



PERSONAL TRAINING

(ONE HOUR SESSIONS)

Single Session(1GK): \$60.00

Single Session (2GKs): \$45.00/player

5 Session Package(1GK): \$250.00

5 Session Package (2GKs): \$200.00/player

FOCUS:

- Technique
- Footwork
- Reaction
- Concentration
- Communication

MISSION:

- Coaching players in an NSCAA style of coaching; building one practice from the one before while increasing in difficulty for a natural learning environment.
- Using field and time management skills by tactfully arranging my trainings.
- Instil confidence and leadership skills

Make checks payable to Genevieve Kramer