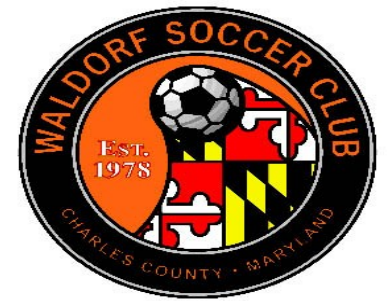




# GRETTON GOALKEEPING



## 2ND ANNUAL WSC SPRING 2009 GOALKEEPER CLINIC SERIES

**Dates: Friday's Beginning March 27th**

**Times: 5-6:30pm**

**Ages: U7-10, U11-13 (Split into 2 Groups)**

**Location: Pinefield Park**

**Price: \$17.50 per session  
Program Length – 10 Weeks**

### Additional Opportunities:

Intermediate Training – Tuesday's | 5:30-7pm | St. Peters  
Advanced Training – Friday's | 3-4:30 | Mattawoman Middle

### Training will cover:

- Foot work mobility
- Strength/Agility
- Breakaway Saves
- Collapse Diving
- Crosses
- Tipping, Boxing, & Parrying
- Shot Stopping/Redirecting
- Catching & Handling
- Ready Position
- Field Player Skills
- Distribution
- Anticipation/Decision making
- Organizing the Defense
- Angle Play/Positioning
- Restarts
- Initiating Attacks
- Reading the Attack
- Proper Warm Up
- Power Development
- Pressure Training
- Flexibility/Coordination
- Goal Kicks

The skills and drills presented are directly from professional and collegiate coaches and trainers. All drills I have executed myself under the tutelage of nationally recognized coaches. This clinic series will definitely challenge any player. This series is progressive, so attending all sessions is highly recommended. Each drill will be conducted using advanced plyometric techniques.

For more information or to reserve your spot, please call 301.643.8992 or email [grettongoalkeeping@gmail.com](mailto:grettongoalkeeping@gmail.com)