

RYE Y YOUTH BASKETBALL

Private and Semi-Private



Grades 9-12

Helping Elite Teen or Youth Basketball Players Go to the Next Level

Private or group basketball training sessions at the Rye YMCA are the perfect solution for youth athletes looking to take their game to another level.

Our trainers and coaches have already helped area athletes gain confidence, excel on and off the court. We know how to build the physical and mental skills that transform good or great high school or youth basketball players into truly elite performers.

Each session is geared toward improving:

- Speed and agility
- Explosiveness and power
- Conditioning
- Flexibility
- Strength
- Confidence
- Mental toughness

Some of our athletes prefer 1-on-1 attention, and others enjoy training with a group of friends or teammates.

We offer three types of sessions, all customized to your needs:

- Private sessions for individuals
- Small groups
- Full team training

All of our training programs are designed to match your athlete's age, goals, and training needs. Everyone walks away feeling like they've been challenged and given skills and training that will translate into better performance on the court.

To learn more about basketball training options for youth athletes, call (914)967-6363 email Tatumnussbaum@ryeymca.org