



EURO PRO SOCCER ACADEMY

"BEYOND THE STANDARD"

GOALKEEPER TRAINING



CHEVOVERONA
INTERNATIONAL ACADEMY

Euro Pro Soccer Academy Goalkeeper Training offers specific training for goalkeepers of all ages and skill levels.

Our Program has been designed to offer age specific training following our

Partner Club Chievo Verona's Training Curriculum/Methodology and the Long-Term Player Development (LTPD) four cornered approach of coaching:

Physical – Technical/Tactical – Social/Emotional – Psychological

Keeping with our program philosophy, the focus will be on providing the Goalkeeper with the proper fundamentals and tools to compete at all levels. Presented in a fun, but structured and Professional environment where "attention to detail" is key.

Goalkeeper Training Topics Include

- ✓ **Proper Goalkeeper Specific Warm Up**
- ✓ **Fundamentals (Footwork – Positioning – Speed & Reaction)**
- ✓ **Proprioception Training (Agility - Balance – Co-Ordination)**
- ✓ **Handling - Catching**
- ✓ **Ball Distribution**
- ✓ **Diving**
- ✓ **Shot Stopping – Crosses – High Balls**
- ✓ **Communication - Support**
- ✓ **1 v 1 (Breakaways)**

Available Programs

- **Multi (8/10/12) week programs (or tailored to your needs)**
- **Clinics Combined with EPSA Academy "Shoot2Score" Program**
- **Private 1 on 1 Training**
- **Training sessions with your team**
- **In-Game Goalkeeper assessments**

Coaching Staff

Christian Giovannini – Former Italian Professional Player and UEFA "A" License Coach

Carlo Gambale – O.S.A. Provincial "C" License – O.S.A. Goalkeeper Coaching Diploma

Program Fees - (Registration Deadline Saturday March 7, 2020)

8 Week Winter Indoor Program (1 Hour Sessions) Start Date: Tues. March 10, 2020

Location: *United Soccer Centre 565 Seaman Street, Stoney Creek. (Formerly Players Paradise)*

\$300.00 + HST / player *Goalkeeper Jersey included* *Group Rates Available*

BOYS & GIRLS - Times: 6 – 7 pm (U9-12), 7 – 8pm (U13 – 14), 8 – 9pm (U15+)

To Register contact us in Grimsby, Ontario at:

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