

## **COLLEGE ATHLETES**

We will train for 7 sessions during the day. Times will be from 2pm to 4pm. We will train with warming up, a goalkeeper session on the field then head over to the classroom for mental training, video sessions, and visualization. We will go through the proper way to debrief from a session as well as ways of dealing with different situations that many I am sure have not done in their careers so far. It will be the most productive 2 hours you will have had on a winter break. The sessions will NOT be geared to physically drain you as we know how spring seasons are in the collegiate game but more so to prepare you for the Spring so you go into the season in proper shape. WE PROMISE YOU THIS WILL BE LIKE NOTHING YOU HAVE BEEN TO BEFORE. Paul and I have been discussing doing this for years and it is a sad time that this has to be done as I am moving away from Jersey but we did not want this not to happen so please make sure you sign up today as we have to limit the space because of field and classroom sizes. This truly will be a full goalkeeper training class covering every part of the position and what it takes to be a true goalkeeper - the Technical, Tactical, and Physical, Mental, and Nutritional aspects.

We also ask that you write to us a brief summary for what shape your coach has asked you to come back into the season with so that we can best prepare a program for you.

Also available is our Strength and Conditioning coach, Mark Williams who is well known as one of the best that Jersey has to offer. If you are interested Mark will definitely work something out with you so that you get a discounted rate if you tell him you are part of this program.

## **HIGH SCHOOL ATHLETES**

We will train for 2 hours every other day. Monday, Wednesday and Friday nights from 6pm to 8pm for 4 sessions starting on January 6th. Covered in these sessions will be every aspect of goalkeeping.

Technical-all aspects of the game

Tactical-all aspects of game, discussions of decision making, communication, positioning etc

Mental- Psychological aspects of the game. Dealing with situations, body language, your own preparation, etc. Many things that you can know only from playing/coaching at the highest level

Physical-Getting into goalkeeper shape is like nothing else. We will prepare you for the physical aspect in speed, agility, goalkeeper stamina, and also the reactionary aspect of the position

Nutritional-our nutrition is different because we do not do what field players do. We must pay close attention to our nutrition because if you do all the other aspects and forget about this one in the end you end of cheating yourself from being the best keeper you can be.

Also available is our Strength and Conditioning coach, Mark Williams who is well known as one of the best that Jersey has to offer. If you are interested Mark will definitely work something out with you so that you get a discounted rate if you tell him you are part of this program.

## **SO PACKAGES ARE:**

### **COLLEGE ATHLETES:**

*7 SESSIONS DATES START Wednesday JAN 6<sup>TH</sup>, THURS JAN 7<sup>TH</sup>, FRIDAY JAN 8<sup>TH</sup>, MONDAY JAN 11<sup>TH</sup>- THURSDAY JAN 14<sup>TH</sup>*

*TIME: 2-4PM DAILY*

*SIGN UP FOR 7 SESSIONS AND RECEIVE SAT JAN 9<sup>TH</sup> SESSION FOR FREE. THE SESSION WILL BE 1-4PM*

*LOCATION: ADI (ATHLETIC DEVELOPMENT INSTITUTE) TRAINING FACILITY*

*48 WING DRIVE, CEDAR KNOLLS, 07927 PHONE: 9739985715*

*COST: \$420 (INCLUDES 8 SESSIONS AND CLASSROOM SESSIONS PLUS FREE SATURDAY SESSION)*

*INDIVIUAL SESSION COST WILL BE \$80 PER SESSION BUT SPACE CANNOT BE GUARANTEED.*

*Please note that there is a chance on the Wednesday, January 13<sup>th</sup> the session may be held at 2:30-4:30*

### **HIGH SCHOOL ATHLETES:**

*4 SESSIONS.*

*DATES: Wednesday JAN 6<sup>TH</sup>, Friday JAN 8<sup>TH</sup>, Monday JAN 11<sup>TH</sup>, Wednesday JAN 13<sup>TH</sup>,*

*TIME: 6-8PM*

*COST: \$240 FOR 4 SESSIONS AND INCLUDES CLASSROOM SESSIONS. When you sign up for this package you will get a discount of half price for the Saturday, January 9<sup>th</sup> session.*

*INDIVIUAL SESSION COST WILL BE \$80 PER SESSION BUT SPACE CANNOT BE GUARANTEED*

# ONE TIME ONLY DAY TRAINING WITH PAUL BLODGETT AND KARINA LEBLANC

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THIS IS A ONE TIME ONLY DAY CLINIC. Where else can you go and be trained by one of the best goalkeeper trainers and one of the best goalkeepers in the world in one session? This is a chance that will not come often, we promise you that...

**PAUL BLODGETTE** Paul was the founder of the highly successful Paul Blodgett Goalkeeper Training School, LLC which is known for its high level training of goalkeepers at all age groups including youth, college, professional and world class keepers. In his 30 plus years of coaching the position he is easily known as one of the best trainers in this country.

**KARINA LEBLANC.** LeBlanc, an OLYMPICAN and World Cup veteran (3 of the last World Cup's and still counting) also voted WPS All-Star starter from the LOS ANGELES SOL will be leaving Rutgers University as a goalkeeper coach where she has been for the past 5 years to focus on being just a professional athlete. This will be her last official camp in the state of New Jersey before she leaves.

The two will be joining for what will be one of the most productive and exciting clinics/camps. Don't miss out. The clinic will include field and classroom sessions covering so many aspects that you can get only from the best who have coached and played this position at the highest levels.

**SPACE IS LIMITED!!!**

Saturday Jan 9<sup>th</sup> 1-4pm

Cost: \$90 (unless you've signed up for other classes in Karina and Paul's listed packages)