

FAIRGROUNDS BRANCH

585 Rand Drive
Watertown, NY 13601

For program questions contact:

Paul Passino, Branch Director
ppassino@nnyymca.org
315.755.9622

Need financial assistance?

Know someone who does?
We can help.

GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has access to programs and services, Watertown Family YMCA, supported by Northern New York Community Foundation, United States Army Child & Youth Services, and United Way of Northern New York, offers financial assistance to those who are unable to afford memberships, services, or program fees.

SUPPORTED BY



Northern New York
Community Foundation



UNITED WAY
Northern New York



SCAN FOR APPLICATION
or stop by the Welcome
Center. Assistance is
based on applicant's
income and expenses.
All information is kept
private and confidential.



VISIT US ONLINE AT
WATERTOWNYMCA.ORG

THE PLACE for even more great
YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

THE
Where You Can
Really *Do It All*
PLACE



FAIRGROUNDS BRANCH

SOCCER SKILLS GOALKEEPER ACADEMY

AGES: 5 - 17 Years

DATES: November 17 - December 22



REGISTRATION OPENS SEP 16



Scan to Register

FIND US ON





SOCCER SKILLS GOALKEEPER ACADEMY

LOCATION

Fairgrounds Soccer Field

AGES

5 - 17 Years

DATES

November 17 - December 22

DAY/TIME - Tuesdays -

U12 & Under 6:00 - 7:00 PM

U14 & Up 7:00 - 8:00 PM

PROGRAM FEE

Members \$62

Non-Members \$76

Military \$71

REQUIRED EQUIPMENT

Water bottle

Athletic clothing

Shin guards

Sneakers or indoor soccer shoes*

***Outdoor cleats are not allowed**

SOCCER SKILLS GOALKEEPER ACADEMY focuses on improving athletes' technical skills as well as their understanding of the Goalkeeper position.

COACH OMAR SALAZAR, decorated Afghanistan war veteran, brings a wealth of experience to the field. As a seasoned adult soccer player and coach, he provides the personalized training a Goalkeeper needs to succeed on a team.

By focusing on technical development, participants will not only learn essential techniques, but also enjoy a fun-filled environment dedicated to mastering goalkeeper skills.

LESSON SCHEDULE

Week 1 & 2 —

- Goalkeeper warm-ups & stretches
- Proper set positions

Week 3 & 4 —

- Angles and approach
- Dives
- 1-on-1
- Communication with defense

Week 5 & 6 —

- Proper wall set-up
- Highball gathering & attacking



With a background spanning high school, college, travel teams, and adult soccer, Coach Omar's journey through the game has been rich and diverse.

His experience in coaching youth soccer, basketball, football, and as a soccer official allows him to provide great insight, knowledge, and a skill-based learning approach to all age groups.

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