



Soccer Specific Training This Winter

*Hey, Soccer Player: Are you looking to sharpen your skills this winter?
We have the perfect programs for you!*

RRSC is proud to partner with **The Sports Club** to offer **two great soccer specific training programs this winter.**

Individual 1v1 Lessons – tailored to your needs - with Junro Narita

1v1 lessons focus intensively on individual techniques and skills such as passing, faking, dribbling, turning, heading, receiving and controlling the ball. The level of challenge is tailored to the player's needs.

Sessions will also include supplemental work in the areas of Agility, Balance, Coordination, Flexibility/Range of motion and Foot-speed (short step quickness/explosion!)

\$250 per player for 8 sessions (60min/session). This equates to just \$31/session!!!

Classes offered on **Saturdays/Sundays (TBD)** at RR Sports Complex (High Resort).

One-off (non-packaged) individual sessions also available at \$50 per hour.

Small Group Soccer Sessions – with Junro Narita – at The Sports Clubs

Small group sessions present a great opportunity for you to **hone your skills**, acquire some of the finest **techniques**, and improve your **agility, balance, coordination and flexibility** while also augmenting your **tactical awareness**.

All classes are taught **indoors at The Sports Clubs** (2003 Southern Blvd, Rio Rancho), during the week in the late evening. U10 and above classes available. Great Coach to Player Ratio: Class size will NOT exceed 6 students!

- All classes will be taught by Junro Narita, former UNM All-American Soccer Player
- Junro currently is the Asst Director of Coaching @ RRSC and is a Certified Personal Trainer (AFAA)

Enroll today by contacting Junro Narita to secure your spot. **Limited availability.**

Contact Info: Junro Narita - (505) 559-3367 - soccerotaku1@hotmail.com
And be sure to ask about **Mid-Week Group Sessions at The Sports Club.**