



# Region 46 Goalkeeper Clinic

Keepers from 677,678, and 1441 are invited to join us.

This season there will be a \$5 charge per player each week to help offset the cost of the clinics.

Coaches are more than welcome to join us and learn some goal keeper skills and training.

This will be a (4) part clinic: Open to U-10 thru U-16  
All clinics will be held at Arroyo Seco JHS.  
Monday's August 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> 5pm till 7pm.

We will be covering as much as possible in the (4) sessions.

- Collecting and distributing the ball, Drop kicks, and Goal kicks.
- Positioning, Laws for GK, Shots from the mark.
- Collapsing, Punching, Self Protection, GK v 1, GK v 2 attackers.
- Defending Corner Kicks, and Throw Ins
- Shots from the mark, Short Sided Goal.

***Player's equipment that is required:*** Cleats, Shinguards, GK gloves, *copy of your registration form with an INK signature, and water.*

*Other Recommended Items:* Towel, Long Sleeve Shirt, Sweat shirt, Sweat Pants, Sliding Shorts.

Please RSVP Coach Spike at [spike9193@yahoo.com](mailto:spike9193@yahoo.com).  
We need a count for field space and trainers.

Any questions please contact Coach Spike at [spike9193@yahoo.com](mailto:spike9193@yahoo.com)