



CAGE CAP'S COVID-19 VIRTUAL ACADEMY

Join us every Saturday at 11:00 a.m. for a 45-minute discussion of goalkeeping fundamentals. The academy takes place via Zoom.

Technical and tactical discussion lasts approximately 30 minutes. The remaining time is left for questions and discussion amongst goalkeepers and coaching staff.

Participants are challenged every week with a body-weight strength and conditioning regimen to be performed between each academy session.

Please contact us via phone or email for more information and to receive access to each Saturday's academy session.