

Goalkeeper Training

Youth & Adults



Meet others interested in goalkeeping

Fun and intense workouts

Improve your goalkeeping skills

Drop-ins welcome

CURRICULUM:

Our goalkeeper training focuses on the fundamentals in an intense and rewarding environment. Areas covered are:

Catching/handling of ball, footwork and technique, diving, agility, and fitness, distribution as well as organization.

- Handling – Proper catching and other techniques for shot blocking
- Footwork/Technique – Proper movement and positioning to make saves
- Diving – Proper diving techniques
- Agility/Fitness – Focus on goalkeeper fitness and flexibility
- Distribution – Passing with both hands and feet to teammates
- Organization – Defensive structure and commandment of defensive area

INSTRUCTOR:

Eddie Dominguez brings a wealth of experience to Striker's Den with over 8 years coaching at the club, high school and college level.

In all, he has over 17 years experience playing and coaching. Eddie has coached numerous players that have gone on to play at the collegiate level and continues to challenge players of all skill levels.

REQUIRED EQUIPMENT:

- Goalkeeper gloves
- Flat soled or turf indoor soccer shoes, or tennis shoes
- NO outdoor cleats permitted
- Shinguards must be covered by long socks

SCHEDULE/REGISTRATION:

Wednesdays 6:30-7:30PM

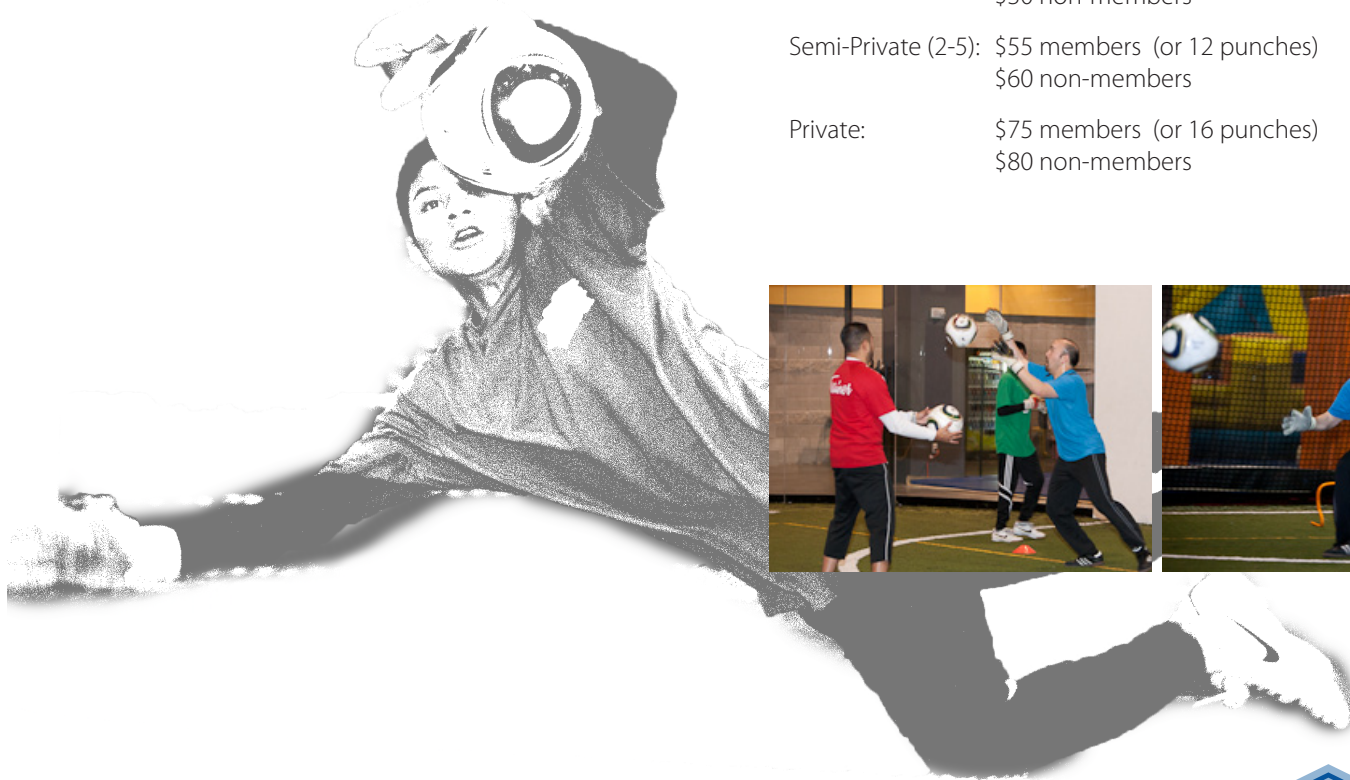
To schedule your own group or private training session come to the soccer check-in desk, call 408-224-8774 or email info@GoToPlex.com.

COST PER 1 HOUR SESSION:

Group class: \$25 members (or 6 punches on your card)
 \$30 non-members

Semi-Private (2-5): \$55 members (or 12 punches)
 \$60 non-members

Private: \$75 members (or 16 punches)
 \$80 non-members



Silver Creek Sportsplex • 800 Embedded Way, San Jose 95138
Soccer desk: 408.224.8774 • info@gotoplex.com

www.GoToPlex.com

