

# PRIVATE TRAINING

## Who will benefit from private training

Normally our private sessions are used by professionals to FIX or IMPROVE certain areas of their games. On the other hand, Private sessions can be used to completely change, improve, or advance your skill to a **NEW** level.

If you are searching for a private training, this means you no longer improving in your current situation & now you are looking to go beyond simple basic trainings to accomplish personal goals. However, reaching a NEW level means that sacrifices in training habits will have to be made.

Our current clients understand that our private sessions are not the same as other goalkeeping companies in the area. Clients also understand that our private sessions are NOT like weekly training or summer camps. This is a very demanding program where we are literally looking for results in a short time to help you.

Our clients must be 100% committed to new training concepts and be ready to train every time we meet.

We believe the only way athletes or human beings improve is by doing things or training out of their comfort zone. **STRUGGLE is quite a common concept in our private sessions.** We want to work with individuals who are not searching for PERFECTION but instead looking to improve their competitive edge.

Private Goalkeeping Session For amateur goalkeepers, we consider **AGE, ABILITY, MATURIT & PERSONAL GOALS.**

**Step 1:** We have a phone interview with a parent & the goalkeeper.

**Step 2:** After the phone interview, we will determine within 24-48 hrs if we are able to provide our private services.

## Eligibility factors

**AGE:** at least 13 years old.

**ABILITY:** This goalkeeper must have at least 3 years of playing matches experience. He/she must understand and execute basic goalkeeping techniques.

**PERSONAL GOALS:** This program works best for a **goalkeeper with REALISTIC & SENSIBLE goals.** In addition, goalkeepers who are serious about getting advanced training, those keepers who are looking to play in college or for those getting ready for PRO tryouts.

The length of training varies on the personal goal of the athlete.

- Package 1 (4 weeks)
- Package 2 (6 weeks)
- Package 3 (8 weeks)

**\*Call for Pricing (615) 294-2882**

\*You can choose **once a week or twice a week sessions**. Each session lasts 1hr & 25 min.

Fees will be divided into packages 1, 2, or 3. Each with different training options. These are exclusive training programs where we are not just covering techniques and doing tons of mindless drills.

We cover physical, technical, sports performance, biomechanics & movement, Goalkeeping fitness, tactical, nutrition aspects plus more. We specialize in goalkeeper speed, agility, vertical jumps & power.