



Goalkick 2020

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 of course 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:

- 2 weeks of games, during Pre-Season, Wednesday March 11th and 18th
- 8 structured sessions from April 22nd to June 10th
- 6 structured sessions from July 15th to August 19th

The cost for the season is \$200. 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 Spring/Summer Competition follows the third block.

Register online via the link on our home page <http://monbulkrangers.org.au>

Regards,

Ewa Wallis

MRSC Registrar