

JUST4GK — WELCOME TO THE FAMILY

For Families of Just4GK Goalkeepers | Read Before Your First Session



Welcome to the Just4GK family. At Just4GK, I am dedicated to developing confident, technically skilled goalkeepers in a supportive, specialized environment. You're not just signing up for training — you're joining a community that's passionate about helping young athletes thrive.

This guide exists because the most impactful training happens when coaches and parents are aligned. You don't need to know everything about goalkeeping — that's our job. But you do play a role that no coach can fill. This guide helps you understand what that role is, and what it isn't.

I have attached a few **Vocabulary Sheets** with terminology used in sessions, a **UGKA Info Sheet**, and the **Year's Curriculum** for both parents and goalkeepers.

J4GK MISSION

Through five pillars — **Technical, Tactical, Physical, Mental, and Leadership** — we build game-ready skill and a resilient mindset. We coach character as much as performance, so goalkeepers leave prepared to compete, lead, and carry those habits beyond the game.

SECTION 1 — PRICING

SERVICE	PRICE
Per Session	\$50 (+tax)
4 Session Package	\$180 (+tax)
6 Session Package	\$240 (+tax)
Private 1v1 — Saturday Outdoor	\$75 (+tax)
Private 1v1 — Saturday Indoor	\$85 (+tax)
Private 1v1 — Sunday Outdoor	\$100 (+tax)
Private 1v1 — Sunday Indoor	\$110 (+tax)

Price variance for private sessions is due to rental cost differences between the two days. Full pricing also available at www.just4gk.net

SECTION 2 — SESSION REQUIREMENTS

WHAT TO BRING

- **Comfortable athletic clothing**
- **Soccer cleats or turf shoes** — no flats; turf or cleats preferred
- **Water bottle** (minimum 20 oz — hydration is non-negotiable)
- **A full meal or solid snack** at least 60–90 minutes before training
- **Goalkeeper gloves** — practice gloves need to be just as good as game gloves. If a goalkeeper arrives without gloves, they may ask others if they have a spare pair to borrow. If not, that goalkeeper will be sent home due to insufficient gear. Refund or rescheduling is at the discretion of the Coach.
- **Positive attitude and willingness to learn** — **There are 3 things I expect and do not coach: ATTITUDE, ENERGY, AND INTENSITY**
- **Phone put away** and a mind that's ready to focus

JUST4GK PRACTICE JERSEY

All goalkeepers should wear a **Just4GK practice jersey** to every session. Jerseys can be purchased at [Just4GK/Shop](#).

SECTION 3 — KNOW YOUR SCHEDULE

AGE GROUP	DAYS	TIME
Ages 8–10	Tues / Thurs / Fri	5:00pm – 6:00pm
Ages 11–14	Tues / Thurs	7:00pm – 8:00pm
Ages 11–14	Fri	6:00pm – 7:00pm
Ages 15–19	Mon / Wed	8:00pm – 9:00pm

Private sessions are available Saturday and Sunday (availability varies week to week). Pricing for private sessions is based on rental cost for that day.

Plan to arrive 10 minutes early for setup and stretching for all sessions.

CANCELLATION POLICY

- Sessions must be **booked by noon the day before**
- **Cancel at least 24 hours in advance** to avoid losing the session
- Text or email Coach Jerimy directly for same-day situations
- Weather cancellations are rescheduled — no sessions lost
- **No training below 45°F** — you will be notified as early as possible

GROUP SESSION NOTES

- Max **6 goalkeepers per session** — small-group is intentional
- Groups are **skill-based**, not strictly age-based
- Advanced keepers may assist peers — part of their leadership development
- Your keeper may be grouped differently as they advance — this is a good sign
- **All keepers are filmed periodically** for video review

GK Journal: A GK journal is available to all goalkeepers to track sessions and game progress — **free upon request**. Ask Coach Jerimy to get yours.

SECTION 4 — THE SIDELINE: DO'S & DON'TS DURING SESSIONS

Your presence matters. How you show up on the sideline directly affects your goalkeeper's ability to focus, take risks, and grow. Here's how to make your presence a positive force — not a distraction.

✓ DO THIS

- Watch quietly and let your keeper work
- Smile and nod when they look over — they will look over
- Let Coach Jerimy do the coaching during sessions
- Cheer effort, not just outcomes ("Great dive!" not "You should've had that")
- Ask "What did you work on today?" on the drive home
- Trust the process — development isn't linear
- Bring water and snacks; let your keeper manage their own routine
- Stay engaged — your keeper can feel whether you're present or distracted

✗ AVOID THIS

- Calling out corrections during drills — this contradicts what Coach is teaching
- Showing visible frustration when they make a mistake
- Comparing your keeper to other keepers in the session
- Asking Coach Jerimy for a detailed breakdown mid-session
- Pressuring your keeper in the car before or after training
- Undermining session feedback with your own opinion at home
- Coaching from the sideline — even "move your feet!" disrupts focus
- Checking your phone the whole time — your keeper notices

"Goalkeeping is a position that demands total mental clarity. When a keeper is trying to process my coaching and their parent's coaching at the same time, they can't do either well. The most powerful thing you can do from the sideline is give them permission to fail — and permission to try again."

— Coach Jerimy Sanford, Just4GK

SECTION 5 — AFTER THE SESSION: HOW TO TALK TO YOUR GOALKEEPER

The 20-minute car ride home is one of the most important moments in your goalkeeper's development. Research consistently shows that what parents say after training has a lasting impact on how athletes perceive themselves and whether they want to continue.

✓ CONVERSATIONS THAT HELP

- "What did you work on today?"
- "What's something Coach had you try that was new?"
- "What felt good out there?"
- "What's one thing you want to work on before next session?"
- "I love watching you compete."
- Silence — sometimes the best thing is just to ride home quietly

✗ CONVERSATIONS THAT HURT

- "Why didn't you do what Coach said?"
- "You were the weakest one out there today."
- "We're paying a lot for this — you need to take it more seriously."
- "I saw you give up on that ball in the corner."
- "That other kid made that save — why couldn't you?"
- A play-by-play breakdown of everything they did wrong

The 24-Hour Rule: If your keeper had a tough session or a difficult game and you feel the urge to debrief everything — wait 24 hours. Let them process on their own timeline. Most of the time, they already know what went wrong. What they need is to feel supported, not dissected.

SECTION 6 — THE 5 PILLARS: WHAT THEY MEAN & HOW YOU CAN HELP

Everything we do at Just4GK is built around five pillars of goalkeeper development. Here's what each one means, what it looks like in practice, and how you can reinforce it at home — without coaching.

01 — TECHNICAL PROFICIENCY

WHAT IT IS:

The physical mechanics of goalkeeping — diving, handling, shot-stopping, distribution, footwork, positioning, and set-piece work. The foundation everything else is built on.

How to support it at home: Let your keeper juggle, throw against a wall, or work footwork drills in the backyard if they want to. Don't mandate extra reps — let it be intrinsic. If they ask you to rebounder or feed serves, participate with enthusiasm.

02 — TACTICAL INTELLIGENCE

WHAT IT IS:

Decision-making under pressure — reading the game, organizing the defense, knowing when to come off the line, and understanding positioning relative to the ball and goal.

How to support it at home: Watch professional goalkeeper footage together (UCL, NWSL, MLS). Ask your keeper what they notice about a particular goalkeeper's decisions — not what you notice. Let them lead the conversation.

03 — PHYSICAL CONDITIONING

WHAT IT IS:

Strength, speed, agility, explosiveness, and recovery. Goalkeepers have unique physical demands — quick lateral movement, vertical explosiveness, and the ability to stay sharp for 90+ minutes.

How to support it at home: Prioritize sleep (8-9 hours for teen athletes), nutrition (protein, hydration, pre-session meals), and recovery. Don't add extra training on top of what we're already doing without checking in with Coach Jeremy first.

04 — MENTAL RESILIENCE

WHAT IT IS:

The ability to reset after mistakes, compete confidently under pressure, manage anxiety before big games, and maintain focus throughout a session or match.

How to support it at home: Model resilience yourself. When you make a mistake, say so — and show them how you move through it. Use phrases like "That happened — what's next?" instead of "How did that happen?"

05 — LEADERSHIP & COMMUNICATION

WHAT IT IS:

Voice, presence, and accountability. Goalkeepers are the only position on the field that sees everything — and they need to use that vantage point to organize, communicate, and lead their defense.

How to support it at home: Give your keeper opportunities to lead — let them order at restaurants, navigate on drives, or manage their own schedule. Confidence off the field builds confidence on it. Praise their effort to speak up, not just what they say.

YOUR ROLE AS A PARENT — The Sixth Pillar Nobody Talks About

You are the most consistent coach your goalkeeper has. Not because you coach them — but because you set the tone for how they relate to failure, effort, and identity. A goalkeeper who knows their parent is proud of them regardless of outcome plays freer, tries harder, and recovers faster.

The one thing: Make sure they know that how much you love them has nothing to do with how they play.

SECTION 7 — WHAT TO EXPECT AT EACH AGE STAGE

Development is not a straight line. Knowing what's developmentally appropriate at your goalkeeper's age helps you set realistic expectations and recognize genuine progress — even when it doesn't show up in the scoreline.

AGE GROUP	WHAT WE FOCUS ON	WHAT PROGRESS LOOKS LIKE	WHAT'S NORMAL	WHAT PARENTS CAN EXPECT
Ages 8-10	Confidence, basic handling, body shape, bravery, and loving the position. Fundamentals only — no complex tactical concepts.	Less fear of the ball; attempting saves they wouldn't have tried before; willingness to dive; listening to coaching in the moment.	Inconsistency, short attention spans, mistakes on basics. Repetition builds pattern — it takes time.	A keeper who's less afraid and more curious. Don't evaluate on saves made — evaluate on whether they're trying.
Ages 11-14	Skill refinement, decision-making, communication, and beginning to develop positional awareness and soccer IQ.	More consistent technique, beginning to self-correct, communicating with defenders, improved distribution accuracy.	Frustration with their own performance is common — high expectations of themselves. Some regression during growth spurts.	More serious approach to training, asking more questions, and beginning to watch the game analytically. Trust the process through the awkward phases.
Ages 15-19	Ownership, performance under pressure, leadership, film review, and developing a defined goalkeeper identity. College awareness begins here.	Applying training to games, requesting extra reps independently, demonstrating composure in high-pressure moments, leading their defensive line.	This age carries the most emotional complexity — school stress, social pressure, recruiting uncertainty. Mental resilience work is a priority.	A keeper who is beginning to own their development. Your role shifts here — ask questions, don't give answers. They're building independence.

SECTION 8 — HOW TO COMMUNICATE WITH COACH JERIMY

Open, respectful communication between families and coaches is one of the biggest factors in a goalkeeper's long-term development. Here's how to reach out effectively — and when.

TEXT OR EMAIL	REQUEST A CHECK-IN	LET IT PLAY OUT
<ul style="list-style-type: none">Scheduling, cancellations, or reschedulingGeneral updates about your keeper (illness, injury, schedule conflicts)Quick questions about logistics or bookingSharing a win — a save, a game result, a milestone <p>Text: (817) 646-5445 Email: jerimy@just4gk.net</p>	<ul style="list-style-type: none">Concerns about your keeper's progress or engagementQuestions about what to expect in the next training blockIf your keeper is going through something off the field that affects trainingWanting to understand what Coach is working on and why <p><i>Email to schedule a 15-minute check-in call. Coach will respond within 24-48 hours.</i></p>	<ul style="list-style-type: none">Your keeper had a bad session — one session is one data pointA drill looked unfamiliar or different from what you expectedYour keeper said they "didn't do anything" — they didThe group dynamic felt off — Coach manages this intentionally <p><i>Trust that Coach Jerimy has a plan. One tough session is part of the process, not a cause for concern.</i></p>

The most important thing: If something is weighing on you or your keeper, reach out. No concern is too small. The relationship between family and coach is built on communication — and that starts with you feeling comfortable enough to say something.

You can also message via the **Spaces by Wix** members app, available on Apple and Google.

Email: jerimy@just4gk.net | **Phone/Text:** (817) 646-5445 | **Website:** www.just4gk.net

SECTION 9 — SETTING EXPECTATIONS FOR SUCCESS

- Small group sizes (average 3-6 per session — intentional, not accidental)
- Personalized attention in a safe, insured environment
- Weather-appropriate scheduling (no sessions below 45°F; hydration breaks during hot days)
- Consistent attendance expected for best results (minimum 1x per week)

SECTION 10 — EXCLUSIVE BENEFITS & PARTNERSHIPS

Official Glove of Just4GK — Kiepps Gloves

Get **20% off** with code: **J4GK** at www.kiepps.com

UGKA Membership — Included With Your Training

Just4GK is an Academy Member of the **United Goalkeeping Alliance (UGKA)** — a national network dedicated to goalkeeper-specific development. UGKA membership is **included for all Just4GK athletes**. **Login credentials are provided after your first package purchase.**

UGKA Benefits Include:

- Weekly athlete Zoom calls (split by age group)
- 3 parent education Zoom sessions per month** — goalkeeper psychology, recruiting guidance, mindset support, and conversations that don't always happen at the club level
- 1 Free Parent Session** periodically open to all families
- Athlete mental training resources
- Goalkeeper-specific development content
- Access to the UGKA academy network

UGKA Parent Session Topics:

- The mental demands of goalkeeping at each age stage
- How to talk to your keeper after mistakes or tough losses
- What the recruiting process really looks like for goalkeepers
- Supporting your athlete's identity beyond the position
- Burnout prevention and keeping the joy in the game

Watch these recordings to understand the full benefits of the UGKA:

<https://youtu.be/xobkFwYS-kE?feature=shared>

<https://youtu.be/aZmHaFp0Chw?feature=shared>

Sports Medicine Support — Chirofit at Ulete

On-site sports medicine support is available through **Chirofit at Ulete** (separate fee, referral-based).

SECTION 11 — J4GK LOYALTY REWARDS PROGRAM

Introducing the **J4GK Customer Loyalty Program** — multiple ways for parents to earn points toward discounts on sessions, packages, and merchandise.

WAYS TO EARN

ACTION	POINTS
Sign up to site & subscribe to emails	20 points
Book a session	5 points
Order a plan	1 point per \$1 spent
Celebrate a birthday (add B-Day to profile!)	500 points
Follow on social media	50 points each
Purchase a product	1 point per \$1 spent

REWARDS

REWARD	POINTS REQUIRED
20% off Individual Sessions	500 points
20% off 6 Session Plan	500 points
10% off 4 Session Plan	250 points
30% off all J4GK Apparel	1,000 points

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SECTION 12 — FIRST 30 DAYS ACTION ITEMS

- ✓ Attend your first session and meet Coach Jerimy
- ✓ Purchase your Just4GK practice jersey
- ✓ Join a UGKA parent education session
- ✓ Establish your training routine (minimum 1x per week)
- ✓ Watch the UGKA benefit recordings (links above)
- ✓ Download the **Spaces by Wix** app (Apple or Google) to manage bookings and stay connected

SECTION 13 — GLOVE CARE GUIDE

Goalkeeper gloves are an investment — proper care extends their life significantly.

Recommended soaps: Meyers, BioKleen, Tide Ecoboost, or anything organic. Avoid harsh detergents.

- Have your goalkeeper wash their gloves in the sink the **first time** so they learn how to do it themselves
- Gloves should be washed **once per week**
- Hand-wash only — you can machine wash gloves

For a full step-by-step guide, reference: **Goalkeeper Glove Care Guide — How to Clean and Wash Your Gloves** (The One Glove)

ONE FINAL THOUGHT

The goalkeepers who grow the most at Just4GK share one thing in common — parents who trust the process, show up with patience, and make the car ride home about connection, not critique. That's not a small thing. That's everything.

At Just4GK, I'm committed to your child's growth as a goalkeeper and as a confident young athlete. If you ever have questions or need support, reach out anytime. I'm here every step of the way.

— **Coach Jerimy Sanford**

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