



INFORMATION FOR EASTERN SUBURBS TRAINING NIGHTS

DIRECTOR OF COACHING, JIM FRASER

Former Ex Australian World Cup Goalkeeper
FFA National Coaching Licence - High Performance
UEFA A Licence
Former goalkeeper coach to Australian National Teams
Sydney FC Staff Coach

THE ACADEMY

The IGA is set up to specifically train goalkeepers. Our base at Blacktown Olympic Park has its own field, goalkeeper specific gym, video analysis room, lecture room and specialist shop which sells the latest goalkeeper apparel and gloves.

The Academy also offers both day attendance and live-in school holiday camps and supports career paths for talented goalkeepers.

The New South Wales Institute of Sports goalkeepers and New South Wales State Goalkeepers are trained at our Academy. We also train keepers from the Johnny Warren program.

In recent under 17 World Cup Qualifying matches the three keepers selected were all members of our Academy.

At IGA we take the view that all keepers regardless of level and ability will be given the opportunity to train with us giving them the opportunity of reaching their full potential.

EASTERN SUBURBS SESSION DETAILS

Mondays and Wednesdays at David Phillips Oval UNSW, Gwea St, Daceyville

Mondays: Representative Level Keepers

Mens Premier League (UNSWFC), Women's Super League and Girl's Youth League, (Eastern UNSW Lions), Boys Metro League (ESFA)

Wednesdays: Club Keepers (all levels, male & female)

9-12 years	4.15pm - 5.30pm
12-15 years	5.15pm - 6.30pm
16 to Seniors	6.30pm - 8.00pm



PLEASE NOTE:

Club Keepers in Wednesday sessions who show potential may be invited to join Monday sessions.

Players capable of participating in higher age groups will be selected to do so, judged on their strength, technique and ability to save to older players.

Session times give keepers 15 minutes to warm up then 1 hour active keeper practice.

Keepers are required to attend with keeper gear including gloves and a water bottle. Jim & Sue have a good range of quality Keeper apparel and gloves for sale if required. The Rebounder training-aids used in training are also available for purchase.

COST

\$30 per session (GST inclusive) for the 4.15 pm and the 5.15 sessions is

\$35 per session (GST inclusive) for the 6.30 session

Payments must be made on the night prior to the session.

Block payments may be made in advance using credit card. Ring Sue to arrange.

CONTACT DETAILS

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SUE FRASER: 0402390705

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