

Thank you for your interest in becoming a better goalkeeper,

The basic premise of the goalkeeping philosophy is to keep the ball from crossing the goal line between the posts. In order to be successful in this philosophy, the goalkeeper must be skilled and confident in many areas of goalkeeping. Many times during team practices, the goalkeeper becomes neglected, and **goalkeepers need specialized training, because it is a specialized position.** Training a goalkeeper is more than just kicking ball at them for an hour. I can help you or your goalkeepers become skilled in the following areas of goalkeeping:

- ✓ Footwork/ speed training
- ✓ Foot skills
- ✓ Correct GK body shape
- ✓ General handling
- ✓ Diving: low, med, high
- ✓ Angle play
- ✓ Tipping over the bar
- ✓ Crosses
- ✓ Punching: 1 or 2 hands
- ✓ Back pass
- ✓ Breakaways
- ✓ Pk's
- ✓ Pressure training
- ✓ Gk fitness
- ✓ Plyos
- ✓ Distribution: hands/ feet
- ✓ Corner kicks
- ✓ Setting of walls
- ✓ Shape and organization
- ✓ Reflexes
- ✓ Flexibility

I am a 9-year professional in both MLS and USL1, goalkeeper of the year in 2000, league champion in 2000, 2001 and current Rochester Rhinos goalkeeper, 2006 Team MVP and Team Captain. If you or your goalkeepers are interested in becoming a better goalkeeper, you can reach me at trainlikeachampion@hotmail.com set up a schedule or attend one of the "Train Like a Champion" camps in the winter. This opportunity is on a first come, first served basis, and is limited. I look forward to working with you and your team.

Yours in Soccer,

Scott Vallow