



*Classic European and French Tradition
Elite Skills and Techniques*



Mustapha Achab
Head Coach

Professional soccer player for 13yrs
Former Moroccan Olympian &
National Team A-Member
Over 400 prof. appearances
Best Goal Keeper in Africa '92 & '99
Best Goal Keeper in Moroccan League
'92-'94, '97 & '00



*GoalKeeper Summer Day Camps
2010*



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Keeper Day Camp Schedule...

- 9:30 On the Field for Pre-Stretching
- 9:45 Warm-up, Games, or Keeper Soccer-aerobics
- 10:00 Demonstrations
- 10:15 * Specific GoalKeeper Technique & Skills
 - * GoalKeeper Physical Pressure Training
 - * Positioning Skills Instruction
 - * Coordination and Balance
 - * Game Fitness, Suppleness & Flexibility
- 12:15 Stretching
- 12:30 Lunch & Rest
- 1:15 Warm-Up
- 1:30 * GoalKeeper Tactical Instruction
 - * Game Situations
 - * Shot Stopping
 - * Crosses - Breakaways
 - * Distribution Technique & Skills
- 2:45 GoalKeeper Games & Competition
- 3:15 Stretching
- 3:30 Depart



Why place yourself or your Keeper in Mustapha's hands?

Mustapha has 13 years of 400 professional appearances. He's a goalie who's been on the pitch in the World Cup, in the Olympics, and who can impart such depth and breadth of experience to your player – let the Achab Soccer Academy develop the core technical skills of your player.

Mustapha will take the time to teach, strengthen, and nurture the abilities of your goalkeepers, to ensure they will be successful and innovative within one of the most difficult and demanding of soccer positions.



To this end, the Achab Academy offers:

- * Keeper Clinics
- * Private Sessions
- * Summer Day Camps
- * Collegiate Training: from 18-25yrs
- * Adult Keeper Sessions
- * Private Sessions for Field Players
- * Club Team Sessions
- * Game Analysis and Critique

- ___ June 28 - 2 Mine Falls, Nashua, NH 03062
- ___ July 5 - 9 Nashua Field Rd, Windham, NH 03087
- ___ July 12 - 16 Mine Falls, Nashua, NH 03062

- ___ full day \$179 wk ~ 9:30a - 3:30p
- ___ half day \$135 wk ~ 9:30a - 12:30p

Payment Enclosed: \$ _____
(\$50/week deposit required)

Select T-shirt size (circle)
YS YM YL YXL AS AM AL AXL

Player Information:

Age: _____

Name: _____

Address: _____ apt: _____

City: _____ State: _____ Zip: _____

Parent: _____

Phone: _____

Email: _____

Parent or Legal Guardian Must Sign the Following:

I hereby certify that the above player is in good health and fully able to participate in all the activities associated with Achab Soccer Academy. I agree that Achab Soccer Academy and its directors will not be held responsible for any accident or loss to the participant however caused and hereby release Achab Soccer Academy from all claims or damages which may arise from any accident or loss.

Signature of Parent or Legal Guardian _____

Date _____