

RYE Y YOUTH SOCCER

Private and Semi-Private



Grades 9-12

Build Soccer Skills with the Area's Top Coaches

The coaches at the Rye YMCA help soccer players reach their full potential on and off the field. If you have an elite teen or youth athlete that wants to take their endurance, speed, agility, quickness, and strength to the next level, our soccer training programs are the perfect addition to their soccer practice and games.

Sessions are geared toward building soccer-specific sport performance skills and mental skills that will translate into better, more confident performance on the pitch and in life:

- Speed and agility training for soccer
- Explosiveness
- Endurance
- Conditioning
- Flexibility
- Mental toughness
- Goal setting and achievement
- Confidence
- Control of nervousness, anxiety, distraction

Some athletes need 1-on-1 attention, and others respond better in a group dynamic. Both of these soccer training options are available at the Rye YMCA.

- Private soccer training for individuals
- Small groups (bring a few friends!)
- Full team training

Because all training programs are managed with each athlete's age, goals, and training needs in mind, everyone walks away feeling like they've received 1-on-1 instruction even when they're in a team training or small group setting.

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