



MT.DIABLO

S O C C E R

GOALKEEPER TRAINING

MDSA is holding a pre-season goalkeeping clinic for beginning goalkeepers for the under 10 Division.

WHEN: Saturday September 5th ([date changed on 8.14.09](#))
1:00 to 3:00 p.m.

WHERE: Boatwright Field #3

Coaches and parents who want to learn more about goalkeeping are also welcome.

This will be an on field training session so please wear your shin guards, cleats, socks, and soccer clothing. Please bring a ball and a water bottle.

We will cover the following topics:

- Warm-ups
- Goalkeeper stance
- Collecting the ball
- Diving
- Defending the angles
- Breakaways
- Distribution
- Communication

See you Saturday September 5th at 1:00pm at Boatwright Field #3!

This training is limited to thirty players so get there early!