



STOP THAT SHOT!
GOAL KEEPING
ACADEMY
SESSIONS

OVERNIGHT/
COMMUTER CAMP
5 Days, 4 Nights

The Academy is open to Individual GKs & GKs attending with their School/Club Teams

for Girls 12 - 18 yr.

JULY 17 – JULY 21
JULY 23 – JULY 27
JULY 29 – AUGUST 2

Contact:
Jill Dull, Director
610.466.9747
email:
easternfhcamp@yahoo.com

Each Session Offers:
◆ Eastern FH Camp T Shirt
◆ Recommendations for USA FH Futures Program
◆ College Night
◆ United Sports Turf Tournament
◆ CAMP CHAMPS Tournament
◆ Awards Ceremony

STOP THAT SHOT! Goal Keeping Academy

At Eastern Field Hockey Camp 2011

located at the Hill School, Pottstown, PA

easternfieldhockeycamp.com

VOLUME 1, ISSUE 1

JANUARY 2011

Special Goal Keeper Training

STOP THAT SHOT!

Goal Keeping Academy provides innovative coaching to build a solid foundation and master the requirements of this challenging position - while keeping it FUN!

All goalies are trained by adult Goal Keeping Coaches, with featured College Coaches in each session.

The Academy develops players' skills through a combination of top notch



staff and college players from NCAA Division I, II & III programs, who work together to create a special training experience

Each camper is assigned a mentor and a written evaluation is given at the end of camp. It builds confidence and leadership, while boosting athletes to a higher level of performance.

Prepare to Own Your Circle!

Our Specialized

STOP THAT SHOT!

Curriculum is built on the basics:

- Core Stability - concepts to improve mobility, balance and explosiveness
- Footwork - The most important building block for successful keeping. We work on simple principles and exercises to perfect the dancing GKing athlete!
- Kicking - How to be controlled and consistent.
- Angles, stance and positioning in relation to the point and type of attack.
- Using foam effectively: Gloves, leg guards and kickers. They do more than just look pretty - or prevent pain.

- Second saves. Dealing with that next shot; Getting in position and snuffing out that danger.
- 1 v 1's
They occur all over the circle, upright and blocking on the ground. How and when to go to ground and what to do when you are down there.
- Getting up. When you're down, you're down? We'll show you the best way to pop back up quickly and efficiently.
- Communicating. Defenders need direction; what to say and when to say it.
- Penalty Corners. The GK's role and how to set up your defensive unit.
- Decision-making. When & how to use the right tools.

GKS join their teams to maximize live action for match play during Evening Games, the United Sports Turf Tournament and the CAMP CHAMPS TOURNAMENT.



TRAIN HARDER THAN THE COMPETITION to STOP THAT SHOT!