

# Breakaway Soccer Programs

Presents

## PRIVATE TRAINING

The purpose of private training is to instruct and develop players on an individual instructional basis. At Breakaway Soccer's private training a player receives the individual attention he or she needs and deserves. Unlike the larger team environment, trainers can give the needed attention to individual skills development in a smaller group setting. Trainers will assess the player's current technical/ tactical ability and then create a personal program that targets the player's trouble areas. Players will utilize their personal training program in an age-appropriate group setting with players of similar skill level.

- All aspects of the game are covered from basic skills to advanced concepts
- New concepts are introduced while reinforcing skills already learned
- Offered to boys and girls of all ages who want to improve their game
- Training consists of 60-90min session for 10 weeks
- Groups will consist of 4 to 6 players

Private Training Themes include:

- |                           |                                  |                       |
|---------------------------|----------------------------------|-----------------------|
| • Skill                   | • Soccer intelligence            | • Fitness             |
| • Technique               | • Understanding of the game      | • Strength            |
| • Footwork                | • Reading and anticipating plays | • Agility             |
| • Tactics                 | • Vision                         | • Flexibility         |
| • Position responsibility | • Speed                          | • Mental toughness    |
| • Decision making         |                                  | • Building confidence |

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