

# GOALKEEPER TRAINING

PERFECT YOUR TECHNIQUE. MAKE THE SAVE.

**TRAIN WITH OUR GOALKEEPER COACH, ALEX KAMPHAUS!**

Alex has over twenty years of experience as a goalkeeper, including four years playing NCAA DIII. He is currently the varsity assistant coach and goalkeeper coach for Wyoming High School.



## Training Options:

- **1-on-1 sessions**
- **Group sessions**
- **Goalkeeper specific strength and conditioning**
- **Personalized training sessions and programs**