



GOALKEEPER SCHOOL

WHEN/WHERE

October 21st through February 17th

Saturdays: 10:10am to 11:10am

OMC SMAP

METHODOLOGY

- The coach gives the GK(s) 100% of attention.
- Training is NOT integrated with team
- Functional Training
- Objectives are set for each session

AGE GROUP

Ages 9-Senior

CONTENT

- Warm Up (Activation)
- Basic Handling Techniques
- Shot Stopping
- Footwork and Coordination

- Positioning
- 1v1
- Distribution
- Dealing with Crosses

COST

1 Class - \$30

4 Classes - \$100

After the 4th class \$20 per class