



Chicago Fire Camps & Training  
Tel: 1.800.680.6272  
Chicago-Fire.com

# camps - goalkeeper

Take Your Goalkeeping Skills to the Next Level with  
Chicago Fire Camps & Training



## FEATURES

► Age: U10 - U18

Player Learning Outcome:

1. Positioning & Handling
2. Shot Stopping & Footwork
3. Crosses & High Balls
4. Diving & Penalty Shots
5. Distribution & Team Play

Daily Activity Schedule:

- Soccer R.E.A.C.H. (attitude and training factors including readiness, agility, movement, conditioning and handling)
- Key Factors (daily technical factors)
- Pro-Keepers (positional practices used to develop professional goalkeepers)
- GK Combat (competitive, pressurized games)
- Big Match (applying individual techniques and skills in small-sided games)
- Warm Down (reinforcing knowledge, cool down time)



## FOR MORE INFORMATION

- Your local Chicago Fire Camps & Training representative
- 1-800-680-6272
- Chicago-Fire.com