

# SHUT-OUTS KEEPER TRAINING

## Free Coaches Goalkeeping Clinic

When: March 6th @ 2pm to 4pm

Where: Jackson County Soccer Complex

Who: All OSSO Coaches U8 up

What to Bring: Please bring water, appropriate clothing and turf shoes.

Instructed By: Billy Sargent 228-861- 6403

Credentials: State, Regional, National Goalkeeping Diplomas, E, And State D license, 6 yrs coaching youth, Currently Coaching with Gulf Coast United Futbol Club, 20 + years of playing Experience.  
( Includes Select, High School, College, Semi Professional )

Course Description: This will be an introductory Course to include

- Communication
- Stance and Footwork
- Basic Catching Techniques
- Positioning ( During Play and Set Pieces)
- Distribution ( hands and feet )
- The Back Pass
- Diving and Progressions
- Break Away Save
- Three Goal Mentality
- Angles
- Use of Keeper on field
- How to warm up Keeper ( practice and game )
- Psychological tips ( Visualization and Mock-Saves )