



Soccer Specific Training at The Sports Clubs this winter

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

RRSC is proud to partner with **The Sports Clubs** to offer soccer specific training this winter.

This will be 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**.

Focused Objectives:

- Agility, Balance and Coordination
- Flexibility and Range of motion
- Foot-speed: Short step quickness... explosion!!
- Technical Speed
- Critical individual techniques such as passing, faking, dribbling, turning, heading, receiving, controlling the ball
- How to apply techniques in the game
- Creativity
- Tactical intelligence

Calendar:

<u>Day of Week</u>	<u>Age Group</u>	<u>Session Dates</u>	How to Enroll:
Monday	U15-U17	12/1, 12/8, 12/15, 1/5, 1/12, 1/26, 2/2, 2/9	
Tuesday	U10/U11	12/2, 12/9, 12/16, 1/6, 1/13, 1/27, 2/3, 2/10	
Wednesday	U11/U12	12/3, 12/10, 12/17, 1/7, 1/14, 1/28, 2/4, 2/11	
Thursday	U13/U14	12/4, 12/11, 12/18, 1/8, 1/15, 1/29, 2/5, 2/12	
\$100 for 8 Sessions! That is only \$12.50 per session!			
Where: All Classes taught at The Sports Clubs at 2003 Southern Blvd, Rio Rancho			
Time: From 730-830PM unless otherwise noted			
No Session during Christmas and New Year's!!!			

- 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)

Contact Info: Junro Narita - (505) 559-3367 - soccerotaku1@hotmail.com

And be sure to ask about **Individual 1-on-1 Coaching Sessions**.