

# BOOTcamp

Goalkeepers aren't born today until they're in their late 20s or 30s and sometimes not even then. Or so it would appear. To me anyway. Don't you think the same? — Big Ron, commentator

## GUARDING the goal shel brødsgaard / kic

### Getting a grip on the ball

**NEXT ISSUE:**  
Getting a grip on the other ball

Prepare for the demands of playing the position with these exercises. Advanced goalkeepers can substitute the football with a medicine ball.

#### BALL EXCHANGE

Work in pairs with one ball. Stand back-to-back separated by a half-step. Perform a figure eight, a trunk rotation and an over and under. Place your feet shoulder-width apart and face forward. Rotate your trunk while your feet are still.



#### SEATED HANDLING

Start seated, holding a ball and facing your partner, who is on their knees with a ball in their hands. At the same time, one rolls the ball on the ground while the other tosses it in the air. Keep your eyes on the ball you're catching.

#### HANDLING DIAMOND

Form a diamond with four goalkeepers. Face each other, two or three steps apart. Sit with legs straight out in front of the body and place a ball in the hands of one of the keepers.

Hold your hands up to receive the ball and play catch. Make eye contact with each keeper or call his name before you throw the ball. When you're ready, add a second ball.

#### GOALKEEPER SIT-UPS

Face another keeper one step apart. Both of you start doing sit-ups. Between each sit-up, toss the ball to each other's hands and touch it to the ground, over your head, with two hands.

#### DIAMOND SIT-UPS

Each keeper in the diamond formation should have a ball. Continue sit-ups and pass the ball simultaneously with your partner — one ball along the ground, the other tossed in the air.



#### CUSHIONING THE BALL

Get ready in a push-up position to receive the ball with either your left or right hand; cushion it without letting it hit your body. Return it to the server. When you're ready, make a figure eight with the ball around your stationary arm before you return it to the server.

## SAIBO'S soldiers

efs on tour

### Europe won't know what hit 'em



All green – good to go: 19 of the 27 lads destined for Europe pose before running the drills at EFS' Capilano training site. Talic (centre) and Abercrombie (far right) lead the charge in early April

Not since Man U met Celtic in Seattle have so many Canadians invaded a foreign land on behalf of a football match. No less than 27 boys (mostly from N. Vancouver) are amassing as we speak, for an assault on Europe – the largest touring BC football school contingent in recent memory, and that doesn't account for coaching staff – European Football School general Saibo Talic and Capilano College coach—extraordinaire Doug Abercrombie, nor the entourage of 14 parents escorting the mixed bag of 14–17 year-old players.

Apr. 9 EFS will take two boys squads to battle the Dutch, French and Germans on two age- fronts, in a 12-day, 11-game whirlwind tour beginning in Frankfurt, Germany.

They'll be no living in the lap of luxury for Saibo's soldiers as a 3 1/2 bus ride will take them to Saarbruecken and the first of many hostels, where they'll bunk and lunch. It isn't cheap touring 27 kids across the old country so pennies are well spent utilizing Europe's extensive youth hostel network.

Games begin Apr. 10 in Kaiserslauten and continue in Saarbruecken as EFS meets local Youth C1 and C2 squads. Then they strike

north-west into Holland, and a date with Vreeswijk's Youth B and C teams. Two more Dutch dates and they're off again, cutting back east to Duisburg, and matches against Turu Youth B and C boys, and u14 and u15 Provincial teams.

They'll dine at the Wedau Sports Centre before packing up the cleats and heading home to Vancouver, Apr. 20, and along the way, the entire EFS caravan of 43, will catch a couple of Bundesliga matches, visit Metz, Soest and Utrecht; they'll trip the red lights of Amsterdam and aspire to new heights in Koln, and hopefully, they'll discover a lot more than just good football.

#### ON TOUR IN APRIL

From West Vancouver: Christopher Boyer, Nick Miele, Braden O'Neill, Patrick O'Neill, Jason Ronsley, Corby O'Genski and Thomas Brody; from North Vancouver: Peter Carrothers, Karl Heilbron, Scott Howey, Alex McNeill, Boris Sparica, Gen Sugiyama, Marshall Thompson, Ian Weekes, Graham Wiggins, Noah Acosta, Pierre Fraser Armstrong, James McKinlay, Amar Talic, Reid Aslop, Darius Motazed and Ken Kienze; from Vancouver: Ziyadd Rahiman and Sanjin Krupic; from Burnaby: Anthony Culver; and from Sechelt: Elliot Dixon.

Coaches: Saibo Talic and Doug Abercrombie

## Heroes Wanted • '04 Euro tour

Register NOW and join us for two first-class European tournaments in June/July

Destinations include Spain's Costa de Sol and French and Italian Rivieras



Nou Camp, 2002

Tour dates: June 25–July 12, 2004

Tour package includes...

Registration fees • Return flight • Transportation

Room and board (players will be billeted as a team in apartments or bungalows / parents will reside in 3-star hotels)

Call now for more info or to reserve your spot

Current training schedule: Mon/Wed/Fri: 4:15pm–5:45pm, Adanac Park, Vancouver



Co-ordinator: 604.293.1839 / 604.293.1831 Email: holmeses@telus.net  
Website: [www.acceleratedsoccer.com](http://www.acceleratedsoccer.com)

SKILLS • TACTICS • CONDITIONING • SKILLS • TACTICS • CONDITIONING

SKILLS • TACTICS • CONDITIONING • SKILLS • TACTICS • CONDITIONING

CAVE WORLD FOOTBALL PAGES