Level 1— Individual Technical Training
- Diving saves
- Goal kicks
- Distribution
- Foot skills, stance and set position
- Catching and handling
- Shot saving and redirecting
- Tipping and parrying
- Crossed balls, boxing, breakaway saves

Level 2— Technical Training with the use of Video
- Breakaway saves
- Pass back
- Angle play and positioning
- Starting positions
- Restarts
- Initiating attacks
- Establishing tempo

Level 3— Tactical Training with use of Video
- During games focus on decision making
- Team understanding sweeper-keeper tactics
- Reading the attack, anticipation
- Decision making, organizing the defense

Fee Scale (per hour)
1-Keeper $50 each
2-Keepers $35 each
4-Keepers $25 each

Every keeper receives an evaluation form appropriate to the level of training that they are enrolled in. This will include very specific “homework” needed to progress effectively.

To register contact:
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