



# 2018 Winter Goalkeeping Classes

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## **Level 1- Fundamentals**

Suggested ages 7-11

**Fridays 6:30-7:30**

**Winter Session 1- 1/11, 18, 25, 2/1 & 8 \*5 weeks**

**Winter Session 2- 2/22, 3/1, 8, 15, 22 29**

**Cost: \$87.50 Session 1, \$105 Session 2**

**Register for Session 1 & 2- \$185**

Players will work on set positions, basic footwork, catching principles, and distribution of the ball.

- Set Positions
- Basic Handling
- Basic Catching
- Distribution
- High balls
- Game warm-up
- Low Dives

## **Level 2 & 3 Intermediate/Advanced**

Suggested ages 12& up

**Fridays 7:30-9:00**

**Winter Session 1- 1/11, 18, 25, 2/1 & 8 \*5 weeks**

**Winter Session 2- 2/22, 3/1, 8, 15, 22 29**

**Cost: \$130 Session 1, \$155 Session 2**

**Register for Session 1 & 2- \$270**

Players will need fundamental understanding of GK- this class will focus on diving, reaction saves, reading the game & communication.

- Review basic handling
- Advanced handling
- Extension dives
- Reaction/reflex saves
- Angle & Positioning
- Punching
- 1 v 1's & breakaways
- Reading the game

## **Goalkeepers need great footskills too, Check out these classes:**

### **Foot skills – Individual Ball Control Class**

**Ages 8-10: Tuesdays @ 5:30pm**

**Ages 11-14: Tuesdays @ 6:30pm**

(Win 1- 1/8-2/12)(Win 2- 2/19-3/26)

### **Advanced High School Clinic**

**Ages 14+: Mondays @ 6:30**

(Win 1- 1/7-2/11)(Win 2- 2/25-3/225)

### **Soccer Speed & Skills**

**Ages 6-8: Saturdays @ 11:00am**

**Ages 9-11: Saturdays @ 9:00am**

**Ages 12-13: Saturdays @ 10:00am**

(Win 1- 1/12-2/9)(Win 2- 2/23-3/30)

**Space is very limited  
in Goalkeeping  
classes so  
REGISTER TODAY!!**

Register Online: [orange.capellisportcenter.com](http://orange.capellisportcenter.com)

Register by phone: 845-651-0440

Register in person: 1741 Route 17A, Florida, NY

**\*\*Pre-registration is highly recommended\*\***

Schedules subject to change

No refunds/credits for missed classes

Questions or comments- call 845-651-0440

email- [contactusorange@capellisportcenter.com](mailto:contactusorange@capellisportcenter.com)