

The Goalkeeper sessions are listed by coach. All sessions are Goalkeeper DOC sessions run by Jay Hoffman, the Virginia Rush Technical Director.

The goalkeeper. They also call him doorman, keeper, goalie, bouncer or netminder, but he could just as well be called martyr, pay-all, penitent or punching bag. They say where he walks, the grass never grows. -- *Eduardo Galeano, Soccer in Sun and Shadow.*

The Virginia Rush provides specialized goalkeeping training. The session coach will outline and demonstrate goalkeeping techniques and tactics, touch on the psychology of goalkeeping and provide a primer on goalkeeping equipment.

The goalkeeper is one of the most important players on the field - they are the last line of defense and the first line of attack. To play the position well requires special skills and training, not to mention a little courage, intelligence and resilience. To many coaches goalkeeping techniques and tactics are a mystery. Even experienced field players and coaches may not have much experience with goalkeeping. This specialized training is available to all team coaches to watch and learn.

For U12 to U18 sessions, coaches can select one or two players to receive goalkeeper training and those players should attend as many of the DOC goalkeeping sessions as possible. This will allow those players to graduate from the basic techniques to more advanced sessions.