



Gk1 GOALKEEPER TRAINING FOR LACEY SOCCER CLUB

GOALKEEPER TRAINING SESSIONS

DAY: Wednesdays (9/9/09 – 10/28/09)

AGES: U7-U12 (Time TBD)

U13+ (Time TBD)

LOCATION: Hebrew Park

COST: \$ 150 for six-week session

(Can attend all eight weeks)

*Minimum of four goalkeepers required

Each Registration Will Include the Following:

8 weeks of training for the price of six
75-90 Minute sessions
"Theme of the Week"
Speed and Agility Ladder Work
Evaluation Upon Completion of Training Program
Certificate of Completion

Weekly Curriculum:

Warm-Up
Handling
Diving Progression
"Theme of the Week"
Speed and Agility
Strength Work
Cool Down

Weekly Themes:

Week 1-Introduction to Diving Technique
Week 2-Diving/Catching Technique
Week 3-Footwork
Week 4-Positioning
Week 5-Parrying/Punching/Breakaways
Week 6-Tactical Awareness
Week 7-Distribution/Punting
Week 8- Goalkeeper Wars

Gk1 Soccer/Sports is committed to improving youth goalkeepers in a systematic training program designed by three-time World Cup Goalkeeper Tony Meola. The Gk1 Coaching Staff will introduce and reinforce goalkeeping techniques such as catching, diving, footwork, positioning, distribution, parrying/punching, breakaways and tactics in a fun but challenging soccer environment. Your Gk1 Staff Coach will incorporate a different "theme" based on the progress of the goalkeeper. Each training session will be technical in nature and will teach the proper skills needed for safety in the goal as the athlete develops. SPACE IS LIMITED.

**TO REGISTER, PLEASE EMAIL Gk1 GOALKEEPER TRAINER
BRUCE KOCENSKI AT brucek@gk1sports.net or call 732-597-4928.
YOU CAN ALSO CONTACT YOUR CLUB PRESIDENT.**