



HARE GOALKEEPER ACADEMY



Clinics  Training Programs  Camps

2017 SPRING WEEKEND GOALKEEPER CLINIC

REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____

Age: _____ Birthdate: _____ Grade: _____

School / Club Team: _____

Parent(s)/Guardian(s): _____

Phone Number (Day): _____ (Evening): _____

Email Address: _____

T-Shirt Size (circle): YM YL YXL AS AM AL AXL

Confirmation packet including medical release/ parent consent form, photo release form (optional), map and directions will be sent out by email on receipt of registration with payment in full. When you receive the forms, please complete the forms and bring them to Coach Hare before the start of the clinic's session.

Please make check payable to: Gerald Hare / HGA and mail both the form and the check to:

**Hare Goalkeeper Academy
2879 Anderson Drive
Allison Park, PA 15101**

For any questions, email or call: jerry@haregoalkeeperacademy.com or (412) 486-8284 / (412) 719-1485.



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2017 SPRING WEEKEND GOALKEEPER CLINIC

Date: April 22-23, 2017

Where: Shady Side Academy Senior School Campus – Stadium (turf)

Time: Sunday 4:00pm - 6:00pm

Check-in Time: Sunday 3:45pm - 4:00pm

Who: Boys & Girls, Ages 8-18

Departure Time: Sunday - 6:00pm

Cost: \$75 - includes a Hare Goalkeeper Academy T-Shirt

- **Register Early – To Guarantee a spot in the Clinic**
- **Registration Deadline is April 28th.**

About the Clinic:

The purpose of this clinic is to provide an excellent and competitive training environment for goalkeepers looking to gain an edge in upcoming summer league games or camps, tournaments / showcase events or looking to improve their abilities to the highest possible level while having fun learning. Goalkeepers will be grouped by age and experience. They will be trained technically and tactically in ways that they will be able to take back to their daily training and leave a better goalkeeper.

Lead Instructor: Gerald “Jerry” Hare - Owner & Director of Hare Goalkeeper Academy and Goalkeeper Coach for Shady Side Academy Senior School Varsity Boys & Girls Soccer teams and Assistant Coach for Middle School 7th & 8th Grade Coed Soccer team.

Paul Bodnarchuk: Head Soccer Coach for Coed 7th & 8th Grade Soccer team and a health / physical education teacher at Shady Side Academy Middle School.

Areas that will be covered:

Fundamentals, Footwork, and Positioning

Basic catching techniques and introduction to the footwork fundamental steps - shuffle step and crossover step. In the words of former US National Goalkeeper Tony Meola - “The more I compete in international and professional soccer the more important I find footwork development.” Review of shooting angles and when to leave the goal line. Catching Drills to Use at Home. Good hands are all about repetition, the more you handle the ball the better your hands get.

High Balls, Crosses, and Field Communication

Basic high ball catching technique, punching, parrying and ball/body protection. How to judge ball flight and how to handle corner kicks and free kicks. Communication tips for effective directions to teammates and to minimize confusion in the box.

Collapsed and Sliding Dive, Front Smother, and Breakaways

Introduction to fundamental diving and landing techniques for low balls and how to be more effective in 1 vs. 1 situations.

Distribution – Kicking and Throwing to Initiate the Attack

Punting, drop-kicking, throwing, rolling and goal kicks. Many people consider keepers to be the last line of defense, but often neglect keepers being the first attacker. How to be more effective starting the attack from the keeper’s hands or feet and help your team maintain control of the ball.