



# Cumberland United-Unis Soccer Club

Office: 860 Taylor Creek #5, Orleans, Ontario K1C-1T1  
Mail: CUSC - PO Box 51037, Orleans, Ontario K1E-3W4  
Email: [admin@cumberlandsoccer.com](mailto:admin@cumberlandsoccer.com) Tel: 613-837-9282  
Website: [www.cumberlandsoccer.com](http://www.cumberlandsoccer.com)



## Goalkeeper Academy - Mission Statement

It is amazing to me that a position such as goalkeeping can be so often neglected by coaches these days. The truth of the matter is that a properly trained goalkeeper can affect the out come of a game in greater proportion than any other player on the field, yet coaches these days either do not have the knowledge or time to dedicate to this specialty.

Our mission is to provide an environment where committed goalkeepers of all ages can develop a true working understanding of the position of tending goal. All goalkeepers who attend will be motivated to gain a better understanding of their physical strengths and what role these play in 'their' game.

These are a few of the topics covered at Goalkeeper Academy Clinics:

- foot work
- angle play
- field of play
- judgment on crosses
- one on one breakaways
- increased foot speed
- proper weight distribution
- covering for low/high attempts at goal
- distribution as the first point of attack

Goalkeeper coach Erik Lefebvre has been a goalkeeper for the past 15 years and is now playing at Houghton College on a full-scholarship. He was named second team All-American in his second year as a starter. Erik started his soccer career here at the Cumberland United Soccer Club.

Clinic dates:

Saturday May 10th → May need to be cancelled due to weather and field condition

Sunday May 11th → May need to be cancelled due to weather and field condition

Saturday May 17<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>, June 7<sup>th</sup>, 8<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, July 5<sup>th</sup>, and July 6<sup>th</sup>.

Session can continue after the weekend of July 6<sup>th</sup> especially to make up those at the start of the season and for any possible cancellation due to weather. Session will be held on the softball fields adjacent to the soccer fields at Gardenway Park.

This training is **free** to any registered player in the CUSC.

8:00 to 9:00 am age group - U8, U9

9:00 to 10:00 am age group - U10, U11, U12

10:00 to 11:00 am age group - U13 +

Erik Lefebvre