

**Monbulk Rangers Soccer Club**  
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## Goalkick 2018

Monbulk Rangers SC proudly presents another year of Goalkick for our youngest players and future stars. The sessions will once again be coordinated by Steven Racz, one of our young up and coming coaches, with support from some of our enthusiastic juniors, and will be held on Pitch 1 of our new facility at 121 Old Emerald Road, Monbulk.

The focus is on an hour of FUN and inclusive play while hopefully learning some football skills with friends old(-ish) and new.

Every individual Goalkick session will aim to have 'skills acquisition stations' through which the players rotate after their warm-up. The session will then finish with a 'free' game (split into multiple Small Sided Games, based on age/size/ability/friendships).

The "skills acquisition stations" will work through the basic 'athletic' and football requirements.

This would include activities like running, throwing, jumping, balancing and sprinting. And basic football requirements like running with the ball, dribbling, turning, shooting, receiving, passing, ball control & goalkeeping.

The Goalkick sessions through the season will start at 4:30 and finish at 5:30.

Both Monbulk 'player helpers' and Goalkick 'parent helpers' are encouraged to assist and take a productive part in the learning environment.

Goalkick is delivered in three blocks:

8 structured sessions from April 25<sup>th</sup> to June 13<sup>th</sup>, 2018

6 structured sessions from July 18<sup>th</sup> to August 22<sup>nd</sup>, 2018

4 weeks of games during Pre-Season Comp February, 2019

This set up gives both players and coaches a rest period, with a re-freshed start after a short break and then recommence the following season.

The cost for the season is \$160. Bring your shinguards, a waterbottle and wear comfortable clothes and let's enjoy our start in soccer.

Plus a heads up, the football doesn't have to stop when Goalkick stops !!!

The Junior Winter Clinic falls between the first and second block in the July school holidays, our traditional Junior Summer Competition follows the second block, and we look at the last block as our Goalkick "pre-season training" for the 2019 season. This coincides with our final registration day, thereby allowing those interested to join in and become familiar with the other players of the U8/9 Junior teams.

Please do not hesitate to ask our coaches if you have any queries, and register online via the link on our home page <http://monbulkrangers.org.au>

Regards,

Hans Damen  
MRSC Junior Coaching Coordinator