



SMALL GROUP GOALIE TRAININGS

Spring - Wednesdays

Time: 6-7p

Location: Sports Domain Academy

Positioning & Angles – Optimizing situational positioning in the goal to minimize the shooter's scoring opportunities.

Footwork & Agility - Exercises to improve quickness and agility in the crease, allowing goalies to react faster to shots.

Hand-Eye & Reaction Time - Exercises to sharpen reaction times and decision-making abilities, helping us make split-second saves.

Packages & Drop In Options - Register at AdvancedLacrosseUSA.com