

## ABOUT ALAN RUBIN



### Coaching History

- Taconic High School Girls Varsity Soccer Goalkeeper Coach since 2015
- NSCAA Level 1, 2 & 3 Goalkeeping Diploma
- Volunteer Goalkeeper Coach for McCann Technical High School Boys' team Vocational state champions – 2009, 2013
- Volunteer Goalkeeper Coach for Wahconah Regional High School Boys' team Qualified Western Mass Div. 3 tournament – 2012
- Lehigh University – While in graduate school, trained a sophomore who became a goalkeeper in his freshman year. He was starting goalkeeper throughout his Lehigh career. He was a terrific athlete who very quickly developed excellent goalkeeping skills.
- U-13 Girl's goalkeeper clinic Madison, WI

### Playing History

First Team Goalkeeper – Mexican Aztec semi-pro team Bethlehem, PA

First Team Goalkeeper, Lehigh Freshman and Varsity

- First team all east Middle Atlantic States
- League leader in goals against average, most shutouts and PK's saved

First Team Goalkeeper, Cheshire Academy, Cheshire, CT

Backup Goalkeeper, Teaneck HS, Teaneck, NJ

First Team Goalkeeper, Teaneck JH, Teaneck, NJ

### Contact

Alan Rubin

Owner/Coach of Just4Keepers of Western MA

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just4keepers.com/goalkeeper-coaching-in-western-ma/



## Goalkeeper Coaching in Western MA

*Be the best you can be!*

Shared knowledge of professional semi-professional  
Goal Keepers from 22 countries!

Fall 2016

Goalkeeper Training • U-9 – U18

Location: Berkshire Community College, Pittsfield, MA

COACHED BY ALAN RUBIN



of Western MA

Goalkeeping • Leadership • Confidence

### Train Like a Professional Goalkeeper

Just4Keepers focuses on group training but prides itself on being able to develop each individual keeper within that group setting. Goalkeeper training is a long term process, but improvements can be evident immediately.

In addition to teaching the physical skills of goalkeeping, Just4Keepers' training insures that their students become complete goalkeepers.

It is essential that goalkeepers understand the importance of their leadership to a team. The goalkeeper is the only player on a team who has a view of the entire field. They see both offensive and defensive plays develop more clearly than any of their teammates can. The leadership of top goalkeepers elevates the play of their team by adding to their confidence.

Sessions are intense and you will learn techniques needed to improve your goalkeeping. Just4Keepers offers excellent training skills and fun in a friendly atmosphere.



Have fun while you are learning!

## Just4Keepers 10-Week Training

### FALL 2016 SCHEDULE

| Age     | Start Date | End Date | Day       | Time         | Cost* |
|---------|------------|----------|-----------|--------------|-------|
| U9-U12  | 9/7/16     | 11/9/16  | Wednesday | 5:00-6:00 pm | \$99  |
| U13-U14 | 9/7/16     | 11/9/16  | Wednesday | 6:00-7:00 pm | \$99  |
| U15-U18 | 9/7/16     | 11/9/16  | Wednesday | 7:00-8:00 pm | \$99  |

\* Cost is \$99 for 10-weeks of training. Individual sessions available at \$10 per session.

### Training by

Alan Rubin (see Bio on back page)

Location: Berkshire Community College, Pittsfield, MA

For further details please contact Alan Rubin at: alanrubin@verizon.net

### To Register:

just4keepers.com/goalkeeper-coaching-in-western-ma/j4k-of-west-ma-academy-registration/



"I really enjoy working with Alan and the J4K program. I have learned a lot and have really improved my game over the last few months that I have been working with him. If you want to improve, I highly recommend working with Alan and J4K."

—Cody Latimer, Taconic HS junior goalkeeper