



PELHAM SOCCER CLUB

Presents:

2011 Goalkeeper Technical Development Clinic Information Sheet

The PSC will be hosting a comprehensive 12 weeks Goalkeeper Development Clinic starting the week of January 10th thru till April 4th, 2011, except March 14th. Location and cost are yet to be determined.

This clinic will be designed to help the “dedicated” Goalkeeper properly develop and refine the fundamental skills necessary to the position. It will cover each of the O.S.A.’s 14 key factors of Goalkeeper development. Each week will build on the previous week’s session and prepare participants for the next session. The clinic will provide participants with an array of self development, as well as group development exercises for them to take back to their teams so they can continue their development throughout their seasons.

Session topics will include:

- *Communication*
- *Catching*
- *Set Position*
- *Diving*
- *Punching / Boxing*
- *Angles*
- *Crosses*
- *Deflecting*
- *Throwing*
- *Kicking Dead Balls*
- *Kicking From Hands*
- *Support Play*
- *Pass Backs*
- *Footwork*
- *Laws of the Game*

All sessions will be technically and tactically based, and open to both female and male Goalkeepers registered with our travel teams. To provide the optimal learning experience, the Clinic will be limited to 16 participants. Goalkeepers are expected to have their own shorts, shirts, shin pads, gloves and indoor soccer shoes, knee pads are optional. *NOTE: Due to the coarse surface and the repetitive nature of exercises older equipment is suggested, as excessive wear will occur.*

The lead instructor is: Coach Adam Carter;

- *O.S.A. Senior Licensed Coach,*
- *Completed O.S.A. Advanced, Pre- B and Goalkeeper Coaching Diploma Courses,*
- *N.C.C.P. Level I & II Certified,*
- *Bachelor of Physical Education Degree – Brock University,*
- *Technical Director – Pelham Soccer Club,*
- *30+ years of involvement in “the beautiful game”,*
 - *23 yrs playing “as the last line of defence”, at the youth, senior, veterans, & university (Brock Badgers 1994 – 1996) levels,*
 - *16 yrs refereeing youth, senior, veterans, and Ontario Cup games,*
 - *9 yrs coaching at the club (PSC & WSC) and district (NYSL) levels.*

Interested Keepers should e-mail Coach Carter NOW at
thecarterfamily@cogeco.ca