



Coastal United

Goalkeeper/Striker T.I.P.S Program

Trainning **I**ndividuals for **P**ositional **S**uccess

The T.I.P.S. Program is designed to give players ages (9-15) and varying skill levels a proper environment to train. Players are able to learn and focus their training in the Goalkeeper and Striker Positions. The staff includes Dan Mowry (Director of Coaching) and professional coaches from the Coastal United Staff. All coaches in the T.I.P.S program have extensive knowledge both playing and coaching Goalkeepers and Strikers.

Fall Session Dates: (6 Sessions)

Sunday, Sept. 20th
Sunday, Sept. 27th
Sunday, Oct. 4th
Sunday, Oct. 11th
Sunday, Oct. 18th
Sunday, Oct. 25th
Sunday, Nov. 8th (Rain Date if Needed)

Spring Session Dates: (6 Sessions)

Sunday, Feb. 21st
Sunday, Feb. 28th
Sunday, Mar. 7th
Sunday, Mar. 14th
Sunday, Mar. 21st
Sunday, Mar. 28th
Sunday, Apr. 11th (Rain Date if Needed)

Times:

4pm -5pm Strikers
5pm-6pm Goalkeepers

Cost:

\$50 for Single Session Goalkeeper or Striker Program
\$100 for Fall and Spring Session Goalkeeper or Striker Program
(Includes an Exclusive Coastal United Goalkeeper Jersey or Training Top)

Training Focus for Programs

Strikers

- Controlled speed and quickness
- Dribbling and passing skills
- Ability to play and control ball in the air
- Aggressive attitude on attack
- Control ball under pressure
- Create scoring opportunities
- Shooting accuracy
- Maintain possession of the ball
- Turning to face opponent
- Penetrate with the ball

Goalkeepers

- Ready Stance
- Catching Position
- Distribution
- Diving Technique
- Shot stopping
- Breakaways
- Dealing with balls in the air



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P.O. Box 3373, New Bern, NC 28564-3373

Web Site: www.nbasa.com E-mail: soccer@nbasa.com Phone: 252.635.6700

First Name _____ Middle Initial _____ Last Name _____

Address: _____ City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

Email Address: _____

Program Options:

Goalkeepers:

Fall Session (\$50) Spring Session (\$50) Year Program (\$100 *Includes GK Jersey*)

Striker:

Fall Session (\$50) Spring Session (\$50) Year Program (\$100 *Includes Training Top*)

Total Amount: _____

Training Top and Jersey Sizes: (Select one if registered for year program)

Youth Medium Youth Large Adult Small Adult Medium Adult Large

Make Checks payable to NBASA or pay by VISA () or Master Card ()

Card Holders Name _____

Credit Card Number _____ **Expiration Date** _____

Parental or Guardian Signature: _____ **Date:** _____