

# Karina LeBlanc's GOALKEEPING TRAINING Winter Fitness

**++ Canadian National Team Goalkeeper ++**

This is a **Goalkeeping Winter Program** for the experienced/advanced. The focus will be on goalkeeping fitness as well as speed, agility, technical, tactical, and the mental aspects of the position.

It is a position that **HAS** to be trained differently and separately because of the expectations.

- Cost:**
- Both nights for 10 weeks (20 sessions) is **\$600.**
  - Tuesday's only **\$450.**
  - If you choose to do only Thursday's **\$450.**
  - Individual sessions, if there is room is **\$50.**

Please note that goalkeepers are expected to sign up for both Tuesday and Thursday (package A). They will get priority into these sessions.

**Location:** SoccerCenter (near PDA). Somerset, NJ

Please let met know if you have any questions:

**Karina LeBlanc**  
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*Rutgers, The State University, is not responsible or liable for any of the activities in respect to the camp; the Camp Director is an independent contractor.*

## Session 1: (Ages 12-14)

### TUESDAY'S

- JAN 9th
- JAN 16th
- JAN 23rd
- JAN 30th
- FEB 13th
- FEB 20th\*
- FEB 27th\*
- MAR 6th
- MAR 20th
- MAR 27th

### THURSDAY'S

- JAN 11th
- JAN 18th
- JAN 25th
- FEB 1st
- FEB 15th
- FEB 22nd
- MAR 1st
- MAR 8th
- MAR 22nd
- MAR 29th

Time: **7:30-8:30**

\* 7:30-9:00

**7:00-8:00**

## Session 2: (Ages 15 and up)

### TUESDAY'S

- JAN 9th
- JAN 16th
- JAN 23rd
- JAN 30th
- FEB 13th
- FEB 20th\*\*
- FEB 27th\*\*
- MAR 6th
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- MAR 8th
- MAR 22nd
- MAR 29th

Time: **8:30-9:30**

\*\* 9:00-10:30

**8:00-9:00**