

Programs

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Alaska Rush Soccer Club offers goalkeeper training for all goalkeepers in the Youth, Juniors, and Seniors Divisions.

These sessions are meant to complement team training sessions, not supercede them. The Director of Coaching Goalkeeping, in coordination with the goalkeeper's Head Coach, will train the goalkeeper for 45-60 minutes, separately from his/her team, in position-specific technical training he/she may not receive otherwise working with his/her team. For the remainder team's allotted training session, the goalkeeper will integrate back into the team and the Director of Goalkeeping will coach the goalkeeper in the game.

Alaska Rush Soccer Club bases their goalkeeper training philosophy on a professional model because a) it allows the goalkeeper to receive more quality hours in position-specific technical training and b) the in the game coaching the goalkeeper receives isn't artificial and will replicate the tempo and level of play he/she will face in a competitive match.

Please Note: All goalkeepers are required to bring a ball, gloves, water/sports beverage, proper equipment, and positive attitude to training.

Winter 2015 Goalkeeper training sessions will take place on the below schedule from 6-9pm at the [Fox Hollow Dome](#) commencing January 5 and concluding for the season on February 26, 2015.

- **Goalkeeper Training: 6:00-9:00pm**

January 14

January 15

January 26

January 29

February 2

February 5

February 16

February 17

For more information, please feel free to contact the Technical Director [Jason Leonardis](#).