



Technical & Tactical Goalkeeper Training

Director: LeRoy Neal

Level 1– Individual Technical Training

- Diving saves
- Goal kicks
- Distribution
- Foot skills, stance and set position
- Catching and handling
- Shot saving and redirecting
- Tipping and parrying
- Crossed balls, boxing, breakaway saves

To register contact:

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Level 2– Technical Training with the use of Video

- Breakaway saves
- Pass back
- Angle play and positioning
- Starting positions
- Restarts
- Initiating attacks
- Establishing tempo

Level 3– Tactical Training with use of Video

- During games focus on decision making
- Team understanding sweeper-keeper tactics
- Reading the attack, anticipation
- Decision making, organizing the defense

Fee Scale (per hour)

- 1-Keeper \$50 each
- 2-Keepers \$35 each
- 4-Keepers \$25 each

Every keeper receives an evaluation form appropriate to the level of training that they are enrolled in. This will include very specific “homework” needed to progress effectively .