Lakeville Soccer Club Winter 2013 Goalkeeper Camp – Syllabus (6 wk / 1 hour sessions)

Where: Saints Sports Academy, Lakeville
Time: U9-U12 from 1:00 - 2:00 and U13+ from 2:00 - 3:00, each of the dates.
Sessions: 6 one hour trainings sessions - Jan. thru Feb.
Trainer: Shawn Quarandillo: 952-261-7668 shawnquarandillo@aol.com

Cost: $102

January 6th:
DAY 1: Foundations of Goalkeeping – Stance and hand positioning; footwork and movement; ball handling & protection; warm-up drills for trainings and matches

January 13th:
DAY 2: Primary Collections / Intro to Diving – Low, mid, & high-ball catching; collapse diving & smothering

January 27th:
DAY 3: Advanced Diving, Parrying & Punching – Reaction vs anticipation saves, extension / aerial diving (dive pads will be used), unbalanced ball redirection

February 3rd:
DAY 4: Cutting Angles, Breakaway Defense – Attacking the ball; stalking / sliding saves

February 10th:
DAY 5: Distribution – Clearing the goal area, possession vs counter-attack decisions; throws & kicks; back passes

February 24th:
DAY 6: Match Tactics – Set plays, setting walls, penalty kicks, team leadership

General notes

All techniques will be explained and demonstrated then immediately followed by practical drills with close-in monitoring and coaching to reinforce skills.

Each skill will have at least one or more technical drills to support learning and coaching points.

Students will use partners in many of the drills to maximize repetition and skill training and allow for trainer to observe and reinforce points.

It is expected that students arrive at camp fit and prepared to train, with all proper & required equipment. Typical soccer kit is expected. Shin guards under socks are required. Goalkeeper pants, padded slide shorts, long-sleeve keeper jersey and gloves are highly recommended. Students will be in continued aggressive contact with playing surface. Quality soccer ball, properly inflated, with no cuts or loose stitching in cover is required (#4 or #5 size as appropriate for age group). Soccer boots or flats optional.

Time will be given for appropriate hydration and rest between elements.