



North Shore United Soccer, Inc.
7 Pine Street
Topsfield, MA 01983
(978) 561-1366

www.northshoreunitedsoccer.com

NSU Goal Keeper Academy @ Topsfield Fairgrounds, home of North Shore United Soccer, Inc. (entrance off Rte. 97)

The aim of the GK Academy is to provide NSU GKs, as well as other GKs in the region, with the valuable training needed to take their game to the next level. This training covers a wide variety of areas like GK fundamentals, conditioning, advanced training, and intangibles. Through a diverse set of training drills and exercises, these areas will be stressed and regressed to lock-in important techniques and posture. Rather than a week long camp, the academy runs over the course an entire fall/spring season, allowing GKs to use what they learn in meaningful games between sessions. Feedback and results are then shared at the following sessions. The academy fee for non-NSU players is \$250 a season and \$400 for two seasons. This fee is already covered for NSU registered players. The sessions will take place on Saturday afternoons, to be scheduled after 4 PM.

Drills and exercises will often be executed in pairs, so GKs can learn to train one another outside of the academy. Paired training allows for alternating sets, which keeps a continued flow to the practice session and also lets the server observe the technique of the active GK. Drills will often be setup by pairing goalkeepers of similar age and ability. The drills and technique however, will be the same for all. The coaching staff will demonstrate each drill/exercise and then monitor and instruct as the players are performing the drills. Our aim is to get the GKs to reach their full potential and play with confidence and consistency. The curriculum for the academy was designed by a GK specifically for GKs. The majority of drills/exercises are either derived from or made to target real game situations. Drills and techniques to be covered include:

- *Pre-Game Routines*
- *Increasing Agility/Reflexes/Footwork speed*
- *Positioning*
- *Diving*
- *Parrying*
- *Dominating the 18yd box and beyond*
- *Ball distribution*
- *Communication*
- *Sliding*
- *Dealing with crosses, the back pass, Corner kicks, and free kicks*
- *Shot Stopping*
- *Psychology*
- *Penalty Kicks*
- *Ball familiarity and Catching*
- *Equipment*
- *Laws*

At the end of each academy season, every goalkeeper will receive feedback on his or her strengths and weakness. This helps each player identify what areas need to be worked in the off-season.

please detach along dotted line and mail Enrollment Form with tuition check (payable to NSU) to NSU Soccer, Inc. at 7 Pine Street in Topsfield, MA 01983.

ENROLLMENT FORM: NSU Fall 2007 GK Academy Program

Player's Name _____ Player's Date of Birth _____

Address _____ Gender _____

Home Phone _____ Parent Work Phone _____ Email _____

Emergency Contact _____ Phone for Emergency Contact _____

Allergies or Special Instructions _____

Physician's Name and Phone Number _____

Insurance Company _____ Medical Insurance Policy Number _____

Each participant must have his own medical insurance. No one will be permitted to participate without his/her insurance company and policy number listed above.

Parental Statement

Please enroll my child in the GK Academy. I understand that North Shore United Soccer, Inc., its officers, agents, and employees will not be liable or responsible for accidents and medical or dental expenses incurred as a result of participation in this program. In the event of injury or illness, the training session director has my permission to seek any emergency medical treatment deemed necessary.

 PARENT'S APPROVAL SIGNATURE