

IN/INE309 Hosts:



Extreme Goalie Training Camp

Run by: Phil Calvello

7 WEEKS – 1 hour of Intense Training

This is for the “serious” goalie with at least 1-2 seasons experience looking to improve your game and fine tune your skills.

Tuesdays 5:30-6:30pm September 15 – October 20

Training Involves:

- Skating and Positioning Drills
- Reaction Drills
- Endurance and Agility Drills
- Stretching
- Strength Training
- Cardio Training
- Puck Handling
- Rebound Control
- Game Situation Drills
- Learning to be vocal...so you can guide your players and get in front of the play

For more info contact:

Phil Calvello at 610-233-9261

PhillyHockey44@gmail.com

Only \$25 per Player per class!

\$150 for all 7 weeks

To Register Call
(215) 822-6800

or

Email:

Inline309hockey@gmail.com