



## Goal Keeper Clinic

AYSO Saugus  
Region 46

BEGINNER AND INTERMEDIATE LEVEL TRAINING

2-PART CLINIC OPEN TO U-10 TO U-16

MUST BE REGISTERED FOR SPRING 2009 OR

HAVE PLAYED DURING THE 2008 FALL SEASON

Wednesdays, February 25th and March 4th, 5:30 to 7:30p.m.

[Valencia Heritage Park](#), field 2, North side

WE NEED A COUNT  
FOR FIELD SPACE,  
PLEASE RSVP TO  
COACH SPIKE AT

[spike9193@yahoo.com](mailto:spike9193@yahoo.com)

Contact him with any  
questions as well.

**Parents:** This will not be a player drop-off. All players will be required to sign in and provide the required “players equipment” items listed below to attend the Clinics. If you don’t have your registration form you can go to [eayso.org](http://eayso.org) and print one out.

- ▶ We will be covering as much as possible in the (2) 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.

Required player’s equipment: Cleats, shin guards, goalkeeper 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 and knee pads.

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