



FC NORTHWEST GOALIE ACADEMY

FC Northwest will be offering Spring Goalie Academy.

Areas of Focus

- Fitness:
 - Quick lateral movements – Footwork, Mobility, Positioning – fast feet / fast reflexes; acceleration; changing of direction left / right / up / down / backwards
 - Agility – Speed of Reaction – quickly reacting to make the next save
 - Positioning
- Technique and Handling/Distribution:
 - ready position; receiving to feet / chest / waist / above head ; throwing the ball overhead; squat and throw; throwing or sprinting; and kicks.
- Catching – Strong hand-eye coordination:
 - Safer hands – the proper way to secure the ball; multiple shots; long range / short range shots; ground balls / balls above the waist; one hand / two hand catches; catching low from any angle.
- Shot Stopping:
 - Diving shape; ground saves; waist & chest high saves.

FC Northwest Goalie Academy	
<i>April 20th</i>	5:30 PM - 7:00 PM
<i>April 21st</i>	2:00 PM - 3:30 PM
<i>April 22nd</i>	2:00 PM - 3:30 PM
<i>April 27th</i>	5:30 PM - 7:00 PM
<i>April 28th</i>	2:00 PM - 3:30 PM
<i>April 29th</i>	2:00 PM - 3:30 PM
<i>May 4th</i>	5:30 PM - 7:00 PM
<i>May 6th</i>	5:30 PM - 7:00 PM
<i>May 18th</i>	5:30 PM - 7:00 PM
<i>May 25th</i>	5:30 PM - 7:00 PM
<i>May 27th</i>	5:30 PM - 7:00 PM
<i>June 1st</i>	5:30 PM - 7:00 PM
<i>June 8th</i>	5:30 PM - 7:00 PM
<i>June 15th</i>	5:30 PM - 7:00 PM
<i>June 22nd</i>	5:30 PM - 7:00 PM

Location: Garden City Community Center – 725 Kingsbury Ave, Winnipeg, MB R2V 3H9

The camps are the following days: rain or shine

Cost: \$250.00 **EARLY BIRD REGISTRATER BEFORE APRIL 15TH** \$220.00

[CLICK HERE TO REGISTER](#)

For inquires contact gm@fcnorthwest.com