



Select GK Training

GK Training begins August 22nd Per recommendation of GK Staff, we have attempted to break this out and offer training for age group specific approach. However, these times may not work for these goalkeepers, in which case, they need to talk with the GK Director – Ben Madsen – re: whether it is possible and makes sense for them to attend another session.

GK's should be attending their session below even if it conflicts with their own team/age group training!! Training will be on all Mondays in September and October with the exception of Labor Day and October 3.

GK's cannot get better, if they do not attend. There will be a heavy emphasis on technique.

GK Training

5:00-5:45 pm U11 Girls and Boys

5:45-6:30 pm U12-U13 Girls and Boys

6:30-7:15 pm U14-U18 Girls and Boys

GK Director, Ben Madsen, is in his fourth season as Assistant Coach for Iowa State University after a four-year stint on the University of South Alabama staff. Madsen is also a Region II ODP GK Staff coach and has worked with the Ames Soccer Club, Mobile (AL) Soccer Club, and the Alabama ODP program. Ben has also been an assistant coach at Lincoln College (IL) and Alabama-Huntsville.