

SHUT-OUTS KEEPER TRAINING

Free Players Goalkeeping Clinic

When: March 7th @ 1pm to 4pm

Where: Jackson County Soccer Complex

Who: All OSSO Players U10 up

What to Bring: Please bring plenty of water, Long sleeve shirt, sweat pants or shorts, Goalkeeping gloves, towel, shin guards, and a respectful attitude.

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)