



# NEW YORK COSMOS TRAINING & DEVELOPMENT PROGRAM TRAINING PROGRAMS

New York Cosmos Training Programs were designed to benefit players of all ages and abilities. Our programs provide team training, camps, clinics and coaching education to youth soccer leagues and clubs throughout the region. Training Programs are administered by professionally trained and qualified New York Cosmos Coaches and cover five Pillars of Player Development (Technical, Tactical, Physical, Psychological and Social) through age-appropriate curriculum.

## NEW YORK COSMOS CLINICS

New York Cosmos Clinics are season long programs designed to introduce, improve and master fundamental soccer skills for players of all ages. Clinics can be designed to include various areas of player development or focus on a specific area.

### TOPICS AVAILABLE:

Intramural and Pre-travel Programs  
Pre-Season Training  
Ball Mastery  
Attacking and Defending  
Goalkeepers  
Speed and Quickness  
Futsal

### CLINIC HIGHLIGHTS:

60 minutes of training, 1-2x per week  
Typically 8-10 weeks per season  
NY Cosmos Camp T-Shirt (Seasonal)  
NY Cosmos Skill Ball or Home Game Ticket Voucher

## NEW YORK COSMOS COMMUNITY AND CLUB CAMPS

New York Cosmos Community and Club Camps are 1-week long soccer programs available to communities or local youth clubs. A full season of development, packed into a single week of learning and fun. Options are available to register as an individual player or as a team.

### INCLUDES:

- 3 hours of training per day, 4 days total with a rain date.
- NY Cosmos Camp T-Shirt (Seasonal)
- NY Cosmos Skill Ball or Home Game Ticket Voucher



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NEW YORK COSMOS FORWARD  
ACADEMY ALUMNI 2010-11

FOR MORE INFORMATION GO TO [NYCOSMOSTDP.COM](http://NYCOSMOSTDP.COM) OR CONTACT US AT 855-71-COSMOS, EXT. 5 OR [COSMOSTDP@NYCOSMOS.COM](mailto:COSMOSTDP@NYCOSMOS.COM).