

# Waverley 2018 Goalkeeping Academy

Get ready for 2018 season. A high level goalkeeping program, for motivated keepers, ages 11-17

Program will consist of 15 sessions each of 75 minutes. Held on Wednesday evenings and Saturday mornings Commencing Wednesday January 31st, concluding Wednesday March 28th.

**Saturday - 8.30 to 9.45 am**

**Wednesday - 5.30 to 6.45pm**

The program has been developed and will be run by by Tavis Cook, experienced Goalkeeping coach. He will be assisted by some of Waverley's top level keepers.

Some of the areas to be covered in the program are, Positioning, Agility & Balance, Reflexes, Kicking, Glove, Leg & Stick saves, Clearances, High & Low saves, Sliding & PC defence

What you will need to bring:

- Goal Keeping Gear
- Running shoes
- Small soccer ball (handball size)
- Inners or cotton gloves

Cost for the 15 sessions is \$200. Waverley members \$100.

To register go to:

<https://www.surveymonkey.com/r/goalkeeperacademy2018>

For any further information contact Tavis Cook on 0413 349 494.

## About Tavis:

At the age of 13 he was selected to have a group goal keepers training session with Lachlan Dreher (former Australian goalkeeper), over 2 weeks. The knowledge he instilled into Tavis over the 2 weeks was to set a strong foundation for the Keeper he was to become. Now having retired and hung up the kickers, he finds great fulfilment in passing on the techniques and styles of goal keeping to others.

Since 2014 he has been coordinating goal keeper's academies. In 2017, he moved to Waverley to coach PLR Men and in 2018 will be Assistant Coach to PL Men focusing on defence. While he has enjoyed substantial success with previous academies, he now relishes the opportunity to work with a new group and want to create opportunity for keepers from any clubs to join and benefit 'The Keeper Academy'.

