



## Soccer Specific Training at The Santa Ana Star Center 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 of New Mexico** 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

### **RRSC Fun Fitness for Youth Resource Guide:**

- Visit our **Fun Fitness for Youth** page to learn more great home soccer activities to stay healthy and fit this winter.
- This resource is made possible by the generous support of **The Sports Clubs of NM**, a family friend club with youth memberships available.
- Visit [www.rioranchosoccer.com/fitness](http://www.rioranchosoccer.com/fitness) to learn more today!

### **Calendar:**

<u>Timetable</u>	<u>Age Group</u>	<u>Session Dates : Mondays and some Tuesdays</u>	<u>How to Enroll:</u>
5-6:15 pm	U9/U10 Co-ed	Nov. 30, Dec. 7, 14, 21, 22, Jan. 19, 25, 26	<ul style="list-style-type: none"> <li>• Contact Junro Narita directly via email or phone to secure your spot! <b>Limited availability!</b></li> <li>• Organize through your team coach. It is highly encouraged to join as a team unit. Having players from the same team will benefit both the player's and the team.</li> </ul>
6:20-7:35 pm	U11/12 G	Same as Above	
7:40-8:55 pm	U11/12 B	Same as Above	
<b>\$125 for 8 Sessions! That is only \$15.50 for 75min!!</b>			
Where: All Classes taught at The Santa Ana Star Center			
No Session during New Year's!!!			

- Great Coach to Player Ratio: Class size will NOT exceed 15 students!
- All classes will be taught by Junro Narita, former UNM All-American Soccer Player assisted by an RRSC Staff Coach
  - Junro currently is the Director of Coaching @ RRSC and is a Certified Personal Trainer (AFAA)

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

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