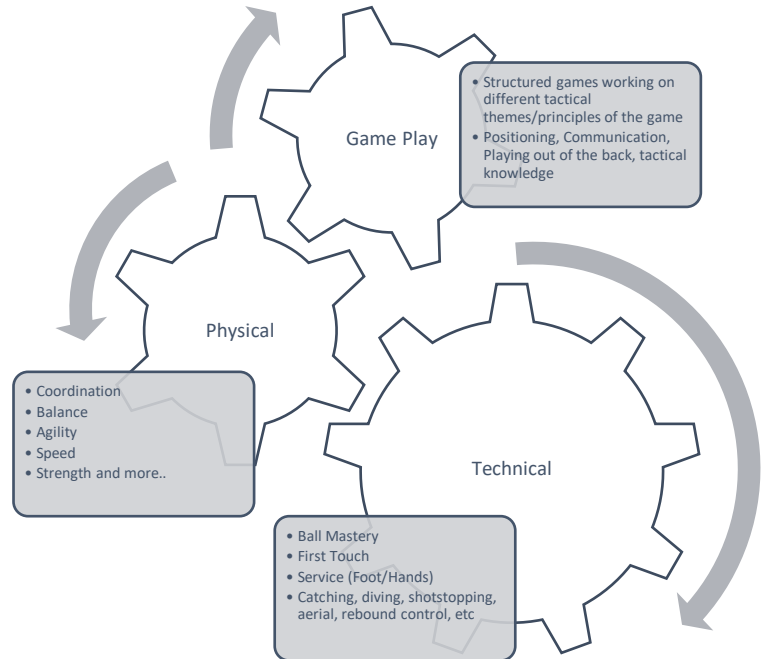


# SFC Goal Keeper Training



## Goal Keeper Academy Overview

Goalkeepers will work on the following elements of training.



<b>WHO?</b>	<b>Goal Keepers: U8 to U18</b> Goal Keepers will be split by age groups/Skill Level
<b>WHAT?</b>	Goal keeper development in a technical staff lead environment. Players will work on technical skills, physical literacy (SAQ), and Tactical and Mental literacy through small sided game play.
<b>WHEN?</b>	<b>15 Weeks:</b> Oct 4 <sup>th</sup> , Oct 18 <sup>th</sup> , Oct 25 <sup>th</sup> , Nov 1 <sup>st</sup> , Nov 8 <sup>th</sup> , Nov 15 <sup>th</sup> , Nov 22 <sup>nd</sup> , Nov 29 <sup>th</sup> , Dec 6 <sup>th</sup> , Dec 13 <sup>th</sup> , Jan 10 <sup>th</sup> , Jan 17 <sup>th</sup> , Jan 24 <sup>th</sup> , Jan 31 <sup>st</sup> , Feb 7 <sup>th</sup>
<b>Time?</b>	U8 to U12: <b>5:30 – 6:45 pm</b> U13 to U18: <b>6:30 to 7:45 pm</b>
<b>WHERE?</b>	Newton Athletic Park #1
<b>COST?</b>	<b>\$60.00 plus \$20 Kit Fee</b>

*Benefits: The Goal Keepers are the focus of this program, not the teams, or team results. Keeper first training, focusing on the individual skills of each keeper that is irrelevant to their level they play.*

**Registration: NAP Front Office (Please register before October 1<sup>st</sup>)**

Anyone wishing to register after October 1<sup>st</sup> will need to pay a \$20.00 processing fee.

Player Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: \_\_\_\_\_

Email Address: \_\_\_\_\_ Ph#: \_\_\_\_\_

Address: \_\_\_\_\_ Level of Play: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Ph#: \_\_\_\_\_

Allergies or Medical Conditions \_\_\_\_\_

Size (Circle):    YS    YM    YL    YXL    AS    AM    AL    AXL