

"TO BE THE BEST YOU MUST TRAIN WITH THE BEST..."

NEW MEXICO GOALKEEPER ACADEMY: Feb 24 - April 30

**AT BALLOON FIESTA PARK
5:00 - 6:30PM**

Wk 1	FEB	24, 26	Positioning / Footwork/ Ball Handling
Wk 2	MARCH	3, 5	Catching: contour catch, basket catch, low basket catch
Wk 3	MARCH	10, 12	Diving/ Distribution/ Communication
* Daylight Savings Time Change: 5:30 - 7:00pm			
Wk 4	MARCH	17, 19	Breakaways/ 1 v 1's
Wk 5	MARCH	24, 26	High balls & Crosses: positioning & communication
Wk 6	MARCH	31, 2	Restarting Play: save → distribution → communication
Wk 7	APRIL	7, 11	Penalty Kicks/ Setting up Walls
Wk 8	APRIL	14, 16	KEEPER WARS!
* Two weeks extra for Goal Keepers on teams playing State Cup			
Wk 9	APRIL	21, 23	Diving/ 1 v. 1 Review/ Distribution & Communication
Wk 10	APRIL	28, 30	High ball Review: Distribution & Communication

**Director:
Bryan Huskisson
aka: Whitey**

- USSF "B" License
- 2010 ODP Dir of GK
- 20 Years Coaching Experience
- 5 Years Pro-Semi Professional Playing Experience
- Star Goalkeeper Academy State Director

NM Goalkeeper Academy is a 10 week program designed to increase the performance level and educational level of every keeper. GK's will receive professional instruction from experienced trainers on a weekly basis. GK's are encouraged to attend both sessions per week. Each week we cover a new GK topic to maximize your understanding and development of the goalkeeper position.

Our objective for all students are:

- ⚽ To ensure proper technique of **CATCHING, DIVING, BREAK-A-WAYS, & HIGH BALLS!**
- ⚽ To increase your **TACTICAL KNOWLEDGE** of the game in the Goalkeeper Position!
- ⚽ To increase your **FITNESS** & your ability to **COMMUNICATE** as a Goalkeeper!
- ⚽ To **LEARN** & have **FUN** while **CHALLENGING** yourself to achieve your **MAX POTENTIAL!**

For more info please contact Bryan Huskisson: 379-2979 nmgoalkeeper@yahoo.com

NM GOALKEEPER ACADEMY: Feb 24 - April 30

ACADEMY FORMAT

- 10 WEEKS TOTAL
- 2 Sessions per week: Wednesdays & Fridays
- 1.5 hr sessions: functional training and match related exercises
- Gk's separated by age and skill: boys and girls
- Progressive curriculum: one week builds upon the next
- Instruction based on positive reinforcement to build confidence
- Extra two weeks for keepers playing in State Cup
- Balanced focus on technical ability and tactical awareness
- GK's from multiple clubs training together

BENEFITS

- Quality instruction from experienced keepers
- age specific groups: no more 11 yr olds training with 15 yr olds
- skill specific groups: beginner 12 yr olds won't train with experienced 12 yr olds
- 10 weeks vs. 8 weeks
- 1.5 hour sessions vs. 1 hr sessions: 8 hrs extra training compared to last year
- 2 sessions per week vs. 1 session: 8 more training opportunities for all keepers
- safe training environment
- goalkeeping curriculum: one week will build upon the next
- GK resource: keepers/ coaches can call me for evals/ gk questions/ ideas

PLAYER EXPECTATIONS

- 1 Show up on a consistent basis
- 2 Show up on time (or as close to)
- 3 Be dressed like a keeper:
 - Wear GK gloves
 - GK jersey, or long sleeve shirt
 - Padded pants, shorts, or warm ups
 - Cleats, shin guards, & socks
- 4 Bring a ball & water
- 5 Bring a gear bag for loose items
- 6 Have a positive attitude and an open mind
- 7 Have a desire to learn about goalkeeping
- 8 Be prepared to work hard

STAFF

BRYAN HUSKISSON	DIR.: USSF B Lic.
Ez Jimenez	La Cueva Head Coach/ GK
Jeff Toley	OPD GK Staff
Reyna Coca	ODP GK Staff
Kris Guseman	GK Instructor
Jarod Adams	GK/ Coach: Alb HS
Erin Mauldin	Local GK
Justice Adams	Local GK

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