

# KEMPVILLE DISTRICT SOCCER CLUB

## GOALKEEPING CLINICS

(U9 – ADULTS)

### JULY 24<sup>TH</sup> SESSIONS:

9:00 a.m. – 11:00 a.m.	U9 – U15
12:00 p.m. – 2:00 p.m.	U16 – ADULTS

### AUGUST 9<sup>TH</sup> SESSION:

6:00 p.m. – 8:00 p.m.	U9 – 15
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### AUGUST 15<sup>TH</sup> SESSION:

9:00 a.m. – 11:00 a.m.	U16 – ADULTS
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### AUGUST 29<sup>TH</sup> SESSION:

12:00 p.m. – 2:00 p.m.	U16 - ADULTS
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**THEME:** Grass Roots of Goalkeeping, 10 principles of goalkeeping, fitness and footwork, positioning and angles. Please note that **ONLY GRASS ROOT GOALKEEPING WILL BE TAUGHT TO U9 – U11.** Don't worry if you don't have regular goalkeeper, just your team of any player who will like to learn more about goalkeeping and send them to the clinic.

**VENUE: RIVER SIDE FIELDS**

TO REGISTER:

E-mail: [onasanya@sympatico.ca](mailto:onasanya@sympatico.ca) or Call FRANK at (613) 258 - 0149