally before each competitive game
- Design goalkeeping drills and session plans, and tailor them to help goalkeepers reach their maximum potential with both technical and game-related drills
- Help integrate the goalkeeper with outfield players, leading on defensive team shape and defensive game related drills
- Personally design goalkeeper fitness tests, and carry these out throughout preseason and periodically through the season
- Designed a plyometric program which goalkeepers were required to work in line with
- Analyse their performance from the game to take into a programmed training session in order to progress capabilities
- Scout potential goalkeeping targets and report back to the manager with findings
- Perform video analysis with the goalkeeper and highlight strengths, weaknesses and analyse goals conceded
- Carry out all match day preparations, from leading match day warm ups, making in-game decisions and organising set pieces



**Albion Rovers FC
Clyde FC**

**First Team Goalkeeping Coach
First Team Goalkeeper Coach**

**Jun 2013 - Jun 2016
Jul 2010 - Mar 2011**

- Coach, analyse and prepare the goalkeepers physical and mentally before each competitive game
- Design goalkeeping drills and session plans and tailor them to develop goalkeepers to reach their maximum potential with both technical and game-related drills
- Personally designed goalkeeper fitness tests, and carry these out throughout preseason and periodically through the season
- Perform a warm up for the goalkeepers and analyse their performance from the game to take into a programmed training session in order to progress capabilities
- Scout potential goalkeeping targets and report back to the manager with findings

ACADEMY COACHING EXPERIENCE



**Heart of Midlothian FC
Queens Park FC
Falkirk FC**

**U18s Goalkeeping Coach
Lead Academy Coach
Head of Youth Goalkeeping Development
Head of Academy Goalkeeping**

**Jul 2018 - Present
Oct 2015 - Present
May 2011 - May 2015
Jun 2015 - Oct 2015**

- Responsible for designing and developing long-term goalkeeping strategies to facilitate a safe and progressive pathway for elite youth players looking to make the successful transition into first team football
- Oversee and manage the effectiveness of coaching programmes and individual sessions, ensuring they are conducted in line with the manager's fundamental philosophy, technical tactics and Club Scotland guidelines
- Establish short and long-term goals with goalkeepers, and monitor and report their development and progress towards achieving these through regular appraisals, further training and regular feedback on performances
- Work with the club's Video Analyst to identify goalkeeper strength and weaknesses through video analysis
- Lead on match day preparations, including designing and implementing match day warm ups for all academy goalkeepers, ensuring that they are physically and mentally prepared for all games
- Play a key role in the Talent ID and recruitment of the goalkeepers with the potential and ability to compete at Hearts

"Ross has brought his knowledge and enthusiasm to the Academy at Heart of Midlothian FC and has developed a coaching curriculum for all of our U9 -U17 goalkeepers, which now allows our goalkeepers to see a clear pathway through to the professional game. I am certain that with continued dedication and hard work, Ross will ensure the best young goalkeepers in Scotland agree that Heart of Midlothian FC is the best place for their development."

Roger Arnott - Academy Director, Hearts of Midlothian FC



"Ross has coached me for almost 4 years now at the Heart of Midlothian Academy, he has progressed me through from U14 to become a professional goalkeeper, a growth which I can attribute largely to him, of course with the help of other top coaches as well. He has been relentless in training me every week, placing high demands, setting standards and devising sessions that at times can be tough but have transformed me from an average boys club player into an international who is about to start his career."

Harry Stones - Goalkeeper, Hearts of Midlothian FC U18's



Scottish FA

**Coach Education Tutor
Performance School Goalkeeping Coach**

**Mar 2016 - Present
Aug 2014 - Present**

- Deliver goalkeeping Level 1 and level 2 as part of the Scottish football association football coaching pathway
- Plan, Organise and carry out structured goalkeeping sessions within the performance school program
- Analysis and assess the performance of the goalkeeping in the performance school program
- Work with the goalkeeper in an individual 121 program to aid and continue their development and progression in the game
- Mentor the goalkeeper throughout their time in the performance school, providing guidance and advice to the goalkeeper
- Liaise with the performance school Head Coach, club coaches' and parents to deliver feedback on goalkeeper performance



**Savehands Goalkeeping
Academy**

Owner & Director of Coaching

2009 - Present

- Savehands Goalkeeping is a pathway for goalkeepers moving on to the next level if its senior or semi pro
- Savehands is a privately owned Goalkeeping Academy in Glasgow, with over 100 goalkeepers registered across four centres
- Since been founded in 2009 the academy has helped 100 goalkeepers move on to senior or semi pro clubs so far; clubs including Rangers, Celtic, Heart of Midlothian, Rochdale, St Mirren, Motherwell, Hibernian, Partick Thistle, Queens Park, Greenock Morton, Hamilton, Airdrie, Kilmarnock and Ayr United, Alloa, Clyde, Livingston, Dumbarton and Annan
- Work to a unique technical curriculum which aims to get the best from the goalkeepers development
- Ensure players understand the drill, as well as the how and why of the session

PLAYER DEVELOPMENT

Player	Club Coached	Current Club	International Honours
Neil Alexander	Livingston FC	Dundee Utd	Scotland A Team
Liam Kelly	Livingston FC	Queens Park Rangers	Scotland A Team
Jenna Fife	Scottish FA	Hibernian Woman FC	Scotland Woman's National Team
Megan Cunningham	Scottish FA	Celtic Ladies FC	Scotland Woman's National Team
Ricky Gomes	Private Coaching	Casa Pia (Portugal)	Canada U23s
Jack Ruddy	Private Coaching	Wolverhampton Wanderers FC U23	Scotland U21s
Ross Stewart	Albion Rovers FC	Livingston	Scotland U21s
Alan Martin	Queen of the South FC	Queen of the South FC	Scotland U21s
Dave Robson	Hearts of Midlothian FC	Hull City FC	Wales U19s
PJ Morrison	Private Coaching	Motherwell FC	Scotland U19s
Jamie Smith	Scottish FA	Hamilton Accies FC	Scotland U17s
Harry Stones	Hearts of Midlothian FC	Hearts of Midlothian FC	Scotland U17s
Joseph Oluwabusola	Private Coaching	AFC Bournemouth	Nigeria U17s
Liam McFarlane	Hearts of Midlothian FC	Hearts of Midlothian FC	Scotland U16s
Brian Kinnear	Scottish FA	Rangers FC	Scotland U16s
Matthew Connelly	Scottish FA	Motherwell U16s	Scotland U16s
Beppe Mangion	Private Coaching	Partick Thistle FC	Malta U16s



"While at Livingston, I formed a great relationship with Ross as my Goalkeeping Coach. His coaching ability, knowledge and experience benefited me every week, resulting in us winning the league together. Ross was always aware of the manager's style of play and tried to improve qualities in my game to suit the manager's ideas. Coming from Rangers on loan, it was hugely beneficial to have a coach of Ross' quality and standard which paid off when I was rewarded with a new contract at Rangers. I will always be thankful for the time, effort and detail Ross put into his work with me that season and would love the opportunity to work together again in the future."

Liam Kelly - Goalkeeper, Rangers FC

PRESENTATIONS

- **Goalkeeping Principles of Play:** National Goalkeeping Conference 2018 (Newcastle)
- **Designing and Planning an Effective Session:** Toryglen Football Centre 2017 (Glasgow)
- **Needs and Demands of a Youth Goalkeeper & Integration Within the Team:** Toryglen Football Centre 2016 (Glasgow)
- **Hearts of Midlothian Principles of Play:** Hearts of Midlothian Academy 2016 (Edinburgh)
- **The Use of the Crazy Catch:** The Goalkeeping Conference 2012 (Glasgow)
- **How to work with Large Numbers of Goalkeepers:** The Goalkeeping Conference 2013 (Reading)

KEY SKILLS & COMPETENCIES

Goalkeeper Development: Experienced in the development of elite goalkeepers, including Harry Stones, Jamie Smith, Dave Robson and Matthew Connolly by identifying their strengths and weaknesses and tailoring coaching sessions to suit their individual needs.

Knowledge & Experience: With experience coaching goalkeepers at all levels in the SPFL and the highest coaching qualifications, has a wealth of knowledge to impart to the next generation of goalkeepers, identifying potential and nurturing the talent.

Video Analysis: Is confident in obtaining, interpreting and reporting regular match analysis, ensuring that all players are equipped with the most relevant technical, tactical and player analysis information to improve their overall performance.

Planning & Organisation: Highly organised in training sessions and on match days to facilitate smooth running operations, creates a structured and professional setting that gives players the freedom and opportunity to train and play to their potential.

Communication: An effective communicator who understands that individual requirements are unique and require a different approach to understand instruction. Is patient, responsive and adaptive to overcome this problem, putting players at ease.

Leadership: A confident coach who offers up strong leadership and mentoring skills during the coaching and development of youth and professional goalkeepers, builds a trust amongst players through an approachable and professional approach.

Professional references are available from:

- Eric Steele: FA National GK Coach & former Man United GK Coach
- Brian McLaughlin: Scotland U17 Head Coach/Performance Manager
- Alan Johnston: Queen of the South Manager
- Stephen Woods: Celtic FC Goalkeeping Coach/ Scotland National Goalkeeping Coach
- David McCallum: Rangers FC Head of Intermediate Academy
- David Hopkin: Morton Manager (Former Livingston/Bradford Manager)
- Gary Naysmith: Former Queen of the South Manager
- John Rankin: Hearts of Midlothian U18s Manager

* Further testimonials are available at www.savehandsqk.com/testimonies