Toronto High Park FC
Goalkeeper Camp

GOALKEEPER CAMP OVERVIEW

This camp provides our goalkeepers with an opportunity for a week of intensive goalkeeper training. It will focus on individual player development in all 4 corners of the Technical/Tactical, Physical, Psychological, Social and Emotional Development Model. The program is designed to meet the needs of our OPDL, Development & Competitive Goalkeepers by exposing them to a high level of goalkeeper coaching.

GOALKEEPER CAMP OUTLINE

Age Group	U8 - U17 Development, Competitive and OPDL Goalkeepers
Camp Details	Venue: Eglinton Flats Soccer Fields Commitment: 5 days (Monday - Friday) Program Hours: 8:30 - 11:30 AM Surface: Grass Fields
Camp Content	Handling Shot Stopping Footwork Positioning Distribution
Eligibility	Open to THPFC Development, Competitive and OPDL Goalkeepers only and players with an official invitation from Camp Director or Technical Lead.
Uniform	Players should wear comfortable athletic and weather appropriate clothing. THPFC training kit is allowed. Shin pads are required, but not supplied. Players should also bring with them GK Gloves, a hat, sunscreen, lunch, healthy snacks and plenty of water!
Shoe Guidelines	The playing surface is grass it is recommended that appropriate football cleats be used. Please visit THPFC Shoe Guidelines to learn how to pick the right shoes.

Program Standards	All standards in accordance with THPFC OPDL Goalkeeping Matrix.