

Level Up Soccer Training

at the Hamilton Area YMCA

Participants will experience academy level training and fitness with the mornings dedicated to skill enhancement.

Afternoons are dedicated to improving principals of play (Penetration, Depth, Mobility, Width, Creativity) during live play at game speed.

Our Academy Trainers have had success on college and professional levels. They will create a competitive environment that allows your player to level up!

Summer Soccer Academy

Daytime Training

Monday – Friday

Weeks of July 22 and August 5

9:00 a.m. – 4:00 p.m.

Ages 7 – 14

Fee: \$395 per player

Evening Training

Monday – Thursday

Weeks of June 17, June 24, July 8, July 15

6:00 – 8:00 p.m.

Ages 10 – 17

Fee: \$200 per player

Open Play High School Soccer Sessions

- 13 – 17 year olds
- Once a week for 1.5 hours
- Drop in and play pick up small sided game
- Improve your ability by training against other high school players
- Soccer Academy Trainer onsite to supervise gameplay

12 weekly sessions

Fee: \$60 session/\$10 drop in fee

Summer Session

Friday nights

May 3 – July 26 (no session May 24)

5:30 – 7:00 p.m.

Fall Session

Saturday afternoons

August 3 – October 26 (no session August 31)

1:00 – 2:30 p.m.

Also Offering

Elite Water Training

Aquatic Cardio Sessions

- Summer Evenings 8:00 – 9:00 p.m. Sawmill Pool
- Winter sessions at JKR Pool

Position specific trainings

- Goalie, Striker, Defensive Clinics

Team Training

Trainings

Trainers for Tryouts Evaluations

Coaches Training and Clinics

- Travel Licenses
- Recreational Coaches

CPR First Aid Trainings

Official Training and Clinics

Performance Training

- YMCA Fitness instructor or trainer
- Strength Training
- Fitness training
- Speed quickness agility training

Penn Medicine Princeton Health

- A panel of doctors discussing how to prevent Sports Injuries

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