

# **PARKLAND GIRLS SOCCER GOALKEEPING TRAINING**

The Parkland High School Girls Soccer Team Coaching Staff are looking to train the hopeful goalkeepers of tomorrow. Players can be just trying the position or be experienced at goalkeeping.

Players need to have proper soccer attire, shinguards, gloves and appropriate size ball for their age. Age 10, 11, 12 should have a size # 4 ball. Older ages size # 5.

The following dates we will be holding 1-hour training sessions for goalkeepers ages 10 to 16. Boys & Girls.

## **8 - sessions**

**Tuesdays July 6th, 13th, 20th, 27th**

**Thursdays July 8th, 15th, 22nd, 29th**

**Springhouse Middle School Soccer Field** (parallel to Springhouse Road)

**6:00pm - 7:00pm**

Cost \$10.00 per session (\$70.00 for all 8) Checks made payable to Al Haddad.

Specific areas that will be taught:

July 6 - Footwork & Foot skills

July 8 - HEH Technique: Head-Eyes-Hands positioning

July 13 - Distribution methods, bowling, slingshot, punting

July 15 - Prep & Power step

July 20 - Angle positioning

July 22 - Proper technique - scooping, collapse dive, punching, parrying

July 27 - Diving & Breakaways

July 29 - Goalie Wars

To register: Contact Al Haddad at [ahaddad@ptd.net](mailto:ahaddad@ptd.net)

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Player Name: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Emergency Contact phone between 6:00 – 7:00pm: \_\_\_\_\_

Circle dates you plan on attending: July 6 8 13 15 20 22 27 29