

# PrimoSports

**"Your Multi-Sports Center"**

## **Developmental Lesson Package**

### **Personal and Small Group Sports Training**

#### **ABOUT THE PROGRAM**

The most crucial component of a child's development is personal attention and care. Things are not different when dealing with a young player. The individual attention and mentoring given to a young player by a professional is extremely valuable to the development and growth of a young player.

PrimoSports Private & Small Group Training Program is designed to do just that. We offer a one on one program as well as small group program. In the one on one program, players receive undivided attention from the trainer. In the Small group program, the trainer is able to use additional activities and players are able to apply the concepts learned in a game situation during small sided games.

#### **DETAILS**

- \*Qualified, knowledgeable, experienced, enthusiastic, and well trained staff
- \*We constantly monitor the program and make sure your child receives quality training.
- \*A personal in-depth assessment form will be provided at the end of the program.
- \*5 or 10 sessions program
- \*Frequency of sessions to be determine by the parent/player
- \*Each session is 1 hour long
- \*Flexible schedule
- \*Each player receives a \$15 discount to any PrimoSports program

The training program will be customized to fit your child's needs. The trainer will choose specific themes from the list below to design the curriculum.

#### **Example for Soccer Players- Training Program Themes for Field Players**

Technical: receiving, passing, dribbling, shooting, shielding, heading, 1 vs. 1, finishing, combination plays, moves and footwork

Tactical: position responsibilities, offensive positioning, defensive positioning, decision Making, soccer intelligence, field vision, anticipation and creativity

Physical: fitness, endurance, speed, balance, strength, coordination, flexibility, quickness, agility and explosiveness

Mental: discipline, confidence, handling failure, concentration, assertiveness, communication and interacting with peers

**Goalkeeper Private & Small Group Training is available in all sports. Click here for more information.**

For more information and/or you would like to set up an evaluation and screening date, please call 845.651.0440 or email PrimoSports, at [info@primosports.net](mailto:info@primosports.net) Visit PrimoSports on the web:

**[www.primosports.net](http://www.primosports.net)**