

ADVANCED LACROSSE SUMMER GOALIE ACADEMY

MONDAYS 6:00-7:00 PM

@ SPORTS DOMAIN ACADEMY, CLIFTON NJ

- **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, VITAL FOR MAKING SPLIT-SECOND SAVES DURING GAMEPLAY**



**FULL SUMMER PACKAGES, PARTIAL PACKAGES, AND
DROP-IN OPTIONS AVAILABLE - REGISTER NOW!**

ADVANCEDLACROSSEUSA.COM/GOALIE

**FOR ANY QUESTIONS, PLEASE CONTACT US @
GEORGEBOGNER.ALUSA@GMAIL.COM**