

**U8-U10 Goal Keepers Clinic**  
**Cedar Wood Elementary School Field**

**SCHEDULE**

WA Rush Training <b>August 20th U-9 &amp; U-10</b> Monday 6:00 – 7:30	<b>August 22nd U9 &amp; U-10</b> Wednesday 6:00 – 7:30
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UK Elite Training <b>August 28th U8</b> Tuesday 6:00 - 7:30	<b>August 30th U8</b> Thursday 6:00 - 7:30
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If a player/coach cannot make their target age group, they can come to a different session.

**Who should come to the Clinic:**

- Players who are possibly interested in playing GK should come - you do not have to want to be a full time GK, just have an interest in giving it a try. Ideally, every team would have several players that share the GK role (some teams have everyone take turns – these players all become better players overall by knowing what the GK is facing).
- Team coaches should come to the session and help out so they learn the techniques also and can reinforce them throughout the season.
- Parents are also welcome and encouraged to come and participate with their child – more adult helpers are welcome

**What you need for the clinic:**

- Bring a proper size ball (U8 = size 3, U9-U10 = size 4) and some water. Wear cleats and shin guards and clothes that can get grass stained (we may dive a little).
- If players have GK gloves, bring them. (Big 5 Sports, Sports Authority, and sometimes Fred Meyer will have goalie gloves. They should cost \$10-15; you do not need anything fancier than that. I have been told the Adidas outlet at the outlet mall north of Marysville has some - call first. Usually size 4 for small U8 hands, size 5 for U9-U10, maybe size 6 for bigger U10. Try them on - they should be a little big/loose.)

**Players will come away with:**

- Basic ball handling techniques
- Introduction to the special rules for goal keepers (discussion and handout)
- Confidence to play the position in their games - a little knowledge and practice will go a long ways.