

Monbulk Rangers Soccer Club
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Goalkick 2019

Monbulk Rangers SC proudly presents another year of Goalkick for our youngest players and future stars. The sessions will again be run by our qualified coaches with support from some of our enthusiastic junior players, 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:

- 4 weeks of games, during Pre-Season Comp February, 2019. U7 and U8s are sorted for U8 VCFA competition during this time.
- 8 structured sessions from April 24th to June 12th
- 6 structured sessions from July 17th to August 21st

The cost for the season is \$180. 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. This coincides with our registration day in December. 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,

Ewa Wallis
MRSC Junior Coordinator
Registrar