



SPARTAK 78 YSC 2015 Summer Training Camp

Friday 14th August



www.spartak78.com

@ Ickleton Recreation Ground
*Ickleton Recreation Ground, Frogge Street,
Ickleton, CB10 1SH*

SPARTAK 78 are pleased to announce a Summer Training Camp incorporating the world renowned **Coerver Coaching Skills Roadshow** and also **goalkeeper training**.



For details of the Coerver Skills Roadshow please see:

<https://www.coerver.co.uk/roadshow>

- **Session 1: U7-U11 from 10am-1pm**
- **Session 2: U12-U15 from 2-5pm**

The full day goalkeeping training course is being run by former Spartak footballer Neil O'Sullivan, who is a qualified coach and professional footballer, **9am-4pm**.

To book a place on the skills roadshow (cost £15 per player) or goalkeeping course (cost £20 per player) please use the online registration available via this link:

<https://www.surveymonkey.com/r/2GW8BR2>

Payment can be made online via Internet Banking or alternatively sent to Keith Mullins, Spartak Secretary (see address below)

NB: Age groups are based upon 2015/16 season

For further details please contact:

- Matt Clare (07775 944664 or matt@spartak78.com)
- Keith Mullins (07791 692395 or keith@spartak78.com)

Keith Mullins:

Morlich Lodge, Church Walk, Littlebury, Essex CB11 4TT

Spartak 78 Goalkeeper Training Camp with Neil O'Sullivan

Course Itinerary

- Registration, introduction talk
- warm up/ ball familiarity
- SAQ (speed, agility , quickness) and footwork
- Ball handling (4 basic hand shapes)
- Collapsing dives, short dive, mid and high dives
- lunch break / goalkeeper quiz
- light warm up after lunch
- distribution - passing, goal kick, throwing
- positioning and movement in and around the goal
- dealing with low and high crosses
- showcase (drills in the goals to show what the goalkeepers have developed during the camp, bringing everything they have learnt together)

Regular waters breaks/ snack breaks will be giving during the day for the goalkeepers. All drills will be designed to develop skills in which goalkeepers will encounter in game play.